

Joint Webinar Presentation

# A SOUND MIND IN A SOUND BODY

## The Impact of Nutrition on Cognition

Earn 1.5 CEUs

Presented by Sangeeta Pradhan, RD, LDN, CDE  
Thursday, September 12, 2019, 2–3:30 PM EDT



**Date: Thursday, September 12, 2019**

**Time: 2-3:30 p.m. Eastern Time (ET)**

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*Suggested CDR Learning Needs Codes: 2090, 2110, 4040, 5300*

*Performance Indicators: 8.1.3, 8.1.5, 8.3.1, 8.3.6*

*CPE Level: 2*

*CDR Activity Type 171*

An emerging, but compelling body of evidence demonstrates that such a dietary pattern can have deleterious effects on cognitive function. **On Thursday, September 12, 2019 from 2-3:30 p.m. ET, in partnership with Becky Dorner & Associates, Sangeeta Pradhan, RD, LDN, CDE,** will review how dietary patterns, dietary components, and exercise might synergistically help mitigate the adverse effects of the oxidative stress produced by poor dietary choices. Sangeeta will focus on neurogenesis, neuroplasticity and the role of neurotrophins in modulating neuroplasticity. She will also provide a comprehensive review of the impact of specific factors such as DHA, curcumin, folate, vitamin E, flavonoids, the Mediterranean diet, and caloric restriction on brain-derived neurotrophic factor, or BDNF. The session will also cover gut peptides, the bi-directional gut-brain axis, the role of gut bacteria, how the production of neurotransmitters can influence mood and cognition, and the similarities between Type 2 diabetes and Alzheimer's. Given the pivotal role that diet plays, it is incumbent upon RDs to translate this research into meaningful food choices for an aging population.

After completing this continuing education course, nutrition professionals should be able to:

1. Define neurogenesis, neuroplasticity, and neurotrophins, and describe how the neurotrophin, BDNF (brain-derived neurotrophic factor) influences cognitive function.
2. Describe the role of dietary patterns, dietary components, exercise, gut bacteria, gut peptides, and epigenetics in the cognitive process and neuroplasticity.
3. Compare how T2Dm and Alzheimer's disease may be linked and describe their common features.
4. Analyze how oxidative stress may be associated with dementia and how antioxidants may potentially mitigate this process.
5. State how and why dietitians must leverage the scientific research on nutrition and cognitive function in order to get their patients to eat healthfully.

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## Handouts

A copy of the presentation slideshow and any associated handouts (if applicable) will be available to download during the webinar in the live presentation viewer under the "Event Resources" tab.

## System Requirements

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