



2024 Home Base Brain Health Summit



THE FUTURE OF HEALTHSPAN

SOFIA E MATTA, MD



11 SEPTEMBER 2024

A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



RED SOX
FOUNDATION

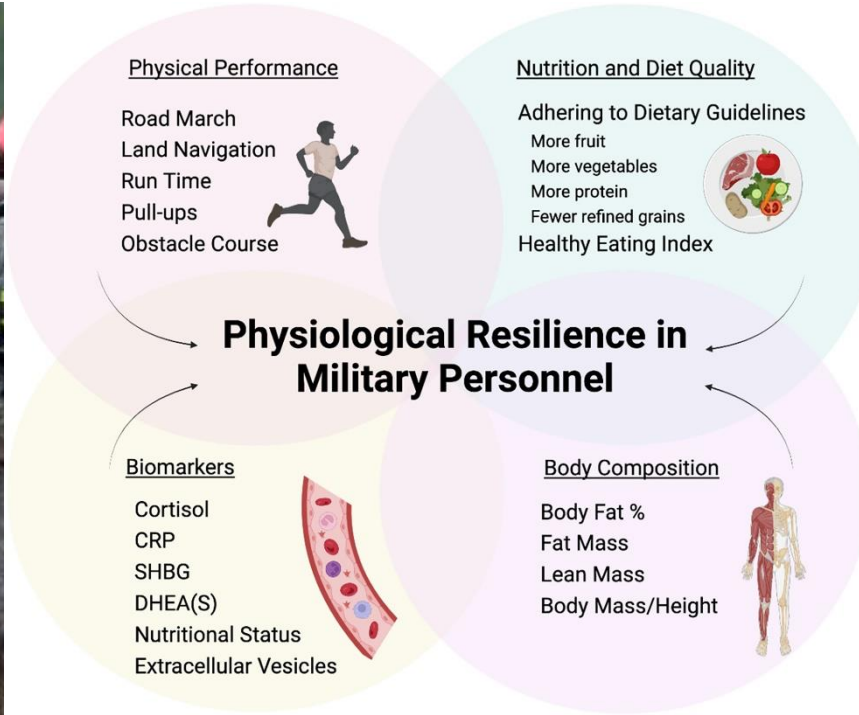


Massachusetts General Hospital

DISCLOSURE: SOFIA E MATTA, MD

With respect to the following presentation, in the 24 months prior to this declaration there has been no financial relationship of any kind between the party listed above and any ACCME-defined ineligible company which could be considered a conflict of interest.

