CURRICULUM VITAE

Majid Fotuhi, MD, PhD

Adjunct Professor:

Johns Hopkins University

Education

9/1983-6/1987 B.Sc. (Honor's)
Concordia University, Montreal
Member of Science College

6/1987-6/1992 Ph.D. (Full scholarship)
Department of Neurosciences
Johns Hopkins University School of Medicine

9/1992-10/1997 M.D., Cum Laude (Full scholarship)
Harvard Medical School
Harvard-MIT division of Health Science and Technology

Medical and Neurology Training

10/1997-10/1998 Internship, Medicine
Johns Hopkins Hospital

10/1998-10/2001 Residency, Neurology
Johns Hopkins Hospital

10/2001-10/2002 Fellowship in Clinical Neurophysiology
Johns Hopkins Hospital

PROFESSIONAL EXPERIENCE

1/2024 - present Adjunct Professor,
Mind/Brain Institute
Johns Hopkins University
Teach two courses about advances in our understanding of neuroplasticity and their applications in neurology

3/2023 - present Adjunct Professor,
Department of Psychological and Brain Sciences
George Washington University
Teach a course about neuropsychology and the link between brain and body organs, neuroplasticity, and prevention of Alzheimer’s Disease

9/1995- present — Invited lecturer
Harvard Medical School

Give lectures for the neuropharmacology course for students in their combined program with MIT (Harvard-MIT Division of Health Sciences and Technology)

4/2015- 1/2023 — Medical Director (retired)
NeuroGrow Brain Fitness Center

A neurology practice dedicated to helping patients of all ages improve their cognitive capacity. Mainly see patients with concussion, ADHD, memory loss, and cognitive impairment.

12/2014-8/2023 — Affiliate Staff
Johns Hopkins Medicine; Howard County General Hospital

Academic affiliation; research & teaching

02/2016-6/2017 — Chief Medical Officer
Neurocore Brain Performance Centers

Initiated an intensive memory enhancement program (Memory Boot Camp) as well as a new clinical trial for studying the effectiveness of this program to improve memory

3/2011- 4/2015 — Founder & Chief Medical Officer
Neurology Institute for Brain Health and Fitness & NeurExpand Brain Center

Established a 12-week brain rehabilitation program, called "Brain Fitness Program," to treat patients with memory loss and cognitive decline. Established a parallel program for patients with traumatic brain injury, called Concussion Recovery Program.

8/2003- 3/2011 — Attending neurologist and Director for two centers:
Center for Memory and Brain Health, and
Center for Balance and Dizziness
Department of Neurology, Sinai Hospital of Baltimore

Examined and treated patients in an out-patient clinic.
Covered the in-patient neurology and neuro-ICU services.
Participated in teaching and mentoring medical residents.

3/2003- 6/2013 — Assistant Professor of Neurology (part-time)
Johns Hopkins University School of Medicine

Participated in several research projects, including a multi-center study to determine the role of NSAID's and antioxidant vitamins in preventing Alzheimer's.
Taught Hopkins medical students and residents.

7/2001- 7/2010 Clinical instructor (part-time, academic position)
Harvard Medical School
Harvard-MIT division of Health Sciences and Technology
Taught courses in Pharmacology and Neuroscience

10/2002- 7/2003 Neurology consultant
Johns Hopkins Alzheimer Disease Research Center
Conducted longitudinal research on determining the course and prognosis in patients with Alzheimer's disease.

RESEARCH ACTIVITIES

PUBLICATIONS

Journal Articles

1. Wise RA, **Fotuhi M**, Cole LM. Facilitation of feeding by nucleus accumbens amphetamine injections: Latency and speed measures. Pharmacology Biochemistry and Behavior 1989; 32(3):769–72.

2. Dawson TM, Bredt DS, **Fotuhi M**, Hwang PM, Snyder SH. Nitric oxide synthase and neuronal NADPH diaphorase are identical in brain and peripheral tissues. Proceedings National Academy of Sciences USA 1991; 88(17):7797–801.

