

00:45:05 Thomas Seoh: @Shirley, cool! a trial participant!

01:09:22 Thomas Seoh: @Scott: perhaps you could describe some of your discussions with FDA on the distinction between therapeutic interventions targeting this structural part of the hippocampus (related to pathology like Alzheimer's) vs. that part (related to cognitive aging)

01:12:17 Howard Sesso: Fun COSMOS fact: we collaborated with the Women's Health Initiative (WHI) to recruit more than 4600 participants into the overall COSMOS trial.

01:24:08 Thomas Seoh: @ Laura and others: various folks asked WHAT was the multivitamin?

01:25:00 Howard Sesso: We tested the Centrum Silver formulation that was available in the mid-late 2010s for the MVM component in COSMOS.

01:26:27 Ethelle Lord, DM: I always recommend first a basic foundation before adding any additional supplements: D3, Super B Complex, Selenium, and odorless garlic oil.

01:29:41 Ethelle Lord, DM: Dementia begins in the gut and so food such as fresh vegetables/fruit/little meat & fish, supplements addressing specific requirements of the body, daily exercises, and daily relaxation must be part of a personal program.

01:31:42 Ethelle Lord, DM: We really need to move away from so many prescription drugs that cause cellular confusion and leads to dementia.

01:33:07 Ethelle Lord, DM: When you have a moment, please visit the ICA:

01:33:36 Ethelle Lord, DM: International Caregivers Association (dot) com because we believe in helping everyone live their best life, especially those living with dementia.

01:35:03 Howard Sesso: @Ethelle, thanks for your comments. Broader dietary/bioactive supplement recs are difficult to individualize to the patient. And the gut microbiome is a promising area we are beginning to explore.

01:37:59 Ethelle Lord, DM: Wonderful. When I say "individualize supplements and meds", individuals who are living with dementia come with a number of other conditions such as heart disease, cancer, diabetes, etc. I prefer exploring natural supplementation as much as possible to minimize counter effects with drugs and even with the condition the individual is living with. I would love to chat with you and perhaps even do a program like this in order to share what I know. My email is Dr.Lord@ICAcare.com

01:40:46 Gloria Gutman, SFU: What are implications of findings for consumption of red wine by older adults? eating chocolate? bottom line

02:02:03 Douglas Kiel: HERE IS THE FDA STATEMENT: Allowable qualified health claims for this enforcement discretion include the following: "Cocoa flavanols in high flavanol cocoa powder may reduce the risk of cardiovascular disease, although the FDA has concluded that there is very limited scientific evidence for this claim."

02:04:29 Thomas Seoh: @John: capacity is one thing, what's in it for them is another

02:09:59 Todd Lorenz: Yes!!

02:15:28 Sylvia Sylos: Yes, great points Laura!! thank you.

02:15:55 Thomas Seoh: @Laura: if Sponsor supplies digital apps, is there resistance in underrepresented communities to adopt or contribute data?

02:24:05 Thomas Seoh: @Michael Zemel: Laura said: Michael, in our COSMOS-Mind study, we looked at response to the MVM for those with low BMI vs. those with high BMI and saw no difference.

02:27:14 Thomas Seoh: @Panel: and to level set for the audience, what are major sources of flavanols in food?

02:28:37 Zdravko Kamenov: Great discussion! Thanks a lot. Best

02:30:05 Fehmida Kapadia: Thank you Panel. Really interesting discussion.

02:30:24 Leslie Yardeni: Many sincere thanks!

02:31:15 Thomas Hattier: Big thanks to the panel. Great discussion!

02:31:20 Mauro Colombo: thank you to everybody, Mauro Colombo, Golgi Cenci Foundation, Milan, Italy

02:31:41 Irene Gadani: Thank you very much!

02:38:18 Poul Strange: There is a reason phase 3 registration trials with two active doses have become popular the last 10-20 years.

02:41:38 Laura Baker: Sorry folks, I have to drop off. Thanks for including me.