ASSESSING THE PHYSIOLOGICAL BASIS FOR RESILIENCE IN MILITARY PERSONNEL



McClung JP et al. *Stress Health*. 2023 Sep;39(S1):33-39. doi: 10.1002/smi.3271

NAVY SEALS TRAINING: PSYCHOLOGICAL RESILIENCE, HARDINESS, GRIT, DHEA/CORTISOL

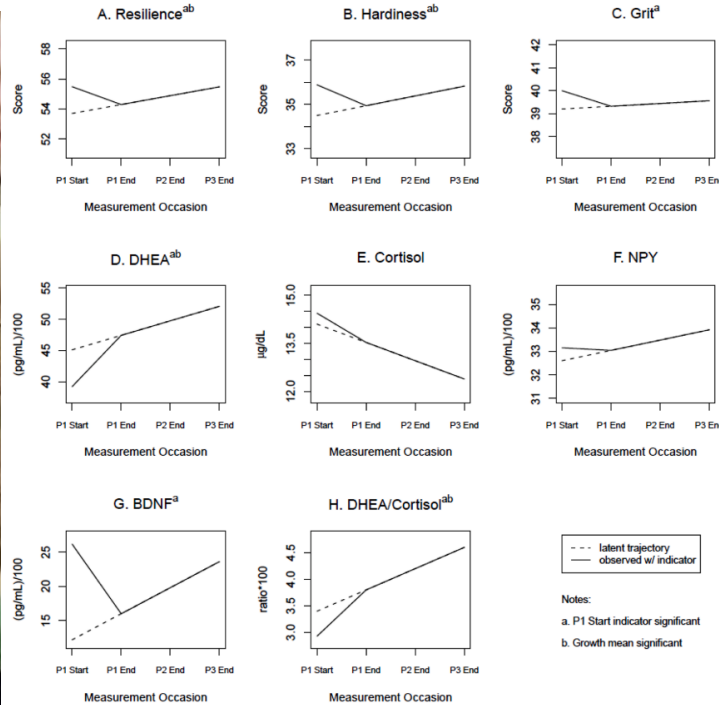
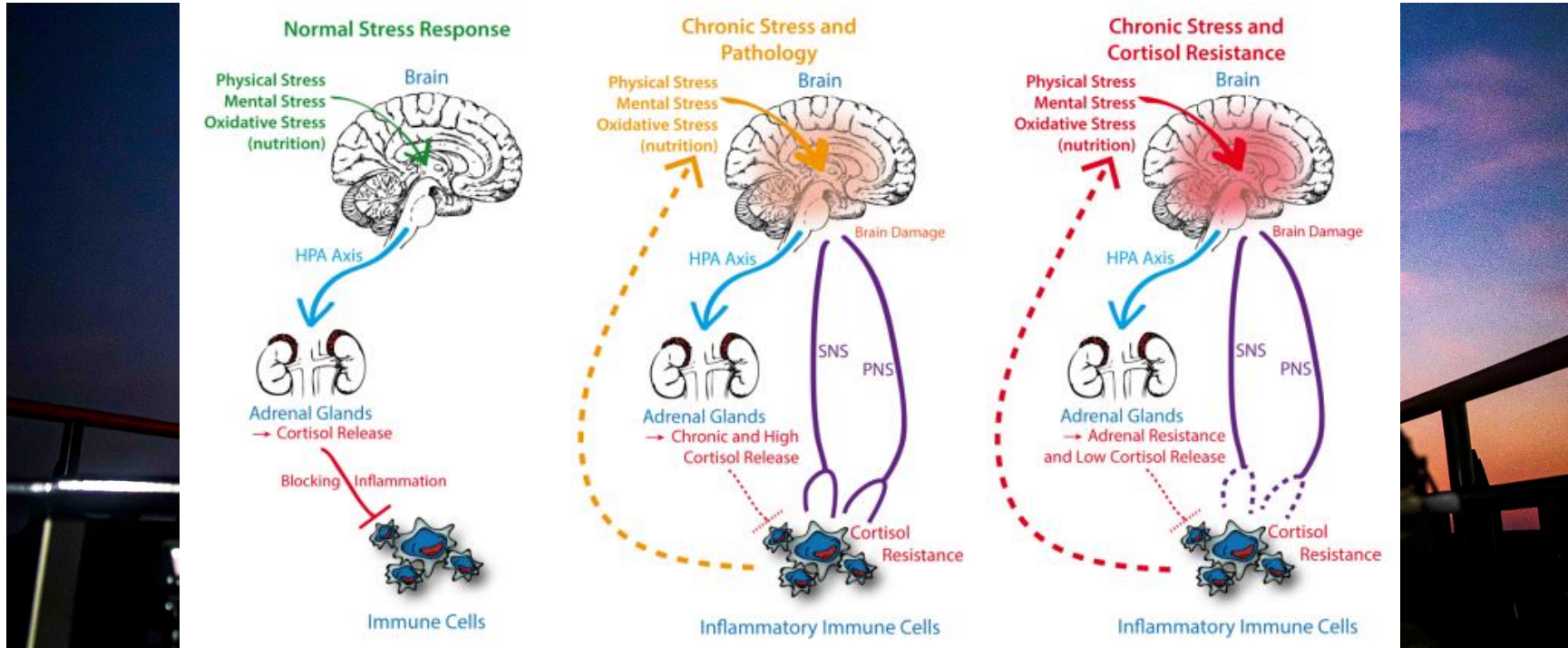


Fig. 1. Growth models of psychological measures and physiological indicators.

