



The Great Age Wave

How did we get here?

Maximizing the Benefits of Aging Populations

There are currently roughly **62 million adults ages 65 and older** living in the U.S., accounting for **18%** of the population. In 30 years, 84 million adults ages 65 and older will make up an estimated **23%** of the population. Though the number of adults over the age of 65 varies by country, the reality is that the world as a whole is facing the **“Great Age Wave.”**

June is Alzheimer’s & Brain Awareness Month. As populations around the world continue to age, concerns about neurodegenerative diseases such as Alzheimer’s are increasingly common. **Dr. Scott Kaiser**, a board-certified family physician, geriatrician, and Director of Geriatric Cognitive Health at the Pacific Brain Health Center, continues to educate patients, caregivers, and the broader community about the positive aspects of what this demographic shift may mean in the future.

[Learn More](#)

★ **Headline Stories | June 2026**



Vital 6: Research-Supported Core Pillars for Brain Health

Learn about the **Vital 6**, the **core pillars** for **cognitive wellness**: sleep, stress management, nutrition, exercise, socialization & brain training.

[Watch Video](#)



Susan’s Story: Confronting Alzheimer’s Disease

Discover how Susan **reframes** her **Alzheimer’s** risk into **proactive** brain health with the help of **Dr. David Merrill** and team.

[Read Article](#)



Preventing Illness: Medicine in the 21st Century

Dr. Leroy Hood of Institute For Systems Biology & PNI collaborator, outlines a future where healthcare focuses on **prevention**, early detection, and personalized care.

[Read Article](#)



Alzheimer’s: Too Common, and So Mysterious

Dr. Verna Porter talks about Alzheimer's, the current treatments that are available, and preventative measures we can take to avoid it.

[Apple Podcasts](#) | [Spotify](#) | [YouTube](#)

[Watch Here](#)

💡 **Support Group Resource**



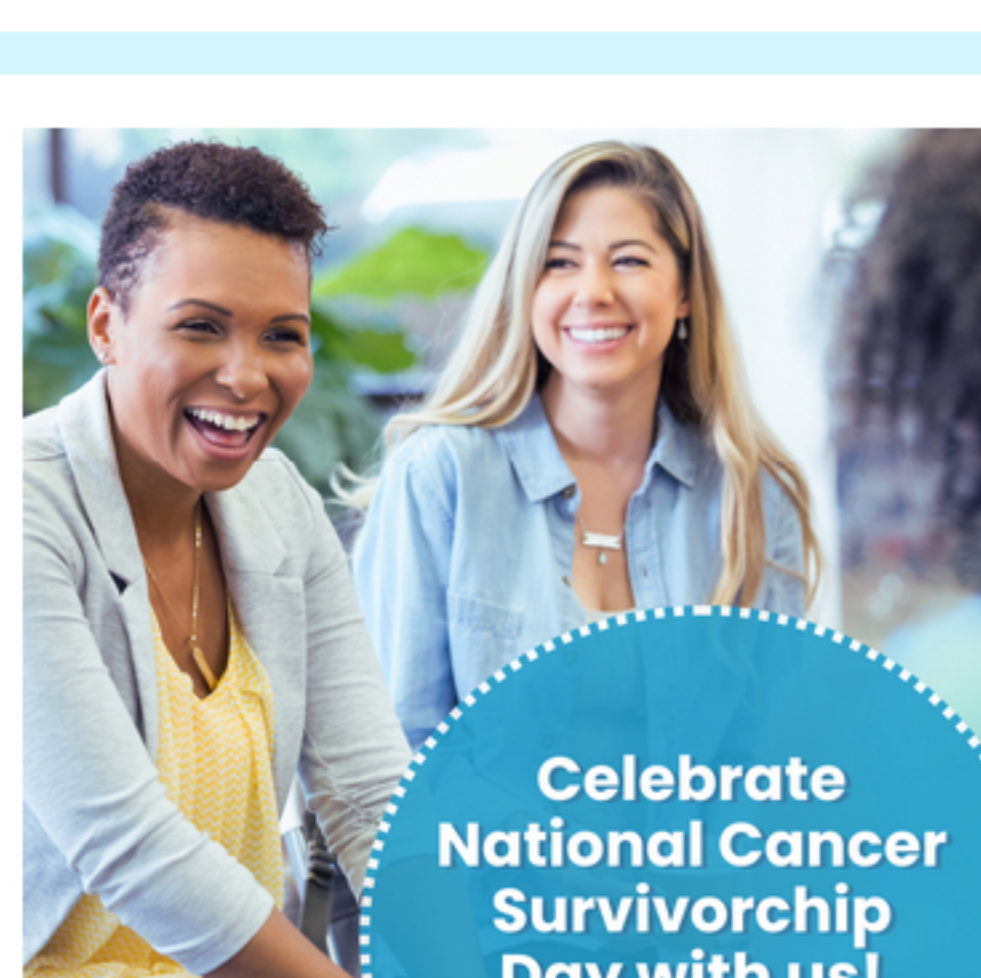
Dementia Caregivers Support Group **Wednesdays, July 15, 22, & 29 | 3 - 4 pm PT**

