



Webinar from Brian Skotko, M.D., M.P.P.

Saturday January 23rd from 2:00-4:00 pm

A Board-certified medical geneticist, Dr. Skotko is the Emma Campbell Endowed Chair on Down Syndrome at Massachusetts General Hospital. As the Director of the hospital's Down Syndrome Program, he has dedicated his professional energies toward children with cognitive and development disabilities. He co-authored the national award-winning books, *Common Threads: Celebrating Life with Down Syndrome* and *Fasten Your Seatbelt: A Crash Course on Down Syndrome for Brothers and Sisters*. He is a graduate of Duke University, Harvard Medical School, and Harvard Kennedy School, and he is currently an Associate Professor at Harvard Medical School. Dr. Skotko is a leader on clinical and translational research about Down syndrome. He has been featured in *The Wall Street Journal*, *The New York Times*, *The Washington Post*, *The L.A. Times*, NPR's "On Point," and ABC's "Good Morning America." Dr. Skotko has a sister with Down syndrome and serves on the Honorary Board of Directors for the Massachusetts Down Syndrome Congress.

Brain Train: Smart Actions That Might Boost Cognition and Prevent Alzheimer's Disease in People with Down Syndrome

Two of the most common, yet challenging, questions that Dr. Skotko is asked by caregivers: (1) How can you prevent Alzheimer's disease in people with Down syndrome? (2) How might we boost their cognition? While exciting research is unfolding in laboratories across the world, there are strategies that caregivers can take right now in respect to these two questions. In this presentation, Dr. Skotko reveals his recommendations, which must meet all of the following criteria: (a) supported, in part, by quality science, (b) have practical applications for home, (c) be adaptable to people with Down syndrome, and (d) pose no risk to people with Down syndrome. This is not a presentation on how best to educate people with Down syndrome. This is not a presentation about supplements or nutraceuticals. Instead, Dr. Skotko provides a set of actions that caregivers can take that might improve the long-term wellness for their loved one with Down syndrome. Attendees will come away with immediate steps that can be implemented in their homes.

Keeping Children and Adolescents with Down Syndrome Healthy: All the Medical Updates that Parents Need to Know

In this presentation, Dr. Brian Skotko reviews all of the questions and concerns that parents most often have about their sons and daughters with Down syndrome. He provides the answers and action steps, stemming from the latest clinical research on people with Down syndrome. Based on his clinical experience in the Down Syndrome Program at Massachusetts General Hospital, Dr. Skotko makes sure that every parent can anticipate medical conditions so that the potentials of all people with Down syndrome are maximized.

Zoom Meeting Code: 469-871-3717

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