

## OLLI at DU Central Syllabus –Fall 2024

### Neurology in a Nutshell: The Brain Explained - Subject Area STEM

Wednesday Afternoons Online; 4 weeks

Instructor: Paul Schanfield

#### 1. **SUMMARIZE YOUR COURSE**

This class begins by explaining the mysteries of the brain, common neurological diseases, evaluation of healthy lifestyles and a guide to navigating one's way through today's complicated and fragmented healthcare system.

This is a class that will help OLLI members understand common Neurological diseases that become more common with age, such as stroke, headache, dizziness, seizures, Alzheimer's Disease and Parkinson's Disease.

Lectures with generous time for questions will be provided – with slide shows that can be acquired.

#### 2. **BRIEF COURSE OUTLINE ORGANIZED BY CLASS SESSION:**

Recommended reading: A Migraine in Room 3, A Stroke in Room 4; A Physician Examines His Profession by Paul M. Schanfield, MD [[amigraineinroom3.com](http://amigraineinroom3.com)]

Week 1: HEADACHE & DIZZINESS

Week 2: SROKE & COGNITIVE DISORDERS [emphasis on Alzheimer's Disease]

Week 3: EPILEPSY & SEIZURES & MOVEMENT DISORDERS [emphasis on Parkinson's Disease]

Week 4: HEALTHY LIFESTYLES & an in depth evaluation of today's healthcare system and suggestions on how to navigate it