



Healthy Brains. Positive Ageing



Latest Research from CHeBA

Lead author on a paper published in *Current Alzheimer Research* and head of CHeBA's Proteomics Group, Dr Anne Poljak, says "since amyloid beta ($A\beta$) peptides are the main component of the amyloid plaques found in Alzheimer patients' brains, changes in levels of ($A\beta$) in blood plasma may provide a biomarker for detecting increased risk or early diagnosis of disease."

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Participate in Research

In collaboration with psychologists, researchers at UNSW's School of Art and Design are looking for healthy adults aged over 65 to participate in a study testing the effectiveness of different forms of photography in improving memory recall.

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Boost Your Memory

CHeBA's Co-Director and memory expert Professor Henry Brodaty was recently interviewed on Studio 10 to discuss the complexities of the brain, the memory changes that occur as we age and what exercises you can adopt to boost your own memory.

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Better Brain. Better Life

This year we have taken our Better Brain. Better Life series (made possible through the generous support of [Genworth](#)) to the

corporate sector, to encourage the implementation of lifestyle changes to reduce risk of dementia in the workplace.

Thank you to ansarada for recently hosting one at which CHeBA's Dr Nicole Kochan enlightened staff on how to engage in complex mental activity to improve cognition. If you would like the opportunity to host at your workplace please contact heidi.mitchell@unsw.edu.au.



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