3. Bredt DS, Glatt CE, Hwang PM, **Fotuhi M**, Dawson TM, Snyder SH. Nitric oxide synthase protein and mRNA are discretely localized in neuronal populations of the mammalian CNS with NADPH diaphorase. Neuron 1991; 7(4):615–24.

4. Steiner JP, Dawson TM, **Fotuhi M**, Glatt CE, Snowman AM, Cohen N, Snyder SH. High brain densities of the immunophilin FKBP colocalized with calcineurin. Nature 1992; 358(6387):584–7.

5. Sharp AH, Dawson TM, Ross CA, **Fotuhi M**, Mourey RJ, Snyder SH. Inositol 1,4,5-triphosphate receptors: immunohistochemical localization of discrete areas of rat central nervous system. Neuroscience 1993; 53(4):927–42.

6. Hwang PM, **Fotuhi M**, Bredt DS, Cunningham AM, Snyder SH. Contrasting immunolocalization in rat brain of two novel K+ channels of the Shab subfamily. Journal of Neuroscience 1993; 13(4):1569–76.

7. **Fotuhi M**, Sharp AH, Glatt CE, Hwang PM, von Krosigk M, Snyder SH, Dawson TM. Differential localization of phosphoinositide-linked metabotropic glutamate receptor (mGluR1) and the inositol 1,4,5-triphosphate receptor in rat brain. Journal of Neuroscience 1993; 13(5):2001–12.

8. **Fotuhi M**, Dawson TM, Sharp AH, Martin LJ, Graybiel AM, Snyder SH. Phosphoinositide second messenger system is enriched in striosomes: Immunohistochemical demonstration of inositol 1,4,5-triphosphate receptors and phospholipase C beta and gamma in primate basal ganglia. Journal of Neuroscience 1993; 13(8):3300–8.

9. **Fotuhi M**, Standaert DG, Testa CM, Penney JB Jr., Young AB. Differential expression of metabotropic glutamate receptors in the hippocampus and entorhinal cortex of the rat. Molecular Brain Research 1994; 21(3–4):283–92.

10. Dawson TM, Steiner JP, Lyons WE, **Fotuhi M**, Blue M, Snyder SH. The immunophilins, FK 506 biding protein, and cyclophilin are discretely localized in the brain: Relationship to calcineurin. Neuroscience 1994; 62(2):569–80.

11. Steiner JP, Dawson TM, **Fotuhi M**, Snyder SH. Immunophilin regulation of neurotransmitter release. Molecular Medicine 1996; 2(3):325–33.

12. Brotman D, **Fotuhi M**. Syphilis and orthostatic shaking limbs. Lancet 2000; 356:1734.

13. Hayden KM, Zandi P, Khachaturian AS, **Fotuhi M**, Norton MC, Tschanz JT, Pieper CF, Corcoran C, Lyketsos C, Breitner JCS, Welsh-Bohmer KA. Does NSAID use modify cognitive trajectory in the elderly? The Cache County Study. Neurology 2007; 69(3):275–82.

14. Wengreen, HJ, Munger RG, Corcoran CD, Zandi P, Hayden KM, **Fotuhi M**, Skoog I, Norton MC, Tschanz JT, Breitner JCS, Welsh-Bohmer KA. Antioxidant intake and cognitive function of elderly men and women. Journal of Nutrition Health Aging 2007; 11(3)230–7.

15. **Fotuhi M**, Zandi P, Hayden K M, Khachaturian AS, Wengreen H, Munger R, Norton MC, Tschanz JT, Lyketsos K, Breitner JCS, Welsh-Bohmer KA. Better cognitive performance in elderly taking anti-oxidant vitamins E and C in combination with NSAIDs. Alzheimer's and Dementia 2008; 4(3):223–7.

16. **Fotuhi M**, Mohassel P, Yaffe K. Fish consumption, long-chain omega-3 fatty acids, and risk of cognitive decline or Alzheimer disease: A complex association. Nature Clinical Practice Neurology 2009; 5(3):140–52.

