

**CURRICULUM VITAE**

**Majid Fotuhi, MD, PhD**



**Medical Director: NeuroGrow Brain Fitness Center**  
**Affiliate Staff: Johns Hopkins Medicine**

## **Education**

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- 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**

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- 4/2015- present      Medical Director  
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-Present      Affiliate Staff;  
Howard County General Hospital; Johns Hopkins Medicine  
*Academic affiliation; research & teaching*

- 02/2016-June 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 in elderly and growing the size of their hippocampus*
- 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 with in an out-patient clinic, also 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*  
*(Continue to teach at Harvard once a year, as an invited lecturer)*
- 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<sup>+</sup> 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 binding 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 antioxidant 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>

## 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 Korean]

## 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.

## 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**

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### **CERTIFICATION**

Medical License      Maryland (2003, #D0059507), expires in 9/2018  
                                 Virginia (2015, #010125888), expires in 9/2018  
Neurology Board      Diplomat, American Board of Psychiatry and Neurology

### **CLINICAL SERVICE RESPONSIBILITIES**

2003–2011      Attending Neurologist, inpatient  
                                 Sinai Hospital Inpatient and Consult Service  
                                 1 week every 4–6 weeks (~70 days/year)

2003–2011      Attending Neurologist, outpatient  
                                 LifeBridge Health Brain & Spine Institute, Sinai Hospital  
                                 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**

<u>Date</u>	<u>Title</u>
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 AI  
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**

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### **Classroom Instruction**

<b>Date</b>	<b>Course Title Location</b>	<b>Role</b>
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)
1992–1997	HST Pharmacology Harvard Medical School Harvard-MIT Division of Health Sciences & Technology	Teaching Assistant & Lecturer Gave 2 lectures each semester; discussed “class case presentations” to prepare each of the 40 students.
1996–present	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)

## Clinical Instruction

Date	Course Title Location	Role
2003–2011	General Neurology (bedside teach of residents and students) <i>Sinai Hospital of Baltimore,</i> inpatients and outpatient services	Neurology Attending (3–5 days every week)
2003–2011	Neurology and Neuropathology (second-year medical students) <i>Johns Hopkins University</i> <i>School of Medicine</i>	Neurology Attending clinical-pathologic correlations in localization, cerebrovascular, vestibular, and cognitive disorders (5 sessions)
2009	Longitudinal Clerkship <i>Johns Hopkins University</i> <i>School of Medicine</i>	Teaching Attending
1997- Present	Pharmacology <i>Harvard Medical School</i>	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 <i>Journal of Neurology</i> ); 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 <i>Nature Clinical Practice Neurology</i> ); 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.

## Educational Program Building

1996–2011	Started a USMLE review course in pharmacology for 2 <sup>nd</sup> -year students at Harvard Medical School. It began as a one-day course with a small 30-page booklet. It has become a 2-day course that is a regular part of the yearly curriculum and now covers microbiology and neuroscience. Its booklet has grown to close to 300 pages, and portions of the teaching material have become available on the Harvard intranet.
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## **ORGANIZATIONAL ACTIVITIES**

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### **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 Invited 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 25 <sup>th</sup> 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  
  
Invited speaker for an Alzheimer's meeting  
Tel Aviv University

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 and  
United Nations
- 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 update list of Dr. Fotuhi’s lectures is available on the NeuroGrow.com website:  
<https://neurogrow.com/lectures/>



## Majid Fotuhi, MD, PhD Biography

Dr. Fotuhi received his MD degree (cum laude) from Harvard Medical School as a member of the Harvard-MIT Division of Health Sciences and Technology (HST), and his doctoral PhD degree in Neuroscience from Johns Hopkins University School of Medicine. He is currently the medical director of NeuroGrow Brain Fitness Center and an affiliate staff at Johns Hopkins Medicine. He also lectures on topics related to neuroscience, cognition, brain health, and concussion to medical students at Harvard Medical School as well as at local, national, and international conferences.

Dr. Fotuhi's initial clinical research at Johns Hopkins focused on the basic brain neurochemistry and on finding effective ways to prevent dementia. More specifically, he worked on longitudinal studies to determine the beneficial role of a combination of vitamins and natural supplements along with nonsteroidal anti-inflammatory drugs (NSAID) and omega-3 fatty acids in maintaining cognitive function and brain vitality. His current research has focused on issues related to intensive treatment of patients with memory loss and/or post-concussive syndrome. He has published his research findings in *Brain Research*, *Journal of Neuroscience*, *The Lancet*, *Nature*, *Neurology*, *Neuron*, and *Proceedings of National Academy of Science*. He has developed a multi-disciplinary treatment protocol for helping patients boost their cognitive function, called: "Brain Fitness Program," and the results of this work have been published in the *Journal of Prevention of Alzheimer's Disease*.

Dr. Fotuhi has dedicated much of his career to educating the public about memory, aging, and concussion. In his book, *The Memory Cure: How to Protect Your Brain Against Memory Loss and Alzheimer's Disease*, he provides clear and concise information about how to prevent dementia. His second book, entitled *The New York Times Puzzles to Keep Your Brain Young: The 6-Step Age-Defying Program*, was released in January 2008 and was the basis for his PBS program, titled: "Fight Alzheimer's Early." His most recent book, *Boost Your Brain*, teaches people how they can grow the size of the memory parts of their brain, the hippocampus.

Dr. Fotuhi has been interviewed by more than 50 national media outlets including ABC News, CTV, CNN, CBS, TODAY show, Fox News, Discovery Channel, USA Today, Health magazine, Ladies' Home Journal, Forbes, *The Boston Globe*, *BusinessWeek*, *The Chicago Tribune*, *The Washington Post*, *The Wall Street Journal*, *The Montreal Gazette*, and *The Times (London)*.

Dr. Fotuhi has taken a leadership role in the field of medical education. He has received numerous awards for his innovative and dynamic teaching style. He is a popular instructor at Harvard Medical School, where he designed and helped to build two 5-foot brain models for his students in neuroanatomy classes. He won the distinguished teaching award from the American Academy of Neurology in 2001. He has presented academic lectures as an honorary visiting professor in Canada, Egypt, China, Israel, and Japan. He continues to lecture medical students at Harvard Medical School.

Dr. Fotuhi lives with his wife and two daughters in McLean, VA. His hobbies include ballroom dancing, tennis, scuba diving, traveling, cooking, and spending time with his family.