

# Braininnovations



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Ontario Brain Institute  
Foundation

Funding provided, in part,  
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March 2013 - Volume 2, Issue 2



Dr. Donald Stuss  
President and  
Scientific Director  
Ontario Brain Institute

It's Brain Awareness Week 2013 – a time to think about the promise of brain research and how it's helping all of us take practical steps towards healthier brains and a healthier future.

This year's theme of "exercise and the brain" brought me back to a time several years ago, when I was contacted by Reader's Digest to talk about minimizing the cognitive changes associated with aging. The interview ended with an interesting question:

"Dr. Stuss, please give our readers your personal advice on the single most important thing they can and should do to maximize their brain function as they age."

[Learn more](#)

## OBI Founders

Lawrence and Frances Bloomberg, Mount Sinai Hospital • Sydney and Florence Cooper, Baycrest • Gerald and Geraldine Heffernan, University of Toronto • William and Susanne Holland, Holland Bloorview • Richard M. Ivey, Western University • Robert and Linda Krembil, University Health Network • Arthur and Sonia Labatt, The Hospital for Sick Children • Joseph and Sandra Rotman, Ontario Brain Institute • Lawrence and Judith Tanenbaum, Brain Canada • Eli LillyCanada Inc. • GE Healthcare Canada • GlaxoSmithKline Inc. • IBM Canada Ltd. • Medtronic of Canada Ltd. • Pfizer Canada Ltd. • Valeant Canada LP

## Walking away from dementia



Report finds exercise protects us from losing brain function

A new report by the Ontario Brain Institute shows that more than one in seven cases of Alzheimer's disease could be prevented by moderate physical activity.

[Learn more](#)

## Events

May 21 - 24, 2013

### 7th Annual Canadian Neuroscience Meeting

Canadian Association for Neuroscience

May 27 - 28, 2013

### Discovery

Ontario Centres of Excellence

## In the news



## Give your brain a workout

On their own, physical activity and cognitive exercise can each act to keep our bodies and our brains fit. But did you know that challenging your body and your brain together can maximize the brain health benefit?

[Learn more](#)



## Playing for better health

**Gaming platforms make therapy fun for kids with limited mobility**

Experts at Holland Bloorview Kids Rehabilitation Hospital are turning popular video games into a new form of home-based therapy for children with one of the most common types of cerebral palsy.

[Learn more](#)



## The road to recovery

**A unique approach brings movement to stroke survivors**

BOTOX® and robots: a curious pair.

But it's this novel combination of medicine and technology that's helping doctors and scientists find better treatments for stroke patients with limited movement.

[Learn more](#)

## Focus on Brain Research in Ontario

Health Horizon: Ministry of Health and Long-Term Care Newsletter, January 30, 2013

## Two Windsor firms land brain research grants

The Windsor Star, January 24, 2013

## Maximizing the impact of neuroscience

Biotechnology Focus, November 9, 2012

## Our milestones

### October 2012

Brain-CODE becomes the first research organization in the world to receive "Privacy by Design" Ambassador status

### November 2012

OBI launches Graduate Opportunities Internship Program in partnership with the University of Toronto Graduate Enterprise Internship Program

### February 2013

OBI publishes first annual knowledge synthesis report on physical activity and Alzheimer's disease

[See more milestones](#)



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