



SUSAN & CHARLES
BERGHOFF foundation

OUR PURPOSE

Our vision is a *dementia-free world*. To realize this vision, we provide brain health and dementia education, fund dementia research, and support dementia caregivers.

OUR PROGRAM PARTNERS

Stanford Medicine
UC Davis Health
Kaiser Permanente
San Jose State University
Santa Clara Family Health Plan
UC San Francisco (UCSF)
Brigham & Women's / Harvard

OUR STANFORD FELLOWSHIP

The Sue Berghoff LBD Research Fellowship supports post-doc researchers working to identify LBD biomarkers, improve diagnosis, and develop treatment until a cure is found.

UNDERSTANDING DEMENTIA

Dementia is a syndrome characterized by symptoms that negatively affect thinking, perception, behavior, mood and movement severely enough to interfere with activities of daily living. There are many types of dementia, and mixed dementia, caused by neurodegenerative diseases that attack the brain, leading to progressive decline in brain function.

LEWY BODY DISEASE AND DEMENTIA (LBD)

LBD is the second most common neurodegenerative dementia. People diagnosed with LBD may develop Dementia with Lewy Bodies or Parkinson's Disease Dementia. LBD is associated with the protein alpha-synuclein, which is essential to brain function. When this protein forms abnormal clumps, or "Lewy bodies," it disrupts the brain's ability to process information and causes brain cells to die. As the disease progresses, it causes dementia. LBD is fatal. The general prognosis is approximately 5-9 years from time of diagnosis. Currently there is no cure.

COMMON SYMPTOMS OF LBD

- Problems with thinking, decision making, memory
- Fluctuating cognition and confusion
- Visual hallucinations
- Parkinsonism (tremor, gait, balance issues)
- REM sleep behavior disorder
- Behavior changes (apathy, anxiety, depression)
- Problems with visual and spatial perception
- Sensitivity to certain medications
- Autonomic system dysfunction

WHAT WE DO

EDUCATION & TRAINING



Continuing Medical Education (CME/CE) for healthcare professionals, seminars for college and university students.

SUPPORT FOR RESEARCH



Funding focused research to identify novel markers for the Lewy body dementias to support early and accurate diagnosis.

COMMUNITY PROGRAMS



Workshops on brain health and dementia prevention. Caregiver support groups for families living with dementia.

DONATE. ADVOCATE. VOLUNTEER.

Susan and Charles Berghoff Foundation, PO Box 1669, Morgan Hill CA 95038.
A 501c3 nonprofit, EIN 86-2416258. Visit www.berghoff-foundation.org.

