YATSU DAY
14TH ANNUAL SYMPOSIUM

NURTURING BRAIN HEALTH AND PREVENTING STROKE

NOV 10
8AM - 4:30PM

UTHEALTH CIZIK SCHOOL OF NURSING
ALKEK AUDITORIUM ROOM 120
6901 BERTNER AVENUE
HOUSTON, TEXAS 77030

COGNITIVE TESTING AND THERAPIES
IDENTIFYING STROKE RISK USING ARTIFICIAL INTELLIGENCE
SLEEP AND BRAIN HEALTH

• World Renowned Experts
• Interactive stations, and more!

uth.edu/stroke-institute/events/yatsu-day
### 8:00 am - 8:50 am
**Check-in & Continental Breakfast**

- 9:00 AM - 9:10 AM | Welcome and Introduction
  - James C. Grotta, MD
- 9:10 AM - 9:40 AM | Nurturing Brain Health and Preventing Stroke and Dementia
  - Vladimir Hachinski, MD, DSc
- 9:40 AM - 10:25 AM | Life’s Essential 8: Strategies for Brain Health
  - Philip Gorelick, MD, MPH, FACP
- 10:25 AM - 11:00 AM | Genetic Risk Predictions for Stroke
  - Myriam Fornage, PhD

### 11:00 am - 11:15 am **BREAK**

11:15 AM - 12:15 PM | Stroke Risk Prediction and Rehabilitation Support Using AI
  - Xiaqian Jiang, PhD

### 12:15 pm - 1:15 pm **LUNCH BREAK**

1:15 PM - 1:45 PM | Social Determinants of Health
  - Anjail Sharrief, MD
1:45 PM - 2:25 PM | Cognitive Testing and Therapies
  - Heather Smith, MA, CCC-SLP, CBIS
2:25 PM - 2:45 PM | Interactive Stations
  - #1: Seema Aggarwal, APRN, PhD & Anna Hernandez, BS
  - #2: Kendra Anderson, PhD
  - #3: Veronica Sanchez

### 2:45 pm - 3:00 pm **BREAK**

3:00 PM - 3:30 PM | Diet, Nutrition, and Supplements
  - Wesley Tucker, PhD, RDN
3:30 PM - 4:00 PM | Sleep and Brain Health
  - Sudha Tallavajhula, MD

### 4:00 pm - 4:30 pm **Closing Session and Networking**

**Interactive Stations**

**11:00 am - 3:00 pm**

The interactive stations will provide a dynamic platform for exchanging ideas, exploring collaborations, and gaining fresh perspectives, ultimately enriching your symposium experience. It will empower you to enhance the quality of care you provide to your practice or patients.

**Interactive Station #1**

**Aging In Place Examination of the Oculus Quest VR Headset**
  - Seema Aggarwal, APRN, PhD & Anna Hernandez, BS

Aging in Place Pilot Grant Examines the feasibility and acceptability of using the Oculus Quest VR headset as a tool for cognitive and upper motor rehabilitation in stroke survivors.

**Interactive Station #2**

**Cognitive Testing and Therapy**
  - Kendra Anderson, PhD

Explore the benefits of neuropsychological evaluation following stroke and how a neuropsychologist can be an ally for stroke practitioners to provide patient centered care. Will also include the segment “Ask a Neuropsychologist,” during which practitioners can ask any questions about the services we provide. There will also be demonstrations of the types of activities we do with patients.

**Interactive Station #3**

**AHA’s Life’s Simple 7 and Life’s Essential 8**
  - Veronica Sanchez

How the American Heart Association’s Life’s Simple 7 and Life’s Essential 8 are important to promote health and brain health
James C. Grotta, MD
Director of Stroke Research, Clinical Institute for Research and Innovation, Memorial Hermann-Texas Medical Center Director, Mobile Stroke Unit

Vladimir Hachinski, CM, MD DSc FRCPC FAHA FAAN FRSC, Doctor honoris causa
Scientist, Robarts Research Institute, Department of Clinical Neurological Sciences, Epidemiology and Biostatistics, University of Western Ontario; Distinguished University Professor

Myriam Fornage, Ph.D.
Professor, Laurence and Johanna Favrot Distinguished Professor in Cardiology, Epidemiology, Human Genetics & Environmental Sciences

Philip Gorelick, MD
Professor of Translational Science and Molecular Medicine, Expert in stroke prevention and risk factor identification, Michigan State University

Xiaoqian Jiang, Ph.D.
Professor, Christopher Sarofim Family Professorship in Biomedical Informatics and Bioengineering
UTHealth Houston School of Biomedical Informatics

Anjail Sharrief, MD, MPH
Associate Professor, Director of Stroke Prevention, UTHealth Houston Institute of Stroke and Cerebrovascular Diseases, Director, Stroke Transitions Education and Prevention (STEP) Program, Vice Chair, Diversity Equity and Inclusion

Kendra M. Anderson, PhD
Neuropsychologist, UTHealth Houston Neurosciences Neurocognitive Disorders Center; Assistant Professor of Neurology, Division of Neuropsychology, McGovern Medical School at UTHealth Houston

Heather Smith, MA, CCC-SLP, CBIS
Speech-Language Pathologist, UTHealth Houston Institute for Stroke and Cerebrovascular Diseases

Veronica Sanchez
Senior Director of Healthcare Systems & Community Impact at American Heart Association

Wesley J. Tucker, Ph.D., RDN
Assistant Professor, Texas Women’s University

Sudha Tallavajhula, MD
Associate Professor, Department of Neurology McGovern Medical School, UTHealth Houston

Anna Hernandez, BS
Research Assistant
Cizik School of Nursing at UTHealth Houston

Sean I. Savitz, MD
Professor, Frank M. Yatsu, M.D. Chair in Neurology Director, UTHealth Houston Institute for Stroke and Cerebrovascular Diseases

Elizabeth A. Nosser, MD
Associate Professor of Neurology McGovern Medical School at UTHealth Houston

Seema Aggarwal, PhD, APRN, AGNP-C
Assistant Professor in the Cizik School of Nursing, Department of Research UTHealth Houston Director of the Vascular Cognitive Impairment Research Group with the Institute for Stroke and Cerebrovascular Diseases at UTHealth Houston

Amy Quinn
Communications Director, UTHealth Houston Institute for Stroke and Cerebrovascular Diseases

Diamond Smith, BS
Research Coordinator I, UTHealth Houston Institute for Stroke and Cerebrovascular Diseases

Ruth Yanes Bengoa
Research Coordinator, UTHealth Houston Institute for Stroke & Cerebrovascular Diseases, MPH Student in Healthcare Administration

Deondra Pattum
Community Outreach Coordinator, UTHealth Houston Institute for Stroke and Cerebrovascular Diseases

Heather Smith, MA, CCC-SLP, CBIS
Speech-Language Pathologist, UTHealth Houston Institute for Stroke and Cerebrovascular Diseases

ACCREDITATIONS

McGovern Medical School at the University of Texas Health Science Center at Houston is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. This activity is approved for AMA PRA Category 1 Credit.

Cizik School of Nursing at UTHealth is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. This activity provides 6.0 contact hours of nursing professional development.

Designation McGovern Medical School at the University of Texas Health Science Center at Houston designates this live activity for a maximum of 6 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Continuing Nursing Education Cizik School of Nursing at UTHealth is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. This activity provides a maximum of 6 contact hours of nursing continuing education/professional development.