

Cultivating Conversations

A SERIES TO DISCUSS THE ETHICAL AND SOCIAL IMPLICATIONS
OF EMERGING TECHNOLOGIES IN HEALTH RESEARCH

The potential of digital health to improve brain health in older adults



Emerging research suggests that many dementia cases could be prevented through early modification of lifestyle risk factors, such as physical inactivity. Mobile health technologies can be a valuable tool to help people increase their physical activity in the real world. In this talk, Dr. Zlatar will discuss how her research program uses mobile health devices to help older adults walk faster for their brain health while exercising unsupervised. The session will also explore research participants' opinions about using these devices and their privacy and data concerns. Finally, the session concludes by examining cultural differences that may greatly affect how these technologies are adopted in clinical trial settings.

VIRTUAL TALK: TUESDAY, OCT 17, 2023

ZVINKA ZLATAR, PHD

Dr. Zvinka Zlatar is a neuropsychologist and Associate Professor of Psychiatry at the University of California, San Diego. Her research program seeks to reduce dementia risk by developing novel, real world, digital health interventions that target modifiable lifestyle factors such as physical activity, while investigating how they affect brain plasticity and cognition. Her research also focuses on early detection of dementia in Hispanics/Latinos(as) and helping to increase their representation in clinical research.

Register: <https://ucsd.zoom.us/meeting/register/tJlqce6orTwsEt3liWjZV5MO9uqEZcFANc3T>