



# THE LBD DIGEST

Norman Fixel Institute for Neurological Diseases at UF Health

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## Music and Dementia: An Alternative Medicine

There is published and ongoing research looking at the relationship between music and dementia. The Alzheimer' Association wrote a blog post describing listening to music as a "magic brain workout" ([https://www.alz.org/blog/alz/february\\_2012/caregivers\\_take\\_note\\_%E2%80%93\\_music\\_as\\_therapy](https://www.alz.org/blog/alz/february_2012/caregivers_take_note_%E2%80%93_music_as_therapy)).

Listening to music can help improve behavioral issues and agitation. Music is not only great for those living with LBD but may bring some relief to the caregiver as well.

### How to use music as an alternative medicine

1. *Think about music that is associated with "happy times"*: Talk to your loved one about their life and music associated with specific times. Be careful to avoid music that they may evoke sad memories.
2. *Pick the right setting*: People with LBD may sometimes get distracted if this music experience does not take place in the right setting. It may not be ideal to use the radio for listening as the advertisements between the song selections may cause some distraction. Headphones could be a great option but, for some, they may be uncomfortable and cause irritability.
3. *Enjoy the music*: Once you've selected some songs that soothe your loved one, use the playlist to uplift the spirits in your space.
4. *Consider a professional music therapist*: Follow this link to find a music therapist in your area (<https://bit.ly/3t7OPYc>).

Like many other things in LBD, the best playlist may be made with some trial and error. It is not guaranteed music may positively impact every person with LBD but this could be a way to create memories or increase calm.

### Communication of Dementia Diagnoses: Patient and Family Experiences

**And Developing Best Practices:** Study recruiting dementia patients who received a diagnosis in the past 2 years. Find more information here: <https://m.ufhealth.org/research-study/communication-dementia-diagnoses-patient-family>. Call 352-733-2419 or email [Noheli.Gamez@neurology.ufl.edu](mailto:Noheli.Gamez@neurology.ufl.edu) for more information.

### PACE-DLB

Study recruiting people with moderate dementia with Lewy bodies (DLB). The person with DLB and their caregiver must participate together. You will be screened to assess severity level if participant is unsure. Find more information here: <https://ufhealth.org/research-study/pace-dlb>. Call 352-733-3004 or email [PACE-DLB@neurology.ufl.edu](mailto:PACE-DLB@neurology.ufl.edu) for more information.

Research  
Corner

## Meet Our Team: Carley Rusch and Matthew Beke



Carley Rusch (shown left) is a Registered Dietitian Nutritionist. She graduated with a B.S in Food Science and Human Nutrition from the University of Florida. Carley is working towards a doctoral degree in nutritional sciences while facilitating an innovative nutrition program within the Department of Neurology through advanced nutrition care and research. Her research focus is related to the role of diet and gastrointestinal health in Parkinson's disease.



Matthew Beke (shown left) is a Registered Dietitian Nutritionist and current Nutritional Sciences PhD student at the University of Florida. As a Clinical Dietitian at the Fixel Institute, he has cared for the most vulnerable members of our community with compassion using the latest nutrition therapies. Matt is grateful for the opportunity to lead in pushing nutrition research forward while caring for people with neurological disorders.

Carley and Matt work together to provide resources, information, and nutritional support to our patients and caregivers of those with Lewy Body Dementia. They are available to assist patients and caregivers receiving care at UF Health.

### CONTACT US



To contact your UF Health Lewy Body Dementia Support Team call (352) 733-2419 or email us at [DLB-support@neurology.ufl.edu](mailto:DLB-support@neurology.ufl.edu).



### Are you a caregiver in need of support?

Join our monthly Virtual Lewy Body Dementia Caregiver Support Group!

- Every 4<sup>th</sup> Friday of the month from 2-3PM
- Connect by telephone:
  - Call the toll-free number
    - +1 (646) 558-8656
  - Input Meeting ID: 540-200-2903
- Connect online:
  - <https://uflphi.zoom.us/j/5402002903>