

## **APPENDICES**

### **APPENDIX 1 – PUBLIC & PROFESSIONAL LECTURES**

#### **Presentations (1997-2002)**

1. Dementia Carers/ Launceston, 8 March 1997.
2. ACAT Conference, Launceston, 25 June 1997.
3. Division of General Practice, Northern Tasmania, 15 July 1997.
4. Division of General Practice, Scottsdale, 4 August 1997.
5. Tasmanian Branch of RACP annual meeting, 11 October 1997.
6. Seminar at the Launceston General Hospital, 25 February 1998.
7. Division of General Practice, Northern Tasmania, 30 June 1998.
8. Division of General Practice, North West of Tasmania, 18 July 1998.
9. Australian Society of Medical Research, Hobart, 23 November 1998.
10. The Rotary Club, Launceston, 2 February 1999.
11. Tasmanian Clinical Pathologists, Launceston, 20 March 1999.
12. Department of Psychiatry, Launceston, 14 May 1999.
13. Australian Catholic Nurses, Launceston, 22 May 1999.
14. The Probus Club, Launceston, 21 June 1999.
15. Central Branch LGH Auxiliary, Launceston, 8 July 1999.
16. South Launceston Rotary Club, 5 August 1999.
17. Dare Shott Public Lecture, University of Tasmania, Launceston, 13 August 1999.
18. School for Seniors, Launceston, 11 November 1999.
19. Division of General Practice Northwest of Tasmania, 25 November 1999.
20. Rotary Club of Launceston, 19 July 2000.
21. Rotary Club of South Launceston, 5 August 2000.
22. Neuroscience meeting, Launceston, 12 August 2000.
23. Mental Health, Launceston, 17 August 2000.
24. Launceston Rotary Club, 23 April 2001.
25. Northern General Practice, Launceston, 10 May 2001.
26. Australia Diversional Therapist conference, Launceston, 20

- May 2001.
27. Medical Research Week, Launceston, 8 June 2001.
  28. Medical Research Week, Launceston, 4 June 2002.
  29. Tasmania Alzheimer's Association, Launceston, 22 June 2002.

## **Presentations (2009-2010)**

1. Independent Retirees Association, 21 August 2009
2. Family Based Care/ Alzheimer Association, 26 August 2009.
3. The Hobart Continuing Medical Education Symposium, 24 October 2009.
4. Clifford Craig Medical Research Trust Professional Breakfast, 1 October 2009
5. John Morris Society, 17 November 2009.
6. Northern Council Auxiliaries, 27 April 2009.
7. Longford Medical Practice, 10 May 2010.
8. Prospect Medical Centre, 20 May 2010.
9. Newstead Medical Practice, 3 June 2010.
10. Launceston Legacy, 6 July 2010.
11. Medical Students (Clinical Schools) 10 August 2010.
12. St Johns Church (Older Boulders) 17 August 2010.
13. Northern Suburbs Medical Centre, 18 August 2010.
14. Southern Health Region Council of Auxiliaries, 22 September 2010.
15. Royal Australian Guide Dogs Association, 18 October 2010
16. 15th National Conference of Independent Retirees, 10 November 2010.
17. Family Based Care, 13 November 2010.

## **Presentations (2020-2023)**

### **Online free public presentations using Zoom Meeting 2020**

1. The prevention and treatment of Alzheimer's disease. Zoom meeting 17.5.2020.
2. Normal pressure hydrocephalus: a treatable dementia. Zoom meeting 24.5.2020.
3. Happiness. Zoom meeting 31.5.2020

**“Tassie Dementia Talks” 2021-2023**  
**“My personal journey into the prevention and treatment of**  
**Dementia: A New Hope”.**

1. Hobart Town Hall, Hobart, 21 May 2021
2. Launceston Town Hall, Launceston, 27 May 2021
3. Launceston Town Hall, 3 June 202
4. Paranaple Convention Centre, Devonport, 5 June 202
5. Sheffield Town Hall, 22 November 2021
6. Huon Valley Hub, Huonville, 25 November 2021
7. Kingsborough Community Hub, Kingston, 25 November 2021
8. Mathers House, Hobart, 26 November 2021
9. Northern Suburbs Community Centre, Newnham, Launceston 11 October 2021
10. Northern Suburbs Community Centre, Mowbray, Launceston 11 October 2021
11. Lilydale Senior Citizens Club, Community Hall, Lilydale 13 October 2021
12. Neighbourhood House, Ravenwood, 15 October 2021
13. School for Seniors, Launceston, 29 October 2021
14. Windsor Community Centre, West Tamar, Launceston, 18 February 2022
15. South Launceston Rotary Club, Launceston, 17 March 2022
16. The Rotary Club, West Tamar, Exeter, 1 June 2022
17. The Probus Club, The Bowls Club, Trevallyn, Launceston, 5 August 2022
18. Youngtown Ladies Probus Club, Launceston, 26 September 2022
19. The Probus club, Kings Meadows, 14 June 2023
20. Independent Retiree, Glenara Lakes, Youngtown, 8 September 2023
21. Lions Club, Kings Meadow, 7 November 2023.

**General Practitioner’s presentations 2023**

1. The Newstead Medical, Newstead, 26 February 2023
2. Prospect Medical Centre, Prospect, 2 May 2023
3. Windsor Family Medical Centre, Riverside, 23 May 2023.
4. 18th Australasian Nepalese Medical and Dental Association annual meeting, Launceston, 18 November 2023 Saturday.

