

# Let's Talk:

## Conversations about Women's Health



### It is all in your head: the importance of brain health

Please join us for the next Let's Talk about brain health and making the most of your brain as you age. A leading expert on Alzheimer's Disease, a specialist in migraines, and a behavioral and movement disorders neurologist will teach you to recognize problems in cognitive function as well as strategies to prevent cognitive decline.

**Who:** Women and Men

**Date:** Monday, August 17, 2020

**Registration:** Zoom link will be emailed after registration

**RSVP:** Please register by August 14, 2020 at [www.cwhr.org](http://www.cwhr.org). For more information, please contact Nan Oudet at 303-724-9179.

#### AGENDA

6 - 6:05 p.m. **Judy Regensteiner, PhD**  
Welcome

6:05 - 6:25 p.m. **Huntington Potter, PhD**  
*A Report from CU Alzheimer's and Cognition Center: Healthy Brain Aging*

6:25 - 6:45 p.m. **Danielle Wilhour, MD**  
*Women and Migraines*

6:45 - 7:05 p.m. **Samantha Holden, MD**  
*Movement and Memory: An Overview of Lewy Body Diseases*

7:05 - 7:15 p.m. Question and answer panel

Presented by the Center for Women's Health Research.

Americans with Disabilities Act: Event staff will be glad to assist you with any special needs. If you need sign language interpretation or CART, please contact us at least three business days prior to the meeting date.

*Let's Talk: Conversations about Women's Health* is a lecture series that educates the community on topics of health. These evidence-based talks provide information that people need to make educated decisions about health for themselves and their families. *Let's Talk* content is uniquely created and presented by a panel of nationally renowned subject matter experts, physicians, and researchers.



# Speakers



## Huntington Potter, PhD

*A Report from CU Alzheimer's and Cognition Center: Healthy Brain Aging*

"It's not normal aging, it's a disease." People sometimes assume that a decline into dementia is to be expected as we age - not true! Diseases such as Alzheimer's cause dementia, and researchers at the CU Alzheimer's and Cognition Center are closing the gap between what is known and unknown. Center director Huntington Potter, Ph.D., will talk about the latest research and give reasons to be hopeful.

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Dr. Huntington Potter is the founder and director of the University of Colorado Alzheimer's and Cognition Center (formerly the Rocky Mountain Alzheimer's Disease Center). He is a Professor of Neurology and a member of the Linda Crnic Institute for Down Syndrome. Prior to coming to CU in 2012, he designed and led the Florida-wide Byrd Alzheimer's Center and Research Institute. He studied, researched, and taught at Harvard University for 30 years. He is author of over 200 scientific articles, books and patents, is a Fellow of the American Association for the Advancement of Science, and is a member of the National Academy of Inventors. His electron micrographs of DNA are on permanent exhibit in the Smithsonian Institute.



## Danielle Wilhour, MD

*Women and Migraines*

This lecture will explore the mechanism of migraines, differences in gender, as well as pharmacologic and non-pharmacologic treatment options.

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Danielle Wilhour grew up in Ft. Myers, Florida. She attended the University of Pennsylvania for undergraduate and then Jefferson Medical School. She completed her neurology residency and fellowship in headache medicine at Thomas Jefferson University Hospital. Dr. Wilhour joined the neurology department at the University of Colorado in 2019. She has a special interest in women's health, headaches in pregnancy, as well as non-pharmacologic pain treatment options including neurostimulation devices, yoga, and acupuncture.



## Samantha Holden, MD

*Movement and Memory: An Overview of Lewy Body Diseases*

Lewy body diseases, which include Parkinson's disease and dementia with Lewy bodies, are common but under-recognized conditions that affect up to 2% of the population over age 60. Lewy body diseases present with a combination of motor, cognitive, and behavioral changes, which can often be misattributed to "just getting older". This talk will focus on the signs and symptoms of Lewy body diseases, as well as lifestyle modifications that can prevent or slow their onset or progression.

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Samantha Holden, MD, MS is a behavioral and movement disorders neurologist at the University of Colorado Anschutz Medical Campus. She assesses and treats patients with both cognitive and movement disorders in her clinical practice and is board-certified in Behavioral Neurology and Neuropsychiatry. She is the medical director of the Memory Disorders Clinic and co-director of the Lewy Body Dementia Association Research Center of Excellence at the University of Colorado. Her research focuses on better evaluating functionality and independence as related to cognition, as well as discovering new methods of measuring and improving quality of life for people with cognitive impairment. Dr. Holden obtained her B.S. in Neural Science from New York University, her M.D. from Stony Brook University School of Medicine, and her M.S. in Clinical Science from the University of Colorado. She completed her medical internship and neurology residency at Rush University Medical Center in Chicago, IL and her behavioral neurology and movement disorders fellowships at the University of Colorado.