

Brain Research – Ask the Scientist!



Saturday 13th April (1PM –4.30PM)
Science Gallery, Trinity College Dublin

Brain Research – Ask the Scientist!

1.00PM

Welcome

1.05 – 2.05PM

Five Minute Presentations

Dr. Sabina Brennan, Trinity College Dublin:

Resilience and Risk – Defying Dementia

Prof. Orla Hardiman, Trinity College Dublin and Beaumont Hospital:

Clinical Trials in Amyotrophic Lateral Sclerosis – Past, Present and Future

Prof. John Cryan, University College Cork:

Could the Gut hold the Secret to Brain Ageing?

Dr. Áine Kelly, Trinity College Dublin:

Sweat and the Synapse

Prof. George Kernohan, Ulster University:

How do we Care for People with Dementia?

Prof. Cora O'Neill, University College Cork:

Brain Power: Working Together to Prevent Dementia

Dr. Colm Cunningham, Trinity College Dublin:

Delirium! When Acute Illness Meets Dementia

2.05 – 2.20PM

Audience Voting – audience members vote for their favourite presentation based on how engaging, entertaining and informative they found the speaker.

2.20 – 2.30PM

Break

2.30 – 2.50PM

A Personal Perspective

Kathy Ryan –

member of DNNI's Advocates Advisory Board, Vice-Chair of the Irish Dementia Working Group and someone living with younger-onset Alzheimer's Disease

Gary Boyle –

member of DNNI's Advocates Advisory Board, board member of the Parkinson's Association of Ireland and someone living with Young Onset Parkinson's Disease

2.50 – 3.30PM

Audience Q&A – the audience have an opportunity to ask the speakers about brain health, brain disease and brain research

3.30PM

Announcement of winner for best presentation

3.30 – 4.30PM

Tea, Coffee, Cake & Mingle

Speakers

Dr. Sabina Brennan

Author, 100 Days to a Younger Brain, ADAPT, Trinity College Dublin



Sabina Brennan (PhD., C.Psychol., PsSI.) is a psychologist, cognitive neuroscientist, writer, filmmaker and award-winning science communicator. Dr Brennan's scientific research at Trinity College Dublin has focused on understanding dementia risk and protective factors to establish how decline in cognitive function might be prevented or delayed. Her public engagement projects aim to increase the societal impact of scientific research by translating complex content into easy-to-understand resources for the general public and key stakeholders. In 2016 Sabina was the inaugural recipient of Science Foundation Ireland's Award for Outstanding Contribution to STEM Communication. That same year she was a finalist in the US-Ireland Research Innovation Awards. In 2017 she received the Provost's Award for Innovation in recognition of her work for social impact. Most recently she was listed as one of IMAGE magazine's Women of the Year 2018. Sabina has established a strong media profile and is founding director of Trinity Brain Health a Trinity College spin out company that specializes in translating complex scientific content into fun and entertaining animations. Her first book **100 Days to a Younger Brain** was published by Orion Spring on March 7th 2019.

Prof. Orla Hardiman

Professor of Neurology Trinity College Dublin, Consultant Neurologist Beaumont Hospital Dublin, HSE Clinical Lead in Neurology



Orla Hardiman is a science and medical graduate from University College Dublin and is a prominent Irish Clinician Scientist who holds the Chair of Neurology at Trinity College Dublin. She undertook Neurology Residency and Fellowship training in Boston. In 2011, she established the Academic Unit of Neurology at Trinity College Dublin and was appointed the first Professor of Neurology in the country in 2013. She now leads a team of 35 researchers. In 2015 she was elected as a Fellow of Trinity College Dublin, and was one of only three active clinicians ever to be elected as a Member of the Royal Irish Academy in 2015. She is a Principal Investigator in the SFI Centre FutureNeuro. She is the recipient of many international honours and awards, including the American Academy of Neurology Palatucci Award for Advocacy in Neurology (2003), the ALSA /American Academy of Neurology Sheila Essay Award in ALS (2009) and the International ALS Alliance Forbes Norris Award (2011).

She is Co Chair of the European Network for the Cure of ALS (ENCALS) and Scientific Chair of the annual ENCALs meeting. Her research interests are in clinical and translational neuroscience and she is world leader in the epidemiology, phenotype, genomics and neural networking of Amyotrophic Lateral Sclerosis, Frontotemporal Dementia, and related conditions. She has published over 320 peer reviewed publications, and her work is funded by the Health Research Board, Science Foundation Ireland, and the charities ALSA and MNDA, IMNDA and RMN.

Prof. John Cryan

Professor & Chair, Dept. Anatomy & Neuroscience, UCC, Principal Investigator, APC Microbiome Ireland



John F. Cryan is Professor & Chair, Dept. of Anatomy & Neuroscience, University College Cork, Ireland and is also a Principal Investigator at APC Microbiome Ireland. His research is focused on understanding the interaction between brain, gut & microbiome and how it applies to stress, psychiatric and immune-related disorders at key time-windows across the lifespan. Prof. Cryan

is co-author of **The Psychobiotic Revolution: Mood, Food, and the New Science of the Gut-Brain Connection**. He was elected a Member of the Royal Irish Academy in 2017 and was awarded an Honorary Doctorate from the University of Antwerp, Belgium In 2018. He has been a TEDMED & TEDx speaker and is currently President of the European Behavioural Pharmacology Society. Homepage:<http://publish.ucc.ie/researchprofiles/C003/jcryan> Twitter: @jfcryan.