ROLE OF STRESS IN HYPOTHALAMIC PITUITARY ADRENAL AXIS, CORTISOL AND NERVOUS SYSTEM



THE TALE OF TWO TREES & THE LITTLE CHAPEL THAT STOOD

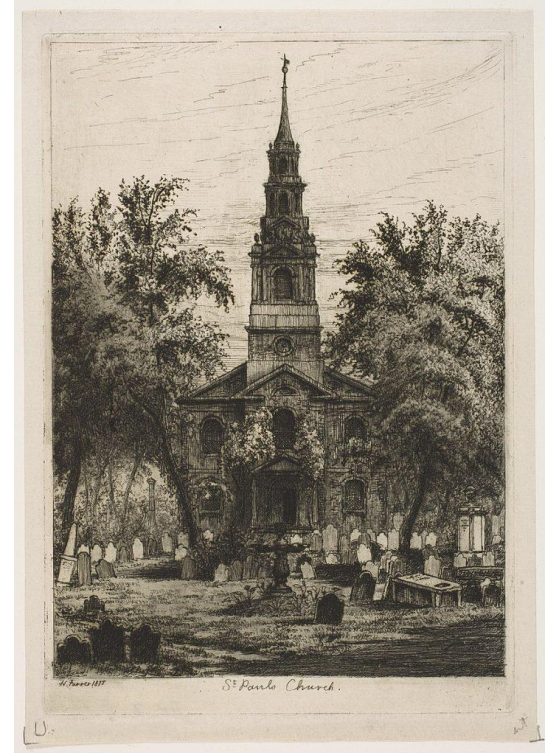


Oak City
of Oak

1876,
after the

recon-
figuration

of the