17. **Fotuhi M**, Glaun B, Quan WY, Sofare T. Vestibular migraine: A critical review of treatment trials. Journal of Neurology 2009; 256(5):711–6. (Epub March 2009).

18. **Fotuhi M**, Hachinski V, Kivipelto M, Whitehouse P. Factors associated with resistance to dementia despite high Alzheimer disease pathology. Neurology May 21, 2009.

19. **Fotuhi M**. Tips for preserving memory. Practical Neurology 2009; 8(3):34–40.

20. **Fotuhi M,** Hachinski V, Whitehouse P. Changing perspectives regarding late-life dementia. Nature Reviews Neurology 2009; 5(12):649–58. (Epub Nov. 17, 2009).

21. **Fotuhi M.** How accurate is Alzheimer's diagnosis among patients over the age of 80. Practical Neurology 2009; 8(8):42–5.

22. **Fotuhi M,** Do D, Jack C. Modifiable factors that alter the size of hippocampus with aging. Nature Reviews Neurology 2012; 8(4) 68-72.

23. **Fotuhi M,** Lubinski B, Riloff T, Trullinger M, Ghasemi M. Evaluation of a multi-disciplinary Brain Fitness Program for treatment of cognitive impairment in elderly. JSM Alzheimer's Disease and Related Dementia 2014; 1(1)
http://www.jscimedcentral.com/AlzheimersDisease/alzheimersdisease-1-1002.pdf

24. **Fotuhi M**, Lubinski B, Riloff T, Trullinger M, Hauserman N, Hadadi M, Raji C. "A Personalized 12-week "Brain Fitness Program" for Cognitive Improvement, Brain Wave Normalization, and Hippocampal Volume Expansion in Elderly with Mild Cognitive Impairment. Journal of Prevention of Alzheimer's Disease; 3(3):133-137 http://dx.doi.org/10.14283/jpad.2016.92

25. **Fotuhi, M**, Dwivedy, P, Yeom, L, Nadeem, I, Ebadi, A, Miles, M., & Tittle, R. K. (2020). Retrospective Analysis of a Comprehensive Concussion Recovery Program. The Journal of Rehabilitation, 86(1), 20. https://www.neurogrow.com/wp-content/uploads/2020/05/Fotuhi-JOR-published-2020.pdf

26. **Fotuhi, M**, Mian, A, Meysami, S, & Raji, C. (2020). Neurobiology of COVID-19. Journal of Alzheimer's Disease, Preprint(Preprint), 1–17. https://doi.org/10.3233/JAD-200581

27. Fotuhi, M, Khorrami, N**,** & Raji, C. (2023). Benefits of a 12-Week Non-Drug "Brain Fitness Program" for Patients with Attention-Deficit/Hyperactive Disorder, Post-Concussion Syndrome, or Memory Loss. Journal of Alzheimer's Disease Reports, 7(1): 675-697. https://doi.org/10.3233/ADR-220091

Case Reports

1. **Fotuhi M,** Zee D. Clinical cases from Johns Hopkins Neurology—Case 5: 42-year-old woman with jumping eyes, unable to get up. Medscape Neurology, June 5, 2001; New York. (http://neurology.medscape.com/38476.rhtml).

2. Burnette WB, **Fotuhi M**. Clinical cases from Johns Hopkins Neurology—Case 15: When a stroke is not a stroke. Medscape Neurology, January 30, 2007; New York (http://doctor.medscape.com/viewarticle/550613).

3. Brotman D, **Fotuhi M**. Left arm and leg shaking in a patient with a history of treated syphilis. Epilepsy 2008. (http://professionals.epilepsy.com/page/case 7.html)

Books

1. **Fotuhi M.** *The Memory Cure; How to Protect Your Brain Against Memory Loss and Alzheimer's Disease*. New York: McGraw-Hill, 2002. [Translated to Chinese]

2. **Fotuhi M.** *The New York Times Crosswords to Keep Your Brain Young: The 6-Step Age-Defying Program.* New York: St. Martin's Press, 2007.

