

# PRESERVING BRAIN HEALTH: IMPACT OF NUTRITION ON ALZHEIMER'S

A VSH PUBLIC PRESENTATION BY  
**DEAN SHERZAI, MD, & AYESHA SHERZAI, MD**



**TUESDAY, AUG. 14, 2018, 7 P.M.**

**ALA WAI GOLF COURSE CLUBHOUSE  
404 KAPAHULU AVE., HONOLULU—OAHU**

(AT END OF DRIVEWAY BETWEEN WAIKIKI-KAPAHULU LIBRARY & GOLF COURSE)

**THURSDAY, AUGUST 16, 7 P.M.— MAUI**

CAMERON CENTER, 95 MAHALANI ST., WAILUKU

**OAHU & MAUI REFRESHMENTS COURTESY OF DOWN TO EARTH.**

**D**rs. Ayesha and Dean Sherzai will describe the profound effect of lifestyle on the risk of developing Alzheimer's disease. In their research at Loma Linda, one of the healthiest places on earth, they were able to demonstrate the remarkable influence of lifestyle on cognitive health. What was consistently demonstrated was that a whole food, plant-based diet conferred protection against brain diseases such as stroke and Alzheimer's despite genetic risk. They'll further discuss other lifestyle factors also important in preventing and even reversing cognitive decline.

**DRS. DEAN AND AYESHA SHERZAI WILL ALSO PRESENT  
PRESERVING BRAIN HEALTH  
WELL INTO YOUR 80s, 90s AND BEYOND  
SUNDAY, AUGUST 12, 2 P.M.**

HONOLULU CENTRAL SEVENTH-DAY ADVENTIST CHURCH  
2313 NU'UANU AVENUE, HONOLULU

**WEDNESDAY, AUG. 15, 6-8 P.M.—OAHU  
ENJOY A VEGAN DINE-OUT WITH TEAM SHERZAI!  
'Umeke Market, 1001 Bishop Street**

Ground floor facing Hotel St. Nearby parking: across Alahea St. at municipal lot (after 5 p.m., max \$3) at Alii Place.

*Aina Stew<sup>GF</sup>, Kalua Jackfruit & Cabbage<sup>GF</sup>, Brown Rice<sup>GF</sup>, Green Salad<sup>GF</sup> w/ 2 Dressings (Balsamic Herb & Creamy cilantro), Vegetable Soup<sup>GF</sup>, Mini Cinnamon Buns, Raw Vegan Berry Cheesecake<sup>GF</sup>*  
**\$25 (incl. tax & tip)**

RSVP to [Rasibert808@gmail.com](mailto:Rasibert808@gmail.com), with subject line **VSH Dineout**, to let Rob Daguio know your name & number of diners. He'll reply with a payment link. Just click on it to pay. For more info, call (808) 522-7377.

Note: Dining event. Proceeds go to meal providers, not to VSH.

**D**ean Sherzai, MD, PhD, is co-director of the Alzheimer's Prevention Program at Loma Linda University. Dean trained in Neurology at Georgetown University School of Medicine, and completed fellowships in neurodegenerative diseases and dementia at the National Institutes of Health and UC San Diego. He also has a PhD in Healthcare Leadership with a focus on community health from Andrews University.

**A**yesha Sherzai, MD, is a neurologist and co-director of the Alzheimer's Prevention Program at Loma Linda University, where she leads the Lifestyle Program for the Prevention of Neurological Diseases. Upon completing a Preventive Medicine and Neurology residency, she received a fellowship in Vascular Neurology and Epidemiology at Columbia University. She is also a trained plant-based culinary artist.

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