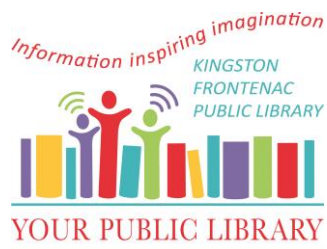


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## MEDIA RELEASE

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### Kingston Frontenac Public Library

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#### FOR IMMEDIATE RELEASE:

February 3, 2020

#### *Brain Storm Speakers' Series: Alzheimer's Disease and Diabetes*

Kingston Frontenac Public Library is excited to welcome Natalia Lyra e Silva in the second installment of our **Brain Storm** speakers' series. Each month from January through June students from Queen's Centre for Neuroscience Studies talk about their research. In February Natalia, a postdoctoral researcher, discusses the relationship between **Alzheimer's disease and diabetes**.

Alzheimer's, a disease which impairs memory in the elderly, would at first glance seem to have nothing in common with diabetes, a metabolic disease most commonly affecting the middle-aged. But researchers have found some connections: not only is having Type 2 diabetes associated with an increased risk of developing dementia and Alzheimer's, the hormone insulin has been determined to be important for memory function.

"I witnessed firsthand my grandmother's fight against Alzheimer's disease," says Natalia. "The lack of effective treatments to counteract the progressive cognitive decline that occurs in this disease motivated me to join the scientific community for the search for novel therapies and means of prevention. My goal as a scientist is to provide education about Alzheimer's disease and increase awareness of how a healthy lifestyle can help prevent neurological disease."

This event takes place at our **Calvin Park branch on Thursday, February 13, at 7 p.m.** It is open to adults, and there is no admission charge, but seating is limited. To avoid disappointment, please register in advance at [calendar.kfpl.ca](http://calendar.kfpl.ca) or by phone at (613) 549-8888, any time after 9 a.m. on Saturday, February 1.

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