3. **Fotuhi M.** *Boost Your Brain; The New Art + Science Behind Enhanced Brain Performance.* New York: Harper One, 2013. [Translated to Chinese and Korean]

4. **Fotuhi M.** The Invincible Brain. New York: Harvest HarperCollins [In preparation]

Book Chapters

1. Brotman D, **Fotuhi M**. Orthostatic Limb Shaking. In: Schmidt D, Schachter S, eds. *110 Puzzling Cases of Epilepsy*. London: Dunitz, 2002.

2. Wengreen H, Mohassel P, Nelson C, **Fotuhi M**. Delaying Onset through Nutrition. In: Kohlstat I, ed. *Food & Nutrients in Disease Management.* Boca Raton, FL: CRC Press, 2009:445–56.

3. **Fotuhi M**, Raji C. Neurobiology of Covid-19. In Raji C, Leng Y, Ashford J, and Khalsa DS editors. Advances in Alzheimer's Disease. New York 2024 978-1-64368-500-7

Theses

1. **Fotuhi M**. Differential distribution of metabotropic glutamate receptor and IP3 receptor in the basal ganglia (doctoral dissertation). Baltimore: Johns Hopkins University; 1992.

2. **Fotuhi M**. Metabotropic glutamate receptors in the hippocampus and entorhinal cortex of the rat: implications for plasticity and neurotoxicity (graduate thesis). Boston: Harvard Medical School, 1997.

CLINICAL ACTIVITIES

CERTIFICATION

Medical License	Virginia (2015, #010125888), expires in 9/2026
Neurology Board	Diplomat, American Board of Psychiatry and Neurology (retired 2024)

NEUROLOGY CLINICAL SERVICE RESPONSIBILITIES

2003–2011	Attending Neurologist, inpatient Sinai Hospital Inpatient and Consult Service Johns Hopkins Medicine 1 week every 4–6 weeks (~70 days/year)
2003–2011	Attending Neurologist, outpatient LifeBridge Health Brain & Spine Institute, Sinai Hospital Johns Hopkins Medicine 3 days per week (~120 days/year)

CLINICAL PROGRAM BUILDING/LEADERSHIP

Medical Director, Brain Fitness Program

Created a new dynamic and intensive brain rehabilitation program to treat patients with various neurological conditions such as age-related memory loss, depression, and/or post-concussion syndrome.

Director, Center for Memory and Brain Health

Created a new comprehensive program at Sinai hospital for patients with a wide range of memory problems and dementia. The program provides neuropsychologic testing, a brain fitness program, and social services to help caregivers.

Director, Center for Balance, Dizziness, and Vertigo

Created a new comprehensive program at Sinai hospital for patients with a wide range of dizziness problems. The program includes a multidisciplinary team who provide vestibular rehabilitation, psychological assistance, and vestibular testing.

INVENTIONS AND PATENTS

Date	Title
2006	US Patent Application (pending): 60/761,344 A supplement for neuroprotection against memory loss and dementia.
2007	US Patent Application (pending): 12/185,502 A device for home and organizational use to provide reminders, to be controlled and monitored remotely through the Internet.
2015	US 2015/0018630 Al Systems and Methods for creating COMPREHENSIVE AND PERSONALIZED BRAIN HEALTH PROGRAMS

EXTRAMURAL FUNDING

Grant Title:	FCAR Research Award
Dates:	1987–2000
Sponsor:	Quebec Government, Canada
Principle Investigator:	Solomon Snyder, MD
Role and % effort:	Full-time Doctoral Graduate Student (100%)
Grant Title:	Merck Research Scholarship
Dates:	1987–2002

Sponsor:	Merck Foundation
Principle Investigator:	Solomon Snyder, MD
Role and % effort:	Full-time Graduate Student (100%)

Contract Title:	Building two 5-foot-tall Brain Models
Dates:	1992–1993
Sponsor:	Harvard Medical School, Dept. of Neurobiology
Total Direct Cost:	$10,000
Principle:	Majid Fotuhi, PhD
Role and % effort:	Designed and developed the models (10%)