town, St
Paul's
workers
largely
destroyed that



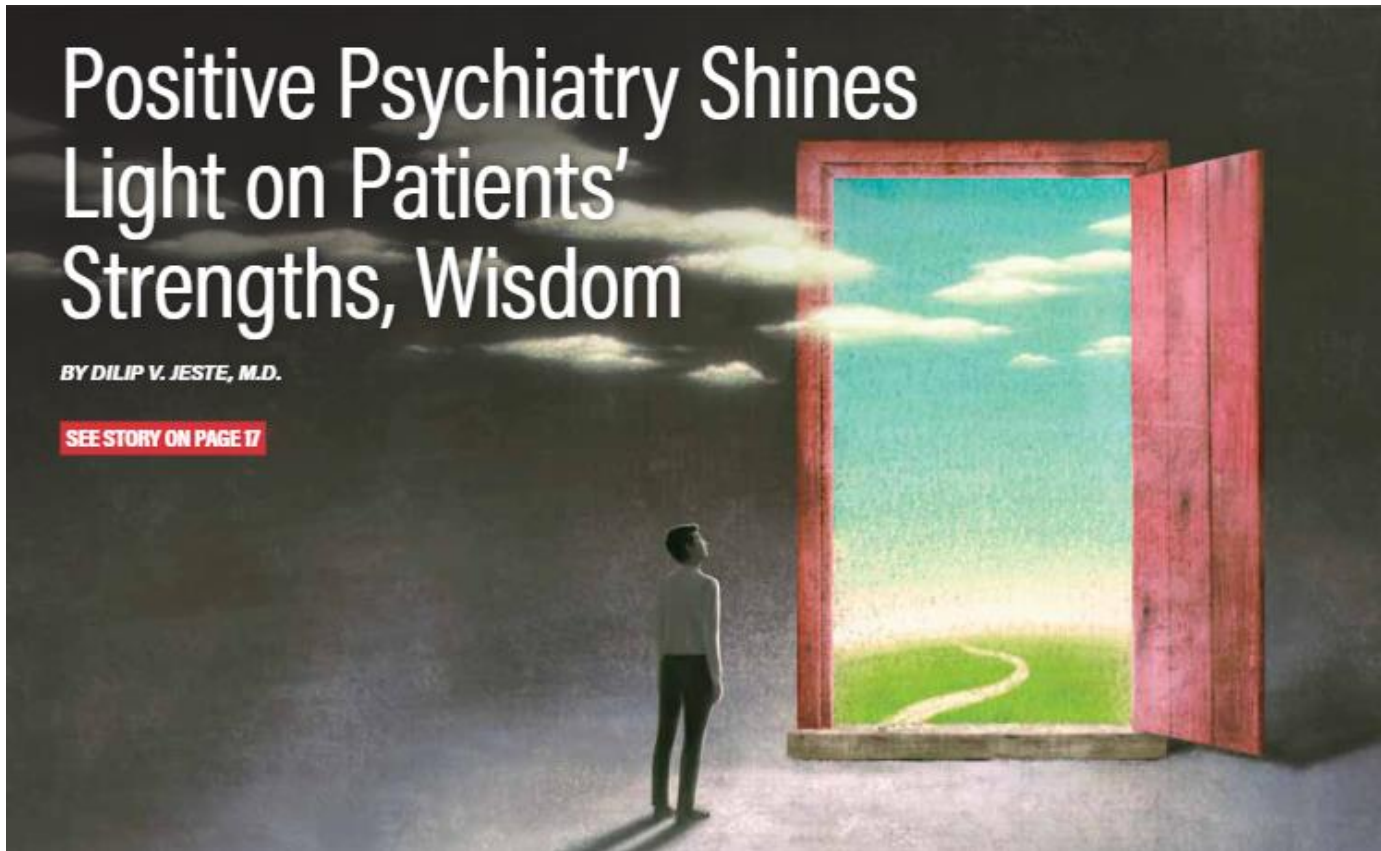
A PEAR TREE AT GROUND ZERO



Positive Psychiatry Shines Light on Patients' Strengths, Wisdom

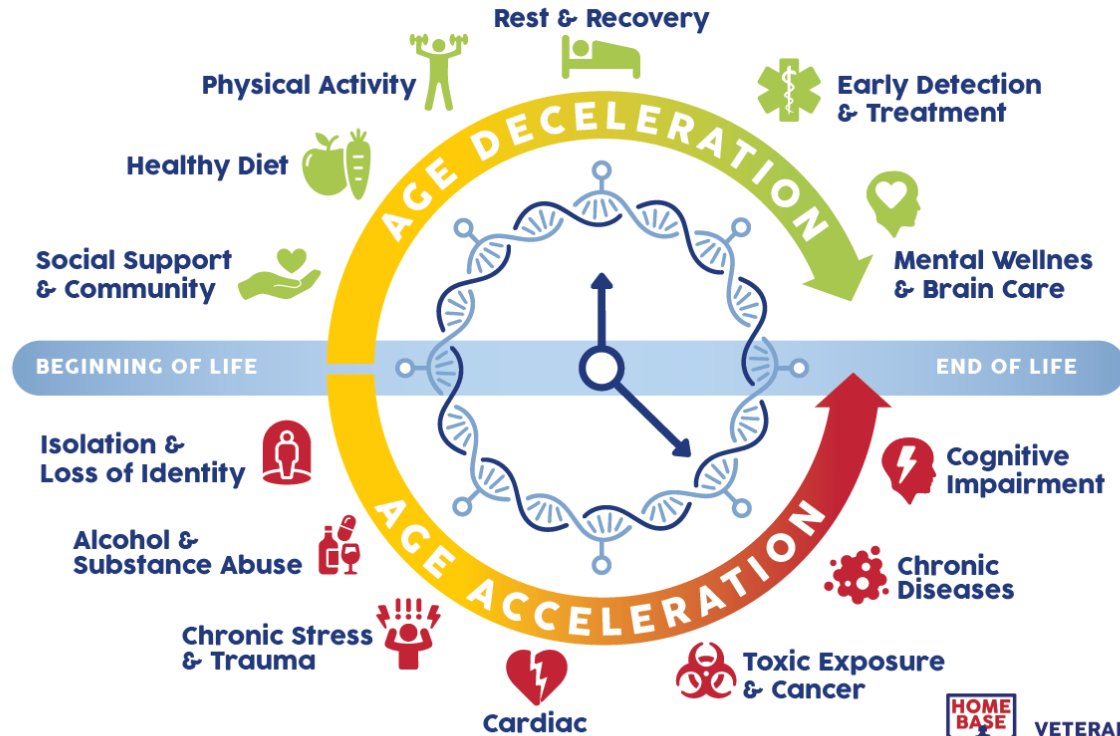
BY DILIP V. JESTE, M.D.

