

Tennessee Memory Disorders Foundation

June 01, 2023

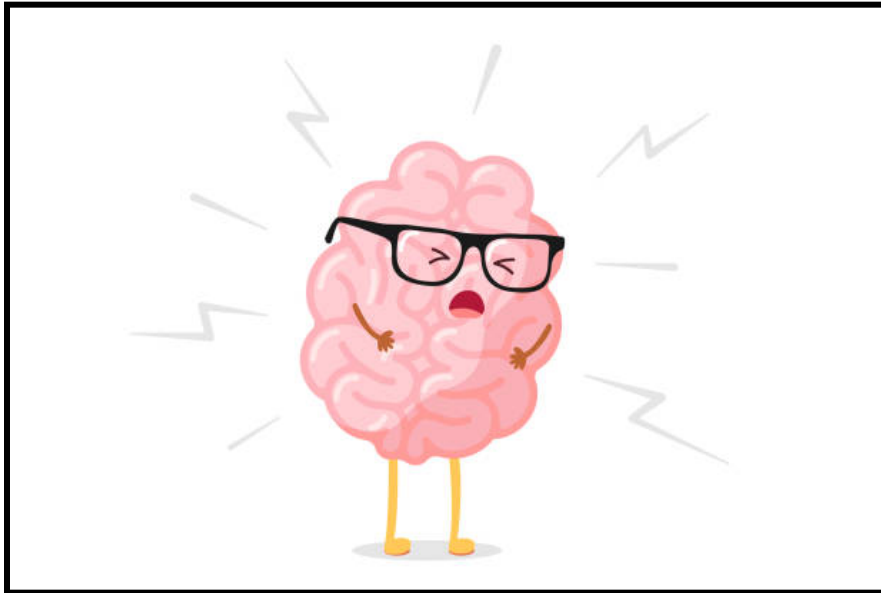


Fall Into Orange Fundraising Night

We are very excited to announce the official unveiling of our fundraising event this fall! Come Fall Into Orange with us at Orange Hat Brewing Company on August 18th from 6:00 to 9:00 pm. Join us for a night of tasty food, good music, and refreshing beers to help support those suffering from Alzheimer's and other dementias! Live music will be provided by Knoxville's own Chillbillies. If you're lucky, you might even be able to win one of our three amazing raffle prizes. Keep an eye out for ticket sales as they will go live soon. We hope to see you there!

Inflammation of the Body May Explain Depression in the Brain

by **Josh Duzan**



Depression and other mental illnesses have been on the forefront of research efforts to help address the rising number of cases across the globe. As we are discovering more about these diseases, we are beginning to understand that the brain is not isolated from the rest of the body and that issues in your body can lead to changes in behavior and brain health.

One topic of research that has been given more attention lately is the role chronic inflammation plays on brain health and depression. Inflammation as a mechanism for tissue repair and immune support is crucial as it helps us recover from injury and fight off infections. However, inflammation works best when it is addressing an acute or temporary issue. Problems occur when inflammation becomes chronic and persists day after day. What scientists are beginning to discover is that chronic inflammation can cause an accumulation of inflammatory agents such as cytokines and C-reactive protein in the blood. Typically, these inflammatory agents are not able to cross the blood-brain barrier, which is a membrane that helps isolate the brain from the rest of the body and protect it from foreign pathogens. However, in cases of chronic inflammation, these inflammatory agents are able to physically damage the blood-brain barrier.

If enough damage occurs, pathogens and the inflammatory agents themselves will be able to enter the brain, which can lead to a whole host of problems including developing depression.

So what can you do to combat or prevent chronic inflammation from occurring and help protect your brain health? The most effective and consistent way to treat chronic inflammation is to improve lifestyle factors. This includes getting plenty of exercise, getting quality sleep for the appropriate amount of time each night, and avoiding highly processed foods and overeating. All of these are healthy habits to have, and they can help fight off depression through anti-inflammatory effects. If you'd like to read more, visit this link discussing [Depression and Chronic Inflammation](#).

Staff Spotlight



Sarah White - BSN, MSN

Sarah White has been a Nurse Practitioner with Genesis Neuroscience since October 2017. She graduated with a Bachelor's Degree in Biology from Mary Washington College in 2004 and a Bachelor and Master's degree in nursing from Virginia Commonwealth University in 2007. Sarah has a passion for geriatric care and loves her patients and their incredible families. She grew up in the Oak Ridge community and is thrilled to be back raising her own family. Sarah loves being a mom! She and her husband Tripp are the proud parents of Madeline (9) and Beckett (6). When not at Genesis, she enjoys running and cheering on the Vols!

KnoxTNToday News Article

Please check out this article written by Susan Espiritu about the goals of our fundraising team and what we are doing since meeting our fundraising goal. She encompasses the vision of Dr. Crane and our nonprofit, Tennessee Memory Disorders Foundation.

<https://www.knoxtntoday.com/genesis-neuroscience-clinic-dr-monica-crane-extend-goal-for-helping-others/>