Grant Title:	Merck Research Scholar
Dates:	2002–2004
Sponsor:	Merck, Inc.
Principle Investigator:	Anne Young, MD, PhD
Role and % effort	Part-time Postdoctoral Fellow (20%)

Grant Title:	Alzheimer's Disease Anti-Inflammatory Prevention Trial
Dates:	2002–2003
Sponsor:	NIA, University of Washington, Johns Hopkins University
Principle Investigator:	John Breitner, MD, MPH
Role and % effort:	Clinical researcher, 5%

EDUCATIONAL ACTIVITIES

Date	Course Title Location	Role
1988–1989	Physiologic Psychology Johns Hopkins University Undergraduate campus	Lecturer (PT)
1989–1990	Biochemistry Johns Hopkins University School of Continuing Studies	Course Director Gave lectures, organized the course. (4 hrs/week, 4 months)
1989–1991	Microbiology Johns Hopkins University School of Continuing Studies	Course Director Gave lectures, organized the course. (4 hrs/week, 4 months)
1992–1997	HST Neurobiology Harvard Medical School Harvard-MIT Division of Health Sciences & Technology	Teaching Assistant & Lecturer Gave 4 lectures each semester to 100 second-year students, supervised anatomy small-group sessions. (every week; 4 years)
1992–present	HST Pharmacology Harvard Medical School Harvard-MIT Division of Health Sciences & Technology	Teaching Assistant & Lecturer Give 2 lectures each semester
1996–2010	USMLE Review (Pharmacology, Neurobiology, Microbiology) Harvard Medical School	Course Director Give 16 hrs of lectures to 150 students (2-day weekend course, once per year).
Oct. 2000	Crash Course in Acute Neurology Department of Neurology Johns Hopkins Hospital	Organizer Designed and implemented an interactive program to teach about diagnosis and treatment for stroke and seizures
2000–2001	Neurology noon lectures Department of Neurology Johns Hopkins Hospital	Co-organizer Arranged for speakers to teach neurology-related topics. (4 days/week for 1 year)
2005–2006	Neurology noon lectures Department of Neurology Johns Hopkins Hospital	Gave lectures on Dizziness & Dementia
2009-2010	Neurology & Neuropathology (for second-year medical students) Department of Neurology Johns Hopkins Hospital	Lecturer on topics of memory and Alzheimer disease; leading discussion groups on all topics related to clinical neurology (6-10 sessions)
2023-present	Advances in neuroplasticity and its applications in neurology	Course director (Johns Hopkins Univeristy)

Clinical Instruction

Date	Course Title Location	Role
2003–2011	General Neurology (bedside teach of residents and students) *Sinai Hospital of Baltimore*, inpatients and outpatient services	Neurology Attending (3–5 days every week)
2003–2011	Neurology and Neuropathology (second-year medical students) *Johns Hopkins University School of Medicine*	Neurology Attending clinical-pathologic correlations in localization, cerebrovascular, vestibular, and cognitive disorders (5 sessions)
2009	Longitudinal Clerkship *Johns Hopkins University School of Medicine*	Teaching Attending
1997-present	Neuropsychopharmacology *Harvard Medical School*	Give lectures on topics related to migraine, depression, and dementia

Mentoring (medical students)

Svati Singla Long March–May 2008	Worked with me on a project to build a 3D virtual reality brain museum; she is now a resident in radiology at Johns Hopkins.
Susan Quan May–June 2008	Worked with me on writing a review paper about vestibular migraine therapy (published in Journal of Neurology); she is now a resident in medicine at Johns Hopkins Hospital.
Payam Mohassel April–Sept. 2008	Worked with me on writing a chapter and a review paper on the role of omega-3 fatty acids in dementia prevention (published in Nature Clinical Practice Neurology); he is now a resident in medicine/neurology at Johns Hopkins Hospital.
David Do Sept. 2009–June 2012	Worked with me on writing a scientific paper about factors that determine risk for late-life dementia.

