



Staying ahead of the game: monitoring your cognitive health

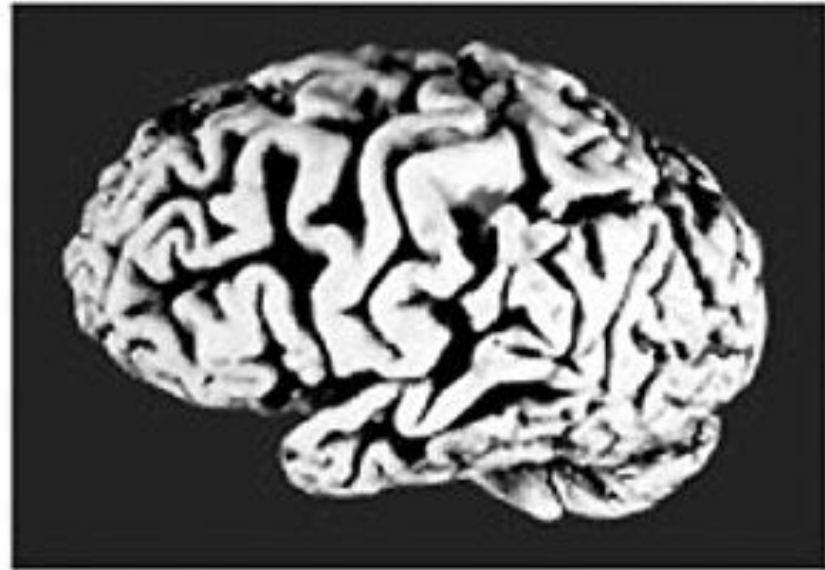
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Why monitor cognitive health?

Normal brain



Alzheimer's brain



M.P. Mattson, *Nature*, **430**, 631-639(5 August 2004)

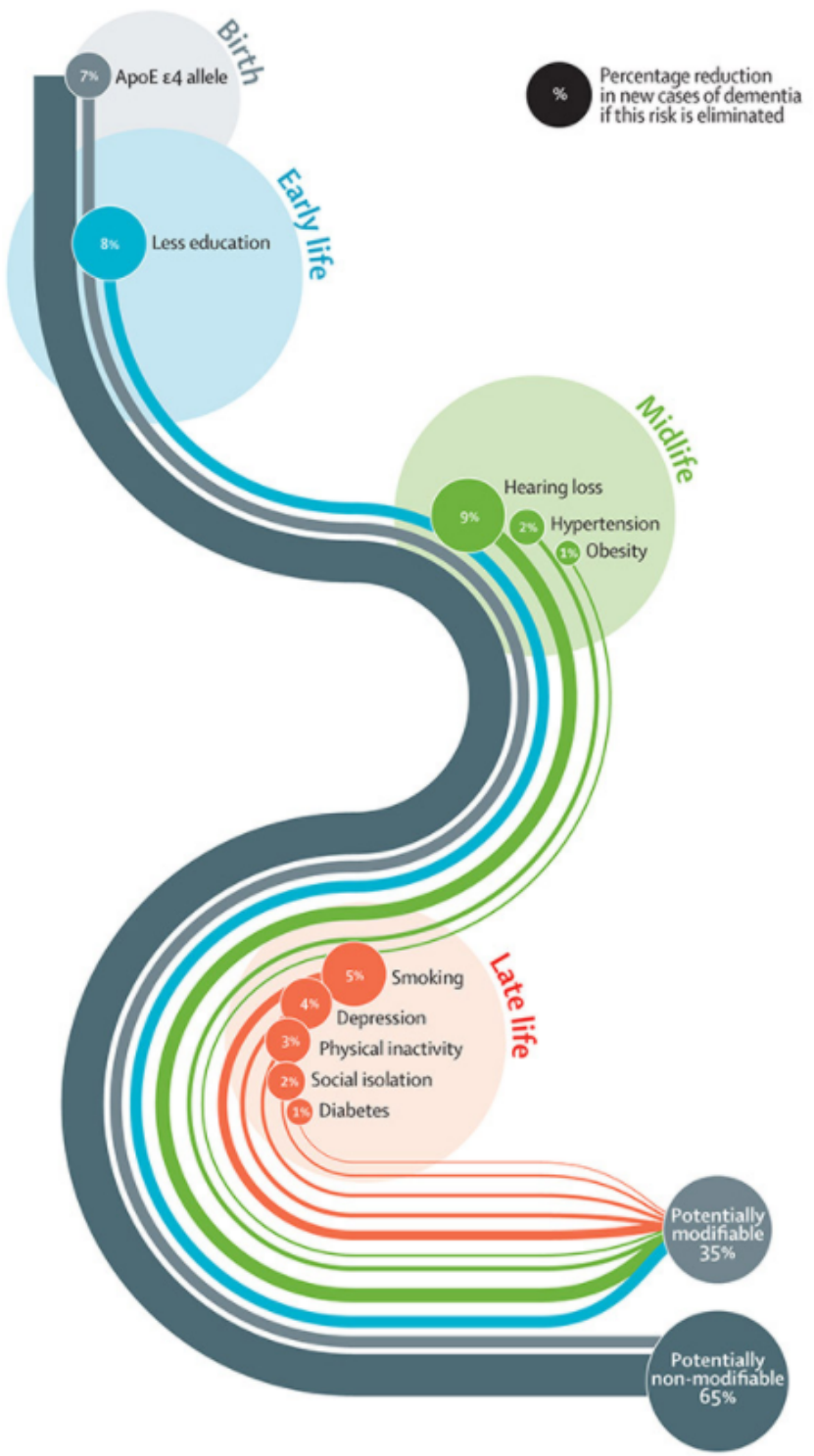
What if we were able to detect dementia earlier and therefore treat it sooner?

