A Free Talk

“Inflammation, Stress and the Microbiome”

Thursday, March 14, 2019
6:00 pm – 7:00 pm

CU Boulder Center for Community (C4C) Abrams Lounge S336
2010 Willard Loop Dr
Boulder, CO 80305

Public Parking west and south of C4C & street parking on Regent Dr

➢ How is stress, diet, untreated allergic responses chronically activating your immune system and how does that interfere with brain function? Learn more, and how we can protect our brains from the negative effects of inflammation.

➢ The immune system acts as the body’s defensive army when foreign and possibly dangerous substances enter the body. Normally the immune system becomes activated in response to harmful pathogens (e.g., viruses such as the flu), and is sometimes triggered by harmless airborne substances (e.g., pollen). However, the immune system can become chronically activated by stress, diet, and untreated allergic responses, causing inflammation that can interfere with normal brain function and promoting an unhealthy brain.

➢ This talk will discuss recent discoveries in the fields of neuroscience and physiology that explain how inflammation negatively affects the brain; how chronic physical, mental, and emotional stress can lead to inflammation in the brain; and how we can protect our brains from the negative effects of inflammation.
Presenter Kelsey Loupy, MS is a PhD candidate in the Department of Integrative Physiology at the University of Colorado Boulder. She is working with Dr. Christopher Lowry’s Behavioral Neuroendocrinology Laboratory, and her research interests include studying the microbiome-gut-brain axis in the context of stress resilience.

Full schedule of 2019 Brain Awareness Week events @
https://tinyurl.com/CUBAWEEvents

Brain Awareness Week events are sponsored by the Institute of Cognitive Science and the Intermountain Neuroimaging Consortium at the University of Colorado Boulder.

The University of Colorado Boulder is committed to providing equal access to individuals with disabilities. If you are planning to attend these events and will require accommodations, please contact https://www.colorado.edu/institutionalequity/ada no later than 7 days prior to an event.