

Expert: Medicine and Brain Health Research



Majid Fotuhi, MD, PhD

Dr. Majid Fotuhi is a consultant to the *Beautiful Minds: Finding Your Lifelong Potential* campaign and *America's Brain Health Index*. He received his M.D. degree (cum laude) from Harvard Medical School and his Ph.D. degree from Johns Hopkins University School of Medicine. He currently heads the clinical and scientific programs at the NeurExpand Brain Center.

Dr. Fotuhi's initial clinical research at Johns Hopkins focused on basic brain neurochemistry and on finding effective ways to prevent dementia. More specifically, he worked on longitudinal studies to determine the beneficial role of vitamins and natural supplements in maintaining cognitive function and brain health. He is now conducting a clinical trial on the effects of two natural supplements on memory, cardiac fitness, and brain blood flow.

His recent research on the effects of aging on the brain has shown that baby boomers can indeed increase the size of their hippocampus, the part of brain that is critical for short-term memory, and can bolster other parts of the brain as well. He has published his research findings in prestigious journals such as *Journal of Neuroscience*, *The Lancet*, *Nature*, *Neurology*, *Neuron*, and *Proceedings of National Academy of Science*. His articles have been cited by thousands of scientists around the world. Based on his research at Johns Hopkins and Harvard, he has developed a "Brain Fitness Program" to help people middle-aged and older sharpen their memory quickly and keep their brain sharp for years to come.

Dr. Fotuhi has dedicated much of his time to educating the public about issues related to memory and aging. He has been the visiting professor and keynote speaker for conferences in China, Japan, Canada, Israel and other countries around the world. He has written three books, most recently *Boost Your Brain: the Art + Science Behind Enhanced Brain Performance*. An earlier book, *The Memory Cure: How to Protect Your Brain Against Memory Loss and Alzheimer's Disease*, sold more than 100,000 copies, and *The New York Times Puzzles to Keep Your Brain Young: The 6-Step Age-Defying Program*, was the focus of his popular PBS program, *Fight Alzheimer's Early*.

Dr. Fotuhi has been interviewed by Dr. Oz, USA Today, CNN, Discovery Channel, ABC News, NPR, The Boston Globe, BusinessWeek, The Washington Post, The Wall Street Journal, The Montreal Gazette, and The Times (London).

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