

Memory and Healthy Aging Program

The **Bernard and Maxine Platzer Lynn Family Memory and Healthy Aging Program** at Cedars-Sinai is reimagining how medicine approaches brain health. Research shows that up to 45% of dementias can be prevented or delayed through lifestyle and medical interventions.

Our program helps patients get ahead of their individual risks for cognitive and neurological illnesses to reduce their future risk for developing Alzheimer's disease and other forms of dementia.

Our brain health team will create a personalized and evidence-based prevention plan. The first step is to know your risk and resilience factors for future memory disorders.

Program Highlights

- **Personalized Dementia Risk Profiling:** Based on your medical history, genetic and family predisposition, environmental exposures, and lifestyle.
- **Guidance on Modifiable Factors:** Receive a personalized risk reduction plan with evidenced-based advice from our team of experts on diet, exercise, blood pressure management, and sleep.
- **Ongoing Monitoring:** Regular assessments of brain health and memory performance.

Patient Eligibility

- 40 years old or older
- Family history of Alzheimer's disease or other forms of dementia
- No prior diagnosis of memory or dementia-related conditions

Expert Team

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Carmen and Louis Warschaw Endowed Chair
in Neurology
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