



## A Note from CHeBA Co-Directors

The end of 2017 marks five years of the excellent research and academic activities at CHeBA, and its strong progress in support of the mission of enhancing the evidence base around prevention, early detection, and treatment of age-related brain disorders and improved care of individuals affected with dementia. This has largely been made possible through our strategy of long-term, collaborative partnerships with leading stakeholders, including international researchers and national industry groups, to improve the quality, timeliness and translation of the findings.

We extend our gratitude to colleagues, collaborators, and all the CHeBA staff for their dedication and hard work toward the goal of healthy brain ageing for all Australians. In particular, we appreciate the tireless work of [The Dementia Momentum](#) Spokesman, **Richard Grellman AM**, for his contribution to our philanthropic initiatives and corporate outreach, and the participants in the [Wipeout Dementia](#) and [Drive Out Dementia](#) campaigns. We would also like to thank our study participants, supporters and many donors who have helped make much of our research possible.

We wish you and your loved ones the very best for the festive season. May you have a peaceful and prosperous 2018.

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

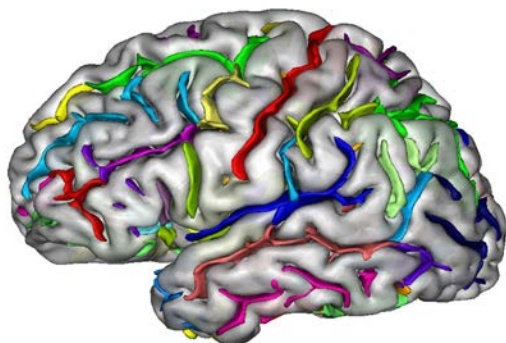


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### Latest Research: Brain Imaging Study Reveals Age-Related Changes

A collaborative study with researchers from CHeBA has been published in eminent journal *NeuroImage*. Co-authors **A/Prof Wei Wen**, leader of CHeBA's Neuroimaging Group and **Dr Tao Liu**, former CHeBA PhD student said the findings have laid a solid foundation for future cortical folding studies of neurocognitive disorders in the elderly.

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### Australian Mental Health Prize

CHeBA Co-Directors **Prof Henry Brodaty** and **Prof Perminder Sachdev**, both members of the Australian Mental Health Prize Committee, attended the 2017 ceremony where dual winners were awarded this prestigious prize. *L to R: Henry Brodaty with fellow Committee Members Jessica Rowe, Ita Buttrose, Perminder Sachdev*

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### Opinion: Dementia Rates and the Impact of Lithium

In a recent piece for *The Conversation*, CHeBA Co-Director **Prof Perminder Sachdev** examines the evidence of using lithium as a preventive dementia strategy.

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### Kids4Dementia to Reach 2000 Children

CHeBA is proud to announce that 14 new primary schools in NSW have signed up to deliver Kids4Dementia. This will result in more than 2000 primary school children receiving this important education program in 2018. Congratulations to **Dr Jess Baker** and her team and thanks to CHeBA fundraisers for supporting this program.



### Save The Date: Living to 100

CHeBA's 'Living to 100' Conference will be held on the 7th and 8th of September 2018 in Sydney. Experts from around the world will deliberate on the latest research on exceptionally long-lived individuals, in particular centenarians and supercentenarians, to unravel the secrets of successful ageing. To register your interest contact [Mel Chungue](#).

### Register Now: 2018 ICC Meeting

For the first time, CHeBA will host the International Centenarian Consortium (ICC) annual meeting in the Blue Mountains, Sydney. Leading researchers in the fields of longevity and centenarian studies will attend this 2 day meeting in September. Registration strictly limited. For further information, contact [Mel Chungue](#).





### 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! Happy Holidays!



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