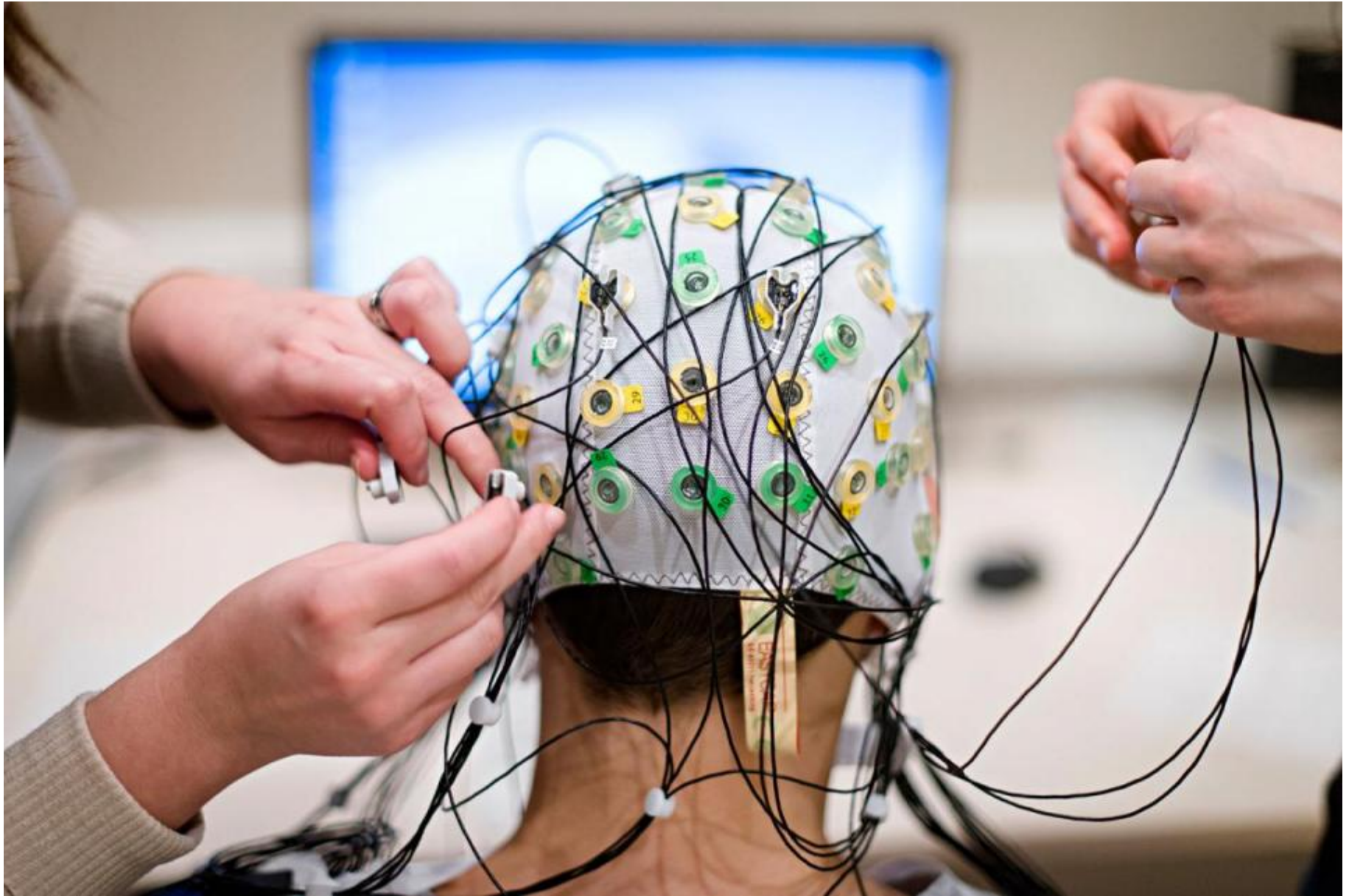
63% OF PEOPLE WITH DEMENTIA CURRENTLY LIVE IN THE COMMUNITY

Cahill, S. & Pierce, M (2013) The Prevalence of Dementia in Ireland. Genio Dementia Learning Event



Our lifestyle choices affect our risk of developing dementia





BRAINWAVEBANK



EEG Headset, Fitness Tracker & Sample Task Screenshot.



WANT TO GET INVOLVED?

**Contact Alison Buick
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**Or go to
www.brainwavebank.com**