

Meet the Sherzais



Dean Sherzai, MD, PhD

Dean Sherzai, MD, PhD, is co-director of the Alzheimer's Prevention Program at Loma Linda University. Dean trained in Neurology at Georgetown University School of Medicine, and completed fellowships in neurodegenerative diseases and dementia at the National Institutes of Health and UC San Diego. He also holds a PhD in Healthcare Leadership with a focus on community health from Andrews University.

Ayesha Sherzai, MD

Ayesha Sherzai, MD is a neurologist and co-director of the Alzheimer's Prevention Program at Loma Linda University, where she leads the Lifestyle Program for the Prevention of Neurological Diseases. She completed a dual training in Preventative Medicine and Neurology at Loma Linda University, and a fellowship in Vascular Neurology and Epidemiology at Columbia University. She is also a trained plant-based culinary artist.

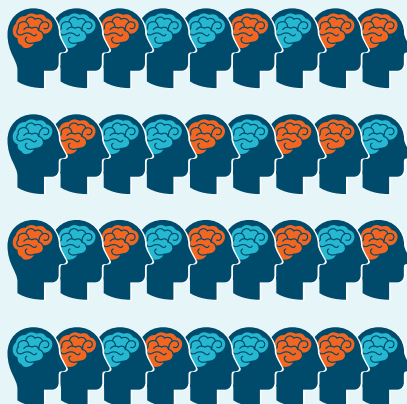


Alzheimer's by the numbers:

The Alzheimer's Association estimates that **10%** of individuals over the **age of 65** will have dementia in their lifetime.



For individuals over the **age of 85** the prevalence estimate jumps to **1 in 2**.



Prevalence in the baby boomer generation is projected to increase from 1.2% in 2020 to **50.1% in 2050**.