Join our online support group designed for caregivers taking care of a loved one living with any stage of dementia. Sessions are **FREE in July** with rolling enrollment.

[Download PDF flyer for more details >>](#)

[Register >>](#)

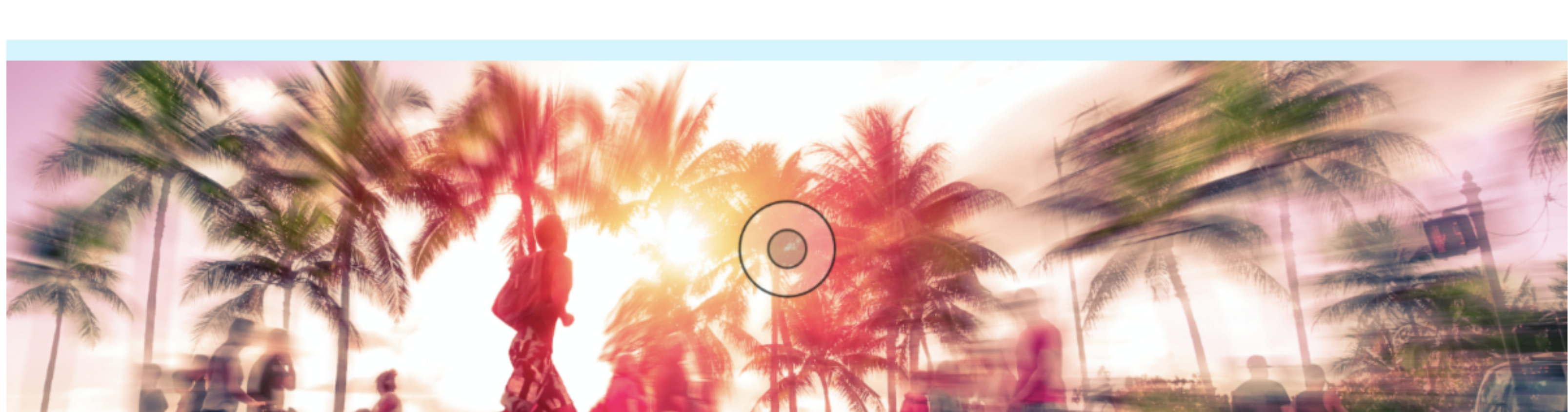
★ **News & Events**



Survivorship Resource Fair at Saint John's **Tuesday, June 2 | 11 am - 2 pm PT**

Join us as we honor and celebrate everyone striving to thrive on National Cancer Survivors Day. Providence Saint John’s Health Center invites you to a meaningful Cancer Survivorship Resource Fair. Connect with care teams, resources and community to support quality of life after cancer.

[Learn More >>](#)



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PNI takes care of patients with a wide range of neurological conditions. **Request a visit by calling (310) 582-7640 or [find a doctor at pacificneuro.org](#).**

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