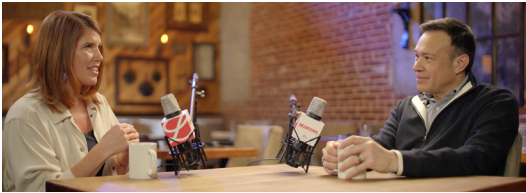


NEURIZONS

Exploring the Brain Health Frontier

Integrating Multimodal Interventions for Brain Health Into PCP Practice

DANI CABRAL MD



Can strategies to reduce risk factors make a difference in brain health? Dr. Dani Cabral, a dual board-certified neurologist and psychiatrist specializing in Alzheimer's disease (AD) and dementia, shares her thoughts with host Dr. Bert Vargas. Together, they discuss clinical trial insights and the future of brain health care.

PRACTICAL INSIGHTS

Currently existing barriers and recommended next steps as discussed in episode 3 are provided below.

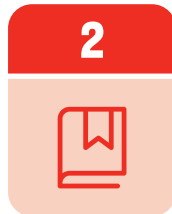


Recent data for **multimodal behavioral interventions** have not been universally disseminated



Educate patients at risk for cognitive impairment about multimodal risk reduction strategies

Engage in shared decision making and work with patients to create goals that are incremental and achievable



Patients require more education around the potential benefits of multimodal lifestyle interventions



Educate patients about potentially modifiable midlife risk factors for dementia

Emphasize findings that patients with certain risk factors, such as cardiovascular disease and/or *APOE* ε4 carriers, have shown the most benefit from multimodal interventions



Routine patient-provider conversations around heart health may not include **neurovascular care**



Broaden conversations about heart health to include brain health as a part of a more comprehensive "neurovascular care" model



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APOE=apolipoprotein E. PCP=primary care provider.

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