

Rural Health Seminar Series 2022

An Overview of Nutrition and Aging, with a Focus on Age-related Macular Degeneration and Brain Health.

Presented by Professor Vicki Flood

Age-related macular degeneration (AMD) is a leading cause of blindness in an aging population, and diet is an important modifiable risk factor.

In other research, people who consume diets with higher adherence to Mediterranean Diet or similar diet patterns, have a reduced risk of dementia as they age.

There is emerging, but inconsistent evidence, that people with AMD are at high risk of dementia.

The evidence of nutrition, AMD, and dementia will be described in this research seminar, with a discussion about possible mechanisms, and practical information about good nutrition for healthy aging.

Objectives:

1. Overview of the research evidence for nutrition, AMD and dementia.
2. Identify the elements of a healthy diet that are important for good health for an aging population.
3. Describe anti-inflammatory vs pro-inflammatory foods.
4. Provide practical examples of putting it into practice.

Thursday 17 November 2022
4:00pm – 5:00pm AEDT

Professor at the Faculty of Medicine and Health, University of Sydney | Head of Clinical School, Northern Rivers | Director, University Centre for Rural Health | President-Elect, Nutrition Society of Australia



Professor Vicki Flood has a background in nutrition science, dietetics, epidemiology and public health, and research areas include population-based cohort studies and clinical trials to reduce chronic disease. Her main research areas include nutrition and aging, neurodegenerative diseases, eye disease, disability, micronutrient research, and food security of vulnerable population groups. Vicki has over 200 peer reviewed publications in the scientific literature and supervises several research students. Vicki is passionate about applying research into the clinical and community context and translating research into practice.