

**The XX Brain: Maximizing Women's Cognitive Health**  
**Lisa Mosconi, Ph.D.**

Director, Women's Brain Initiative and Associate Director, Alzheimer's Prevention Clinic, Weill Cornell Medical College. Author, *Brain Food* and *The XX Brain*.

**Interviewer: Meryl Comer**

Co-founder of UsAgainstAlzheimer's, WomenAgainstAlzheimer's, and chair of the Global Alliance on Women's Brain Health.

**Thursday, April 2, 2020, 7:00 PM**

**New Trier HS/Northfield, Cornog Auditorium, 7 Happ Rd., Northfield, IL 60093**

**Grand Rounds:**

**"Sex Differences in Alzheimer's Risk and The Weill Cornell Women's Brain Initiative"**

**Friday, April 3, 2020, 9-10:30 AM**

**Nichols Hall, Regenstein Center, Chicago Botanic Garden, 1000 Lake Cook Rd., Glencoe, IL 60093**

Grand Rounds event is open to all. Free parking. Clinicians, please register for 1.5 CEU hours at [bit.ly/MosconiFAN](http://bit.ly/MosconiFAN)

Presented by **Family Action Network (FAN)**,

in partnership with Compass Health Center, Family Service Center, Family Service of Glencoe, Glencoe D35, Glencoe PTO, McGaw YMCA, The Family Institute at Northwestern University, and UsAgainstAlzheimer's.

These events are **#freeandopentothepublic** and will be recorded. Suitable for youth 12+. [familyactionnetwork.net](http://familyactionnetwork.net)

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**FOR IMMEDIATE RELEASE: LISA MOSCONI, Ph.D. – TWO EVENTS**

**CONTACT:** Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

**Thursday, April 2, 2020, 7:00 PM, The XX Brain: Maximizing Women's Cognitive Health, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, IL 60093. Interviewer: Meryl Comer**

Alzheimer's disease affects twice as many women as men, even adjusting for their longer lifespans, and less than 1 percent of Alzheimer's cases are the result of genetic mutations. Except for those rare cases, DNA won't impact a woman's likelihood of developing dementia nearly as much as her hormonal status, lifestyle, and medical report card, but this information is widely unknown. In her new book, *The XX Brain: The Groundbreaking Science Empowering Women to Maximize Cognitive Health and Prevent Alzheimer's Disease*, neuroscientist **Lisa Mosconi, Ph.D.** introduces tactics to protect the female brain, including tips for stress reduction, restful sleep, and a specific diet proven to work for women. She also examines the controversy about soy and hormonal replacement therapy, addresses the dangers of environmental toxins, and examines the role of our microbiome.

Prof. Mosconi is the director of the **Women's Brain Initiative** and associate director of the **Alzheimer's Prevention Clinic** at **Weill Cornell Medical College**, where she serves as an associate professor of neuroscience in neurology and radiology. In addition, she is an adjunct faculty member at New York University's Department of Psychiatry and the author of *Brain Food: The Surprising Science of Eating for Cognitive Power*.

Prof. Mosconi will be interviewed by veteran broadcast journalist and *New York Times* bestselling author **Meryl Comer**, a co-founder of **UsAgainstAlzheimer's**, **WomenAgainstAlzheimer's**, and chair of the **Global Alliance on Women's Brain Health**.

**GRAND ROUNDS:** Friday, April 3, 2020, 9:00-10:30 AM, **Sex Differences in Alzheimer's Risk and The Weill Cornell Women's Brain Initiative**, Nichols Hall, Regenstein Center, Chicago Botanic Garden, 1000 Lake Cook Rd., Glencoe, IL 60022. **NOTE: Free parking. Lots 1 and 2 are closest to the Visitor's Center. Follow directional signage to Regenstein Center. 1.5 CEU hours available, [www.bit.ly/MosconiFAN](http://www.bit.ly/MosconiFAN)**

After advanced age, female sex is the major risk factor for late-onset Alzheimer's disease (AD). While AD is not unique to females, women constitute roughly two-thirds of patients living with AD-dementia, with postmenopausal women accounting for over 60% of all those affected. While previously, the 2:1 ratio was attributed to women's longer life expectancy relative to men, several emerging lines of evidence point to sex- and gender-specific AD risk factors rather than life span. Recent studies have identified over thirty AD risk factors that impact the sexes differently, with female sex generally being more severely impacted. These include chiefly genetic (e.g. family history, APOE genotype), medical (e.g., depression, stroke, diabetes), hormonal (e.g., menopause, thyroid disease), and lifestyle risks (e.g., smoking, diet, exercise, intellectual activity). As many of these AD risk factors are modifiable, especially if addressed in midlife, identification of sex-specific risks is pivotal towards development of targeted AD risk reduction strategies.

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