ORGANIZATIONAL ACTIVITIES

INSTITUTIONAL ADMINISTRATIVE APPOINTMENTS

1999–2000 Performance Improvement Committee, Johns Hopkins Hospital

2004–2006 Johns Hopkins-Sinai Residency Selection Committee

2009 Committee for Part-time Faculty Development
Johns Hopkins University

EDITORIAL ACTIVITIES

Reviewer

1992–1993 *Journal of Neuroscience*

2007–present *Journal of Alzheimer's and Dementia*

2008 *American Journal of Epidemiology*

2009 *American Journal of Psychiatry*

2009 *Dementia and Geriatric Cognitive Disorders*

PROFESSIONAL SOCIETIES

1988–1994 Society for Neuroscience

1990–1992 International Brain Research Organization

1992–1999 Massachusetts Medical Society

1996–2001 American Medical Association

1998–2018 American Academy of Neurology

RECOGNITION - Awards

1984–1986	Founding Editor, *Science College Newsletter*
1985, 1986	President, Science College Student Association, Concordia University
1986	Senator, Concordia University Senate, Montreal
1987	Valedictorian & Recipient of the "Concordia Medal" (most outstanding undergraduate student)
1988, 1990	President, Graduate Student Association, Johns Hopkins University School of Medicine
1988–1990	Founding Editor, *The Hopkins Graduate*
1992–1997	Research and teaching scholarships—Merck Research Scholar Harvard/MIT, HST program
1993, 1996	Profiled in *Dean's Report*, Harvard Medical School
1994	Nominated by Harvard Medical School for an article in *Boston Magazine*, entitled "20 Rising Stars in Boston"
1994	Profiled in the *Harvard Gazette*, article entitled "Harvard's Biggest Brain"
1995	Ranked as one of the three top teachers for the Neurobiology course at Harvard Medical School
1998, 2000	Travel Award for American Neurological Association meetings
2000	Featured in an article in *The Times* (London), entitled: "Iran lost a soldier, but the medical world gained"
2001	Teaching Award, American Academy of Neurology
2005	Richard J. Price Caregiver Award, Alzheimer's Association, Texas
2007	Selected as one of "The Most Intriguing Baltimoreans of the Year" by *Baltimore Magazine*
2008	Maryland Health Care Hero Award (Finalist) Selected by *The Daily Record*
2008	Featured in *Baltimore Magazine* article entitled "Brain Gain" about PBS program that I developed on the subject of preventing Alzheimer disease

Selected Academic Lectures

March 23, 2000	Stroke Therapy Keynote speaker, Science College Lecture Series, Montreal, Canada
Sept. 6, 2003	Dementia: Taming the Beast Keynote speaker, Care Group, Indiana
Nov. 22, 2003	New Hope for Preventing Alzheimer's Keynote speaker, Alzheimer's Association—Ohio Area Chapter
Dec. 5, 2003	Education and Prevention of Alzheimer's Disease Grand round lecture, Sinai Hospital of Baltimore
Feb. 17, 2004	New Treatments for Dementia Public lectures sponsored by Sinai Hospital of Baltimore
June 3, 2004	Protect Your Brain against Dementia Keynote speaker, Alzheimer's Association—Rochester New York
June 8, 2004	Conquering Memory Loss Keynote speaker, Alzheimer's Association—Greater Maryland
June 24, 2004	Power Your Memory Keynote speaker, Alzheimer's Association—Western New York
Sept. 9, 2004	Boosting Your Memory, Protecting Your Brain against Alzheimer's, and Caring for Patients Keynote speaker, Alzheimer's Association—North Central Texas
Oct. 14, 2004	Preventing Memory Loss and Dementia Invited speaker, Learning Annex, New York
Dec. 9, 2004	Alzheimer's Now Considered a Preventable Disease Visiting professor, Tianjin University, China
Dec. 7, 2004	Role of Vitamins, NSAIDs, and Education in Preventing Dementia Visiting professor, Peking University, China
March 10, 2005	Preventing Alzheimer's Keynote speaker, Science College 25th Anniversary Concordia University, Montreal, Canada
May 19, 2005	Improving Your Memory, Preventing Alzheimer's Keynote speaker, Alzheimer's Association—Denver, Colorado
July 21, 2005	Slow Age-Related Memory Loss Keynote speaker, Area Agency on Aging

