

American Brain Foundation eNewsletter

Relevant stories and practical information for improving brain health and awareness.



Brain Pavers at the Minneapolis Aquatennial Parade

Brain eTips

Healthful habits to prevent or delay the symptoms of Alzheimer's disease.

- Seek mental stimulation with games or books
- Maintain an active social life
- Commit to quality sleep

Healthy Brain Features

Carpe Diem

Beloved actress Valerie Harper, who played Rhoda Morgenstern on the "Mary Tyler Moore Show" and "Rhoda," announced this year that she has been diagnosed with brain cancer. She was given as little as three months to live, which she has already exceeded. Harper talks candidly with *Neurology Now*® about the diagnosis and her decision to document her experiences. [Read more.](#)

Picture the Brain

Advances in brain imaging are allowing scientists to watch the brain at work, paving the way for a better understanding of many neurologic conditions. [Read more.](#)

Which Test Is Best?

In their article, "Imaging markers for Alzheimer's disease: Which versus how," Giovanni Battista Frisoni, MD and his colleagues looked carefully at the ways in which doctors evaluate Alzheimer's disease and another problem with cognition called mild cognitive impairment. [Read more.](#)

Success Stories

Donations Fund Research to Improve Epilepsy Care in Africa

American Brain Foundation grant recipient—Ana-Claire Meyer, MD, finds success in her epilepsy research. [Read more.](#)

did you know?

EVERY
:04
MINUTES



Tom, 18
diagnosed in 2011

a person in the US is diagnosed with **Epilepsy**

Signs include seizures, muscle spasms, and loss of consciousness.



Make a Gift

Your gift will support the American Brain Foundation in funding the vital research needed to cure brain disease. Donate today and your gift will be matched dollar-for-dollar!

Brain Paver Runs to Honor His Mother, Raise Funds for Research

The American Brain Foundation Brain Pavers program is designed to make it easy and fun to engage others who share philanthropic interests and want to pave the way to a cure for brain disease. San Diego resident Leonel Ibarra, Jr., ran the San Diego Rock 'n' Roll Half Marathon in memory of his mother, who passed away from brain disease. Before Ibarra even crossed the finish line, he had already become a rock star for the American Brain Foundation. With the support of family, friends, and neighbors, Ibarra raised over \$3,100 for the Foundation. Thank you and congratulations, Leonel! [Full Article, pg 23.](#)

What's Your Story? Submit a Video to the 2014 Neuro Film Festival

Do you have a compelling story to tell that makes the case for why more research is needed to cure brain disease? Submit a video and you could win up to \$1,000. Now in its fifth year, the 2014 Neuro Film Festival aims to raise awareness about the need for more funding and research into the prevention, treatment, and cure of brain diseases such as Alzheimer's disease, ALS, stroke, autism, Parkinson's disease, and multiple sclerosis. [Read more.](#)

Neurology in the News

News from the American Academy of Neurology

Exercise May Reduce the Risk of Epilepsy Later in Life for Men

- New research suggests that men who exercise vigorously as young adults may reduce their risk of developing epilepsy later in life. The study is published in *Neurology*®, the medical journal of the American Academy of Neurology. Epilepsy is a brain disease that causes repeated seizures over time. [Read more.](#)

People with Alzheimer's Disease May Have Lower Risk of Cancer and Vice Versa

- Older people with Alzheimer's disease are less likely to also have cancer, and older people with cancer are less likely to also have Alzheimer's disease, according to the largest study to date on the topic, which appears in *Neurology*®. [Read more.](#)

Ask the Experts

Have a question related to **migraine**? In our next issue of the American Brain Foundation eNewsletter, a leading neurologist or neuroscience professional from the American Academy of Neurology will provide answers to one of our reader's questions. [Email us with your question.](#)

November Awareness

November is Alzheimer's and Epilepsy Awareness Month

- Every 70 seconds someone is diagnosed with Alzheimer's
- Epilepsy affects about 2 million Americans

Pave the Way!

Walk, run, bike, bake, or have a party. There are so many ways you can be a Brain Paver. Visit AmericanBrainFoundation.org to learn more.