
VITAMIN D, COGNITION, AND DEMENTIA

This presentation will provide an overview of vitamin D and its role in the brain. I will review the literature on the evidence linking vitamin D to cognition and dementia and discuss practical implications.

At the end of the session participants will be able to:

1. Describe how vitamin D acts in the brain and how this might relate to cognition and dementia.
2. Discuss evidence from the literature on vitamin D and its association with cognition and dementia.
3. Discuss practical implications.

Dr. Pettersen is a Cognitive Neurologist and Associate Professor with the University of British Columbia and affiliate Associate Professor with the University of Northern BC, in her hometown of Prince George. She received her training from the University of Victoria (BSc Honours Biopsychology; MSc Neuropsychology), University of Toronto (MD; Clinical Research Fellowship under Dr Sandra Black) and University of Calgary (Neurology Residency). Nutrition and its role in cognition has been one major focus of her research, particularly the importance of vitamin D and other micronutrients. She has won international research awards for this work. When not working, she spends time training for and competing in marathons around the world, as well as cross country skiing at the Otway Nordic Centre. She is the wife to her high school sweetheart and the mother of two boys and two German Shepherd dogs.



SPEAKER: Dr. Jacqueline
Pettersen | Associate
Professor, Northern
Medical Program

DECEMBER 7, 2023 | 2:30-4P.M.

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