August 10, 2005	Memory Protection Plan Keynote speaker, Alzheimer's Association—Dallas
August 11, 2005	Conquering Memory Loss Keynote speaker, Alzheimer's Association—Northern Texas
August 25, 2005	Memory Power II: Update on Alzheimer's Research Keynote speaker, Alzheimer's Association—Western New York
Jan. 9, 2006	Better Cognitive Function in Elderly Taking a Combination of NSAIDs and Vitamins E and C; The Cache County Study Invited speaker for the Alzheimer's Consortium, Johns Hopkins
Jan. 25, 2006	Cognitive Performance, NSAIDs, and Anti-oxidant Vitamins Neurology Grand-Round Lecture, University of Maryland
Feb. 15, 2006	Latest Update on Alzheimer's Research Visiting professor, Ein Shams University, Cairo, Egypt
Feb. 14, 2006	Role of NSAIDs and Vitamins in Cognitive Performance: Alzheimer Disease Can Be Prevented Visiting Professor, Grand Rounds, Cairo University, Egypt
May 11, 2006	Update on Dementia Keynote speaker, Meeting of the Baltimore City Medical Society
Oct. 18, 2006	New Developments in Preventing Memory Loss and Alzheimer's Grand round speaker, Walter Reed Medical Center, NIH
Nov. 23, 2006	Opportunities for Preventing Memory Loss and Dementia Visiting Professor Lecture, Kanazawa University, Kanazawa
Nov. 27, 2006	Preventing Alzheimer's: From Basic Science to Clinical Trials Visiting Professor Lecture, Tokyo Medical and Dental University
Nov. 15, 2007	Questioning the Diagnosis of Alzheimer’s Keynote speaker, Alzheimer’s Association, Maryland
June 13, 2007	New Vision for What Causes and Defines Alzheimer’s Disease and How to Prevent It
Sept. 24, 2007	Health Care and Global Impact of Alzheimer’s United Nations, New York, New York Louise T. Blouin Foundation and the United Nations
Nov. 15, 2007	Questioning the Diagnosis of Alzheimer’s Keynote speaker, Alzheimer’s Association

Nov. 16, 2007	Many Faces of Dementia Grand-round Lecture, Suburban Hospital and the NIH
Nov. 29, 2007	Challenges in Diagnosis and Treatment of Alzheimer's Grand-round Lecture, Shady Grove Hospital, Washington DC
Jan. 31, 2008	Fighting Alzheimer's Early: Six Steps to Keep Your Brain Young Keynote speaker, Maryland Alzheimer's Association
Sept. 22, 2008	Preventing Alzheimer's in the World Invited speaker for a symposium organized by Louise Blouin Foundation
Feb. 27, 2008	Update in Diagnosing Dementia Grand-round Lecture, Good Samaritan Hospital, Baltimore
Nov. 8, 2008	Delaying the Onset of Alzheimer's Pythias A and Virginia I. Jones African American Community Forum on Memory Loss, Coppin State University, Baltimore
May 6, 2009	Six Steps to Fight Alzheimer Disease Early Senior Solutions Conference Sheppard Pratt Institute, Baltimore, Maryland
Sept. 25, 2009	Global Spread of Alzheimer: Best Ways to Fight the New Epidemic Global Creative Leadership Summit, in collaboration with the UN Office of Partnership, New York, New York
Jan. 21, 2010	Changing Perspectives Regarding Late-Life Dementia Grand-round Lecture, Department of Neurology Johns Hopkins Medical Center, Baltimore, Maryland
Feb. 5, 2010	Vertigo and Dizziness: What Works Best American College of Physicians, Maryland Chapter Owing Mills, Maryland
Feb. 23, 2010	Dizziness and Vertigo Grand-round Lecture, Department of Medicine Johns Hopkins Bayview Medical Center, Baltimore, Maryland
March 24, 2010	New Concepts about Late-Life Dementia Grand-round Lecture, Department of Neurology University of North Texas Health Science Center
March 25, 2010	Research Update—Late-Life Dementia and Alzheimer Disease Alzheimer's Association North Central Texas Chapter, Ft. Worth, Texas