SEE STORY ON PAGE 17



<https://psychnews.psychiatryonline.org/doi/10.1176/appi.pn.2024.01.1.23>

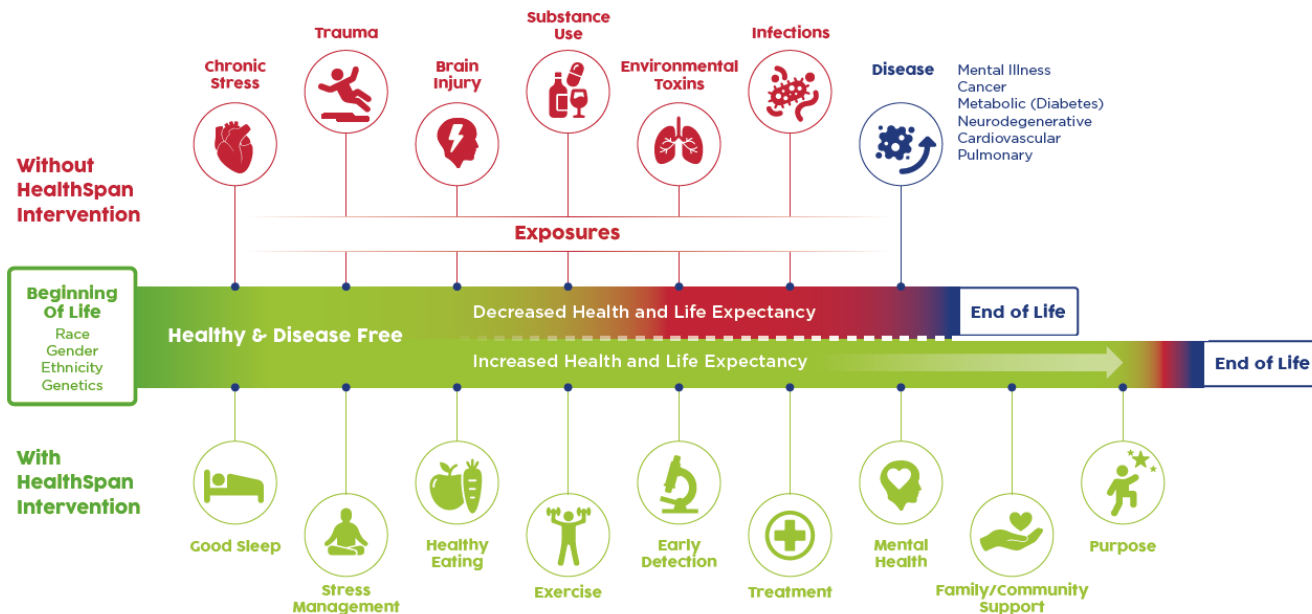
Home Base Healthspan Clock



VETERAN AND
FAMILY CARE

RED SOX FOUNDATION Massachusetts General Hospital

HealthSpan Roadmap



RESILIENT WARRIOR, MINDFULNESS, STRESS MANAGEMENT, ART THERAPY, EXERCISE, NUTRITION, YOGA

About the Program

The program provides participants with:

What is Resilient Warrior?

