

Dr. Nikolaos Scarmeas

Associate Professor of Clinical Neurology at Columbia University

New York City, NY, US

Neurology expert theorizing the ageing brain and the variability of clinical response to AD pathology

Biography

Dr. Scarmeas received his MD degree from the Medical School of the University Of Athens in 1992. He subsequently completed a 2-year military service and was then employed as a physician in primary care of rural areas of Greece. Dr Scarmeas came to the US in 1996 and completed a Neurology residency training at Columbia Presbyterian Medical Center in New York in 2000. He then had a 2-year clinical-research fellowship in the division of Aging and Dementia of the department of Neurology of Columbia Presbyterian Medical Center. Since 2002, Dr Scarmeas is Associate Professor of Neurology at Columbia University and is involved in clinical, teaching and research activities in the Department of Neurology and the Alzheimer's Disease Research Center at Columbia Presbyterian Medical Center. I am interested in understanding the variability of clinical response to AD pathology, which is related to different inherent or acquired abilities. Such abilities, which are considered to represent each individual's cognitive reserve include IQ, education, and intellectual-social-physical life activities. These associations are explored epidemiologically or with imaging resting and activation PET and MRI studies. Multivariate statistical methods in brain imaging are able to capture connectivity among brain regions and therefore identify brain networks (rather than individual brain areas). I am investigating whether differential expression of these networks may provide useful diagnostic or prognostic tools for MCI and AD. Using data from our epidemiological cohorts I am exploring individual variability in rates of decline in AD as a function of either clinical (APOE genotype, education, life-activities, psychiatric symptoms, extrapyramidal features etc) or MRI imaging (i.e. white matter hyperintensities) predictors. More recently, I have developed a special interest in the contribution of diet in AD risk. Recent literature on the effect of individual dietary elements is conflicting. I am investigating the effect of composite dietary patterns (such as the Mediterranean Diet) in AD risk.

Industry Expertise

Research, Education/Learning, Health and Wellness, Health Care - Services

Areas of Expertise

Cognitive Reserve, Nutrition, Diet and Cognition, Lifestyle Social Intellectual Activities and Cognition - Dementia, Diet and Cognition - Dementia, Physical Activities Exercise and Cognition - Dementia, Mechanisms Relating to Nutrition, Cognitive Reserve Factors with Cognition - Dementia

Affiliations

National and Kapodistrian University of Athens: Associate Professor Neurology Medical School

Education

Columbia University Mailman School of Public Health
MA Clinical Research

Ethnikon kai Kapodistriakon Panepistimion Athinon / University of Athens
MD Medicine

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