Dr. Áine Kelly

Associate Professor in Physiology, Associate Dean of Undergraduate Science Education, Trinity College Dublin



Áine Kelly is Associate Professor in Physiology and Associate Dean of Undergraduate Science Education at Trinity College Dublin. Her research expertise lies at the interface of exercise physiology and neuroscience and she assesses how lifestyle factors, including physical activity, can enhance and protect brain function throughout the lifespan.

Prof. George Kernohan

Professor of Health Research, School of Nursing and Institute for Nursing and Health Research, Ulster University



George Kernohan is a Professor of Health Research at Ulster University. He leads research projects to make things better for people with long-term conditions like Parkinson's disease and dementia. He is looking at the effectiveness of Day Care, which allows people to get support whilst still staying at home. He has developed a new model for knowledge transfer: this is a critical step in getting research into practice. This is also a focus of his teaching at Ulster University through a course on clinical practice development and evidence-based practice. George is also very interested in Research Ethics – getting things right for research participants.

He was a member of the steering group that developed the 2016 guidelines for professionals involved with Palliative Care in People with Parkinson's disease in Ireland. He has advisory roles with Parkinson's UK, Alzheimer's Society UK, the Institutes of Health Research in Canada and with the European Commission. Above all, George has an interest in planning and achieving better outcomes from multi-professional health research work where users have priority.

Prof. Cora O'Neill

Director of Cork NeuroScience Centre, Deputy Head of the School of Biochemistry and Cell Biology, University College Cork



Prof. Cora O'Neill is Director of the Cork NeuroScience Centre and Centre of Excellence in Neurodegeneration (COEN) at University College Cork, Deputy Head of the School of Biochemistry and Cell Biology, and a funded investigator in the APC Microbiome Institute at UCC. Prof. O'Neill's research interests focus on understanding the early cell signalling systems that cause neuro-degeneration in Alzheimer's and Parkinson's. The overall ambition being to address the urgent challenge to better understand the cause of these neurodegenerative diseases and translate this knowledge to develop much needed novel therapeutics, diagnostics and preventative strategies for both diseases. The O'Neill team's approach is multidisciplinary and has developed excellent institutional, national and international collaborations integrated with, public and patient involvement in research in order to combine basic and clinical translational research with patient care in neurodegeneration.

Dr. Colm Cunningham

Research Lecturer, School of Biochemistry and Immunology, Trinity Biomedical Sciences Institute & Trinity College Institute of Neuroscience, Trinity College Dublin



Dr. Cunningham is an Associate Professor in Neuroscience in Trinity College Dublin. His main research interests are in neuro-degeneration and neuroinflammation and in the role of microglia in these processes. His research has contributed to understanding how systemic insults such as infection, inflammation, injury and stress interact with, and influence, ongoing brain inflammation. Such responses in the aged or people with dementia incorporate episodes of delirium, an extremely common multi-factorial phenomenon that remains unexplained. He is one of only a few researchers carrying out basic research in delirium and is using novel animal models to study delirium during dementia and sepsis-induced brain damage. Collectively, these avenues are aimed at moving towards defining the role of activated microglia in dementia, while considering the impact of systemic infections on these conditions.

Kathy Ryan

Member of DNNI's Advocates Advisory Board
Vice-Chair of the Irish Dementia Working Group



Kathy Ryan was diagnosed with younger onset Alzheimer's in January 2014 at the age of 53. Kathy is a mother to two boys (20, 22) and lives in Cashel Co. Tipperary, Ireland. She is the Vice Chair of the Irish Dementia Working Group supported by The Alzheimer Society of Ireland. Kathy is a passionate advocate for promoting the mental health and wellbeing of all. She got involved in advocacy work because she wants to break down the stigma and create awareness of dementia.

At present Kathy travels all over Ireland; she sits on National Steering Groups, participates in research, speaks at conferences and educates many healthcare professionals on the lived experience of dementia. In January 2018 Kathy went to Bulgaria to collect a European award on behalf of the Irish Dementia Working Group. The day of the award ceremony marked 4 years since her diagnosis and Kathy commented that at that dark moment she would never have imagined the opportunities being part of the Working Group have opened up.

Gary Boyle

Member of DNNI's Advocates Advisory Board,
board member of the Parkinson's Association
of Ireland



Gary Boyle lives in Dublin with his wife Joan, son Daire and daughter Bronwyn. Gary enjoyed a wonderful career in Human Resources with a large U.S. multinational, working at the leading edge of HR, both in Ireland and also for a couple of years in the U.S. Then, in 2009, life changed utterly for Gary when he received a diagnosis of 'Young Onset' Parkinson's Disease – a deteriorating health problem that was as unexpected as it is rare for any 44 year old. The following 5 years proved increasingly difficult as Gary's health worsened, and, given the state of his health by the end of 2015, Gary was admitted onto his employer's 'Income Protection' insurance plan.

The impact of this change in status for Gary has been quite dramatic. He has embraced the positive benefits of exercise in a way that has quite literally transformed his life. Gary has become a champion for an 'inter-disciplinary' approach in dealing with Parkinson's, and indeed all neurological conditions. For Gary the combination of exercise, diet, medication and rest, along with the loving support of Joan, Daire and Bronwyn, is what keeps him sane, happy and healthy – deteriorating neurological condition aside!

Gary has made it his mission to drive Patient Advocacy forward so that in all medical consultations the Patient is always placed first; is always considered the expert in whatever condition is diagnosed. The frustrations Gary may sometimes experience with his mission in life are all forgotten when he listens to music, especially Robert Plant and Led Zeppelin; when he gets on his bike and cycles through the Phoenix Park, or when he goes for a run with brother and best buddy, Patrick.



For further information contact:

Dr. Carol Rogan,
DNNI Scientific Coordinator
Mobile: 086 145 1068
Email: carol.rogan@alzheimer.ie