In 2015, Home Base, in collaboration with the [Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital](#), launched a series of educational, mind-body courses called Resilient Warrior that help Veterans and Service Members manage their stress more effectively. The fundamental principle of this six-session program is to teach individuals to control their response to stress and, in turn, improve their ability to adapt more effectively to stress, or build resilience.

If you'd like us to offer an in-person or virtual resilience workshop outside of the listed dates, please complete a [registration form](#) indicating your interest and we will reach out to you.

Upcoming Sessions:

Wednesdays, October 23-December 4, 2024, at 4:30-6 p.m. ET **There will be no session on November 27, in observance of Thanksgiving Day*

Wednesdays, January 29-March 5, 2025, at 3-4:30 p.m. ET

- ✓ Stress awareness
- ✓ Improved interpersonal communication
- ✓ Peer connections
- ✓ Mind-body relaxation techniques
- ✓ Explore the importance of sleep, nutrition and exercise
- ✓ Changing negative thoughts and behaviors to help manage stress

Program Cost

Offered at no cost to the participant

Eligibility

Veterans of all eras and active duty, National Guard and Reserve Service Members

Area of Service

Nationally via Zoom

<https://bensohenryinstitute.org/guided-relaxation-exercises/>

McCANCE BRAIN CARE SCORE

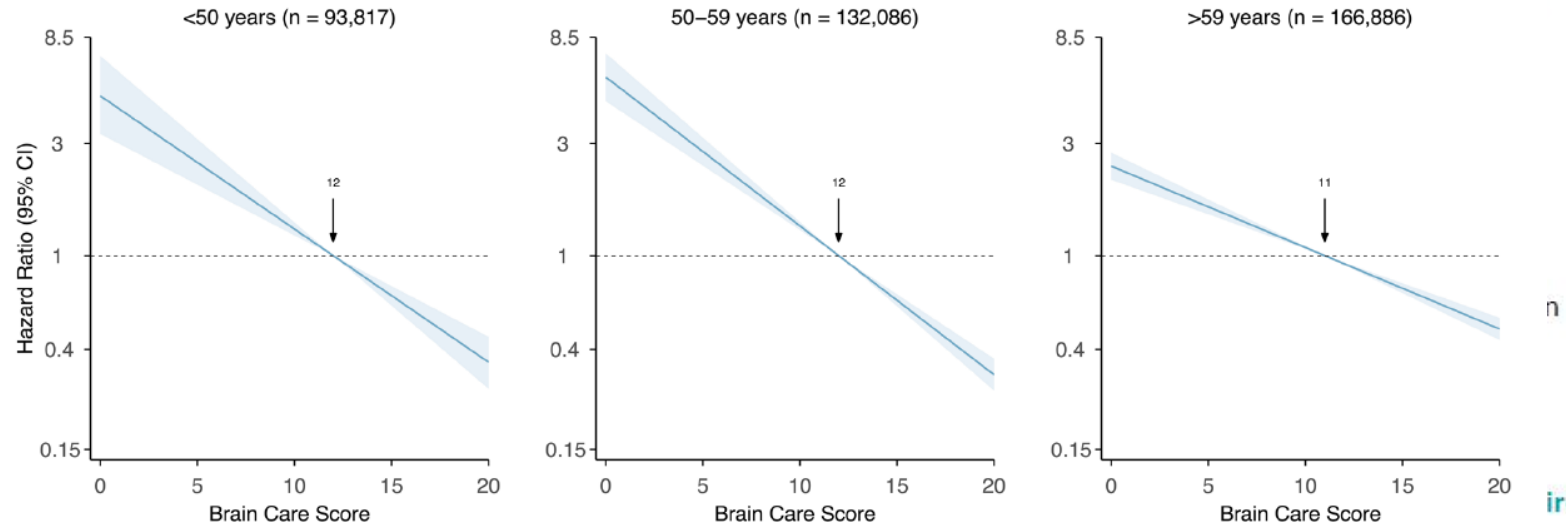
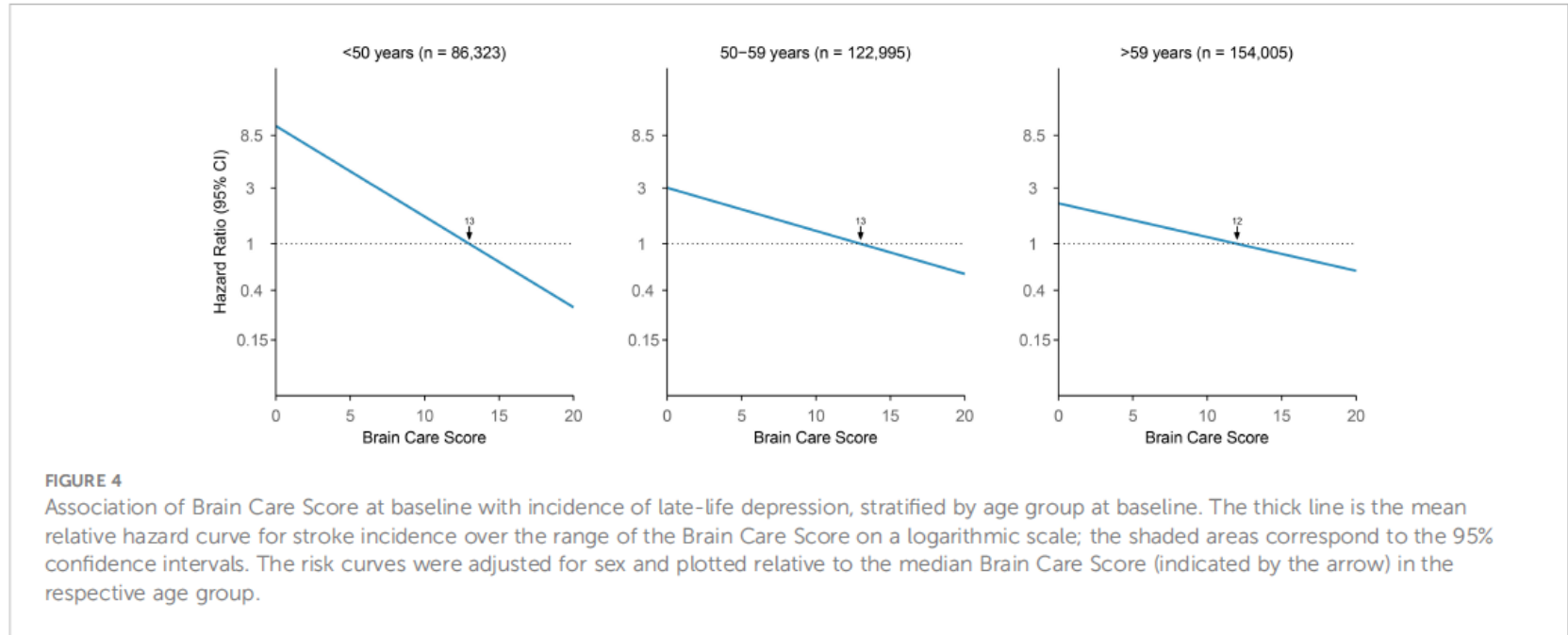


FIGURE 4

Association of Brain Care Score at baseline with incidence of stroke, stratified by age group at baseline Legend. The thick line is the mean relative hazard curve for stroke incidence over the range of the Brain Care Score on a logarithmic scale; the shaded areas correspond to the 95% confidence intervals. The risk curves were adjusted for sex assigned at birth and plotted relative to the median Brain Care Score (indicated by the arrow) in the respective age group.

Singh SD, et al. *Front Neurol.* 2023;14:1291020.

McCANCE BRAIN CARE SCORE





THE SURVIVOR TREE

THANK YOU!

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