



A Note from CHeBA's Co-Directors

As the end of 2016 approaches, we can look back with pride at the achievements of CHeBA in the past year. Though only four years old, CHeBA has cemented its position as a leading centre for research into dementia and the ageing brain. Our publication record has been excellent in 2016 and the Centre has seen much philanthropic success for specific projects, for which we are extremely grateful.

We have seen much positive outcome from The Dementia Momentum and thank Richard Grellman AM for his ongoing support as Spokesman for this initiative. Our focus to increase awareness within the community about the modifiable risk factors for dementia, and particularly the relationship between cardiovascular health and brain health was further developed this year with the continuing success of our Wipeout Dementia campaign and the CHeBA Champion initiative.

We would like to extend enormous thanks to staff members of CHeBA for their dedication and hard work toward a common goal, and to the supporters of CHeBA and study participants for their generosity. We would also like to thank our Advisory Committee for their time and wise counsel.

We wish you and your loved ones the very best for the festive season and may you have a peaceful and prosperous 2017.

Best wishes,
**Professor Permindar Sachdev and
Professor Henry Brodaty**

Last Chance for Earlybird Rates

Earlybird rates - **\$395 (or \$295 for trainees)** - for *Clinical Neuropsychiatry in the 21st Century: New Developments, New Challenges* end on 31st December - register now to avoid missing out!

An expert line up of speakers will touch on topics including pharmacogenetics in the clinic, genomic medicine for the psychiatrist, brain inflammation in psychiatric disorders, new drugs and treatments such as ketamine and medical cannabis, movement and seizures, lifestyle prescription for the neuropsychiatric patient and clinical relevance of advances in brain connectivity and neuroplasticity.

[▶ Read More](#)

The Centre for Healthy Brain Ageing (CHeBA) and the Neuropsychiatric Institute, POWH invite you to:

CLINICAL NEUROPSYCHIATRY IN THE 21ST CENTURY: NEW DEVELOPMENTS, NEW CHALLENGES

17th & 18th
March 2017

Early bird
registration
until
31 December



CHeBA Visiting Lecture

This month we had the pleasure of hosting Professor David Smith and Professor Helga Refsum from the Oxford Project to Investigate Memory and Ageing (OPTIMA), University of Oxford, as part of CHeBA's Visiting Lecture Series.

The talk topic - *Beneficial interaction between B vitamins and omega-3 fatty acids in slowing brain atrophy and cognitive decline in Mild Cognitive Impairment* - is available on our website.

[▶ Read More](#)

CHeBA Champion Hailey Maxwell

Congratulations and thanks to CHeBA Champion Hailey Maxwell who recently took on the 240km Coast to Kosciuszko challenge in honour of her Nan who passed away from Alzheimer's disease earlier this year.

Hailey has been a strong advocate for promoting healthy brain ageing from a young age and since 2013 has raised over \$20,000 for CHeBA's research.

[▶ Read More](#)



Seasons Greetings

On behalf of everyone at CHeBA we would like to wish you a joyous and relaxing festive season.

Remember to take care of your brain health during the holiday season by keeping physically active, drinking in moderation and engaging in complex mental activity and social interaction!



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