May 22, 2014	How to Grow Your Hippocampus in 3 months Neurology Grand Rounds Georgetown University Medical Center
March 6, 2015	Diagnosing and Treating Patients with Dizziness and Vertigo Medicine Grand Rounds Johns Hopkins Suburban Hospital

An updated list of all of Dr. Fotuhi's lectures is available on DrFotuhi.com.

Majid Fotuhi, MD, PhD
Biography

Dr. Fotuhi received his MD degree *cum laude* from Harvard Medical School as part of the Harvard-MIT Division of Health Sciences and Technology (HST). He also earned his PhD in Neuroscience from Johns Hopkins University School of Medicine. He is currently an adjunct professor at the Mind/Brain Institute at Johns Hopkins University and in the Department of Psychological and Brain Sciences at George Washington University. In addition to these roles, he lectures on neuroscience, cognition, brain health, and concussion to medical students at Harvard Medical School and at conferences on local, national, and international levels.

Dr. Fotuhi's clinical research began at Johns Hopkins and has focused on

- Longitudinal studies to identify the role of vitamins, natural supplements, nonsteroidal anti-inflammatory drugs (NSAIDs), and omega-3 fatty acids in maintaining cognitive function.
- Clinical trials for intensive treatment of patients with memory loss and age-related cognitive decline with his intensive Brain Fitness Program.

His research findings have been published in several prestigious journals, including *Brain Research*, *Journal of Neuroscience*, *The Lancet*, *Nature*, *Neurology*, *Neuron*, and *Proceedings of the National Academy of Sciences*. Dr. Fotuhi also developed the "Brain Fitness Program," a multidisciplinary treatment protocol designed to help patients boost their cognitive function. The program's successful results were published in the *Journal of Prevention of Alzheimer's Disease*.

Dr. Fotuhi has dedicated much of his career to educating the public on topics related to memory, aging, and concussion. He has authored three books:

- *The Memory Cure: How to Protect Your Brain Against Memory Loss and Alzheimer's Disease*, a clear and concise guide to dementia prevention.
- *The New York Times Puzzles to Keep Your Brain Young: The 6-Step Age-Defying Program*, which inspired his PBS program, *"Fight Alzheimer's Early."*
- *Boost Your Brain: The New Art and Science Behind Enhanced Brain Performance*, which teaches readers how to increase the size and function of the hippocampus, the brain's memory center.

Dr. Fotuhi is a TEDx speaker and has been interviewed by more than 50 major national and international media outlets, including:

- ABC News, CNN, CBS, CTV, NBC's *Today Show*, and Fox News

- *Discovery Channel*, *USA Today*, *Forbes*, *Health Magazine*, *TIME Magazine*, *The Washington Post*, and *The Wall Street Journal*
- *The Boston Globe*, *BusinessWeek*, *The Chicago Tribune*, *The Times (London)*, and *The Montreal Gazette*.

As a leader in medical education, Dr. Fotuhi has received numerous awards for his dynamic and innovative teaching style. Highlights of his contributions include:

- Designing and constructing two 5-foot brain models for neuroanatomy classes at Harvard Medical School.
- Winning the Distinguished Teaching Award from the American Academy of Neurology in 2001.
- Delivering academic lectures as an honorary visiting professor in Canada, Egypt, China, Israel, and Japan.
- Speaking at large organizations in 25 countries worldwide while continuing to teach at Harvard Medical School.

Dr. Fotuhi lives in McLean, Virginia, with his wife and two daughters. Outside of his professional work, he enjoys ballroom dancing, tennis, scuba diving, traveling, cooking, and spending time with his family.