

**Optimizing brain and cognitive health:  
Now: What works?  
Future: What's on the horizon?**

**April 8-10, 2026**  
University of Arizona

**Thursday April 9, 2026**

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7:00 - 8:00 Breakfast (Sonoran Rooftop)

8:00 - 8:30 **Welcome and Introduction** (Sonoran Ballroom)  
Dr. Mike Dockery, MBRF  
Dr. Carol A. Barnes, Director, Tucson EMBI  
Dean Carmala Garzione, College of Science, UA, Tucson

**Topic: What works with respect to nutrition? How do we implement what we know?**  
**Moderator:** Bonnie Levin (UM)

8:30– 9:00 **Keynote Speaker**  
Dr. Sarah L. Booth  
Tufts University  
Title: *Aging and Nutrition: what advice arises from fact, what is myth?*

9:00 - 9:10 Discussion

9:10 – 9:25 Dr. Sara Burke (UF)  
Title: *Who is a ketogenic diet good for?*

9:25 - 9:30 Discussion

9:30 – 9:45 Dr. Hannah Gardener (UM)  
Title: *Artificial sweeteners, real risks?*

9:45 – 9:50 Discussion

9:50 – 10:15 Break

10:15 -10:30 Dr. Suzanne Judd (UAB)  
Title: *Dietary Patterns in the REGARDS Study – 20 years of data demonstrating the important role of diet as a mediators and drivers of brain health*

10:30 – 10:35 Discussion

10:35 -10:55 Dr. Sarah Booth  
Precision Nutrition: *The future – and how do we implement better dietary habits to promote brain health*

10:55 -11:15 **Panel discussion** – all speakers, **Moderator:** Sara Burke (UF)

11:15 – 12:15pm Lunch (Sonoran Rooftop)

## Topics to watch for in the future

### Peripheral Inflammation and the Brain: Exploring Senolytics as an Intervention

**Moderator:** Ron Lazar (UAB)

- 12:15 – 12:45      **Keynote Speaker**  
Dr. Miranda Orr  
Washington University School of Medicine  
Title: *Systemic inflammation: Exploring senolytics as an intervention.*
- 12:45 – 12:55      Discussion
- 12:55 – 1:10      Dr. Tom Foster (UF)  
Title: *Cell senescence, sex and senolytics*
- 1:10 – 1:15      Discussion
- 1:15 – 1:30      Dr. Pablo de Rivero Vaccari (UM)  
Title: *Contribution of the Inflammasome to Inflammaging*
- 1:30 – 1:35      Discussion
- 1:35 – 1:50      Dr. Davis Englund (UAB)  
Title: *Targeting senescent cells to reduce systemic inflammation and promote healthy aging*
- 1:50 – 1:55      Discussion
- 1:55 – 2:15      **Panel discussion** – all speakers, **Moderator:** Tom Foster (UF)
- 2:15 – 2:30      Break

### Neurostimulation and Brain Clearance Pathways: A New Frontier in Cognitive Health

**Moderator:** Ihtsham Haq (UM)

- 2:30 - 3:00      **Keynote Speaker**  
Dr. Qiuting Wen  
Indiana University School of Medicine  
Title: *MR Imaging of CSF Dynamics*
- 3:00- 3:10      Discussion
- 3:10 – 3:25      Dr. Keith McGregor (UAB)  
Title *Training the Brain's Brakes: Neuromodulation for Inhibitory Control in Aging?*
- 3:25 – 3:30      Discussion
- 3:30 – 3:45      Dr. Ying-Hui Chou (UA)  
Title: *Neuromodulation of the Glymphatic System*
- 3:45 – 3:50      Discussion
- 3:50 – 4:10      **Panel discussion** – all speakers, **Moderator:** Lee Ryan (UA)

### Collaborative Pilot Projects Highlights

**Moderator:** Jen Bizon (UF)

- 4:10 – 4:20      Dr. Arne Ekstrom (UA)  
Title: *Training new navigation skills in older adults using virtual reality and peripheral target detection: A preliminary update*
- 4:20 – 4:25      Discussion

4:25 – 4:35 Dr. Caesar Hernandez (UAB)  
Title: *Effects of age and sex on fear generalization.*

4:50 – 4:55 Discussion

4:40 – 4:50 Dr. Eric Porges (UF)  
Title: *Effect of Alcohol Reduction and Probiotic Interventions on Cognition and Brain Glucose Metabolism in Normal Aging Adults who are High-Risk Alcohol Drinkers*

4:50 – 4:55 Discussion

5:15 Board buses for Tohono Chul Gardens

5:45 Reception, remarks by Dr. Lee Ryan, Dr. Mike Dockery  
Visit museum and gardens  
Dinner

8:00 Buses leave for Westward Look