## **APPENDIX 2 – OPINION ARTICLES: THE EXAMINER**

- 1- My mission to identify rare cases of dementia. 28 September 2023.  
<https://www.examiner.com.au/story/8366010/mission-to-identify-rare-cases-of-dementia>.
- 2- How to live Healthy, Happy, and Active life. 18 October 2023.  
<https://www.examiner.com.au/story/8389791/healthy-ageing-how-to-live-healthy-happy-and-active-life>.
- 3- The wisdom of moderation: Dementia risk less by drinking in moderation.  
28 December 2023.  
<https://www.examiner.com.au/story/8470221/opinion-moderate-alcohol-consumption-reduces-the-risk-of-dementia>.
- 4- Hope after a fall get up and go for a walk. 19 June 2024.  
<https://www.examiner.com.au/story/8666069/preventing-falls-in-older-australians-understanding-risks>.  
19.06.2024.
- 5- Spare the Tyre around the Belly: Battle of the waistline. 10 July 2024.  
<https://www.examiner.com.au/story/8690162/exploring-obesity-how-belly-fat-impacts-health-in-australia>.
- 6- Foundations For Health and Wellbeing. 6 September 2024

## **APPENDIX 3 – MEDIA INTERVIEWS**

### **Newspapers**

- 1- The Examiner 22.6.1998  
'Pattern seen in dementia study'.
- 2- The Examiner 12.8.1999  
'Dementia subject of a lecture'.
- 3- The Saturday Examiner 4.8.2001  
'Healthy seniors wanted for big project'.
- 4- The Sunday Examiner, 21.4.2002  
'Dementia: New hope'.
- 5- The Examiner Extra 28.5.2002  
'Research helps beat old age'.
- 6- The Examiner 12.8.2002  
'30 volunteers are needed'.
- 7- The Examiner 26.6.2003  
'Keep exercising, study advises'.
- 8- The Mercury 14.11.2003  
'Tipple a day may be the Alzheimer's clue'.
- 9- The Advocate 14.11.2003  
'Alzheimer's link: smoking doubles the risk study'
- 10- The Examiner 14.11.2003  
'Daily drink can be best tonic'.
- 11- The Examiner 16.11.2003  
'Alzheimer's special: research provides best hope'.
- 12- The Examiner 30.4.2004  
Special stroke unit is getting results.
- 13- Mercury 12.10.2006  
Tassie doctor dubbed miracle worker.
- 14- The Examiner 16.10.2006  
Our accidental miracle.
- 15- The Examiner 31.8.2006  
Link found between fat and dementia.
- 17- The Examiner 12.1.2007  
Study look at link between weight problems and Alzheimer's disease.
- 18- Unitas 18.11.2008

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- 19- 'Link between mind and body'.  
The Mercury 29.5.2009  
'Tassie dementia breakthrough'.
- 20- The Examiner 30.5.2009  
'Community asked to dig deep for treatable dementia'.
- 21- The Examiner 27.6.2010  
'Unlocking hidden brain problem'.
22. The Sunday Examiner 18.4.2010  
'Research assists dementia sufferers'.
- 23- The Sunday Examiner 27.6.2010  
'Research has world impact'.
- 24 Mercury 28.8.2010  
'Medical marvels put Tassie on the map'.
- 25- The Examiner 12.5.2011  
Couple's quality of life improved by treatment.
- 26- The Examiner 16.9.2012  
Life back on track thanks to Professor.
- 27- The Examiner 28.6.2013  
Dementia research first-rate. "Northern Tasmania on par with  
rest of world"
- 28- The Mercury 28.6.2013  
Dementia treatment pioneer restores patient's memory;  
"Saved from the darkness".
- 29- ` The Examiner – 17.4.2015  
"Research sheds new light on dementia"
- 30- The Examiner 10.12.2019  
Dementia Discovery.
- 31- The Examiner 15.5.2020  
Physician to share journey of research. Online free public  
presentations using zoom meeting.
- 32- The Examiner 22.5.2021  
Doc's dementia discussion.

## **TV**

- 1- ABC TV: Main News  
Risk Factors of Alzheimer's Disease, 1997.
- 2- Southern Cross TV: Main News  
Tasmania in Focus: Normal Pressure Hydrocephalus, 1999.
- 3- Channel 9 TV: Main News  
Normal Pressure Hydrocephalus including interviews with 2 patients following treatments, 2002.
- 4- ABC TV: Main News  
Vascular Risk Factors of Alzheimer's Disease, June 2003.
- 5- ABC TV: Main News  
Shunting for dementia, October 2003.
- 6- Southern Cross: Main News  
Smoking, alcohol consumption & Alzheimer's disease, November 2003.
- 7- ABC TV: Main News,  
Midlife obesity and Alzheimer's disease, 17 September 2005.
- 8- ABC and Southern Cross TV: Main News  
Shunting for normal pressure hydrocephalus, 28 May 2009.
- 9- ABC and Southern Cross TV: Main News  
A prospective study of Normal pressure hydrocephalus, 7 September 2009.
- 10- Today Tonight, Seven Network, Southern Cross,  
WIN TV & ABC News.  
Dementia Breakthrough, 26 June 2013.
- 11- Southern Cross and Win TV  
Normal pressure hydrocephalus study, 10 September 2019.

## **Radio**

- 1- Risk Factors of Alzheimer's Disease  
- ABC Radio: Main News 19 Jun 2002  
- ABC Radio Northern Tasmania, Launceston  
- Capital Radio, Canberra
- 2- Shunting for dementia  
- ABC Radio October 2003
- 3- Smoking, alcohol consumption & Alzheimer's disease  
- ABC Radio November 2003
- 4- Shunting for normal pressure hydrocephalus  
- ABC radio: Main News 29 May 2009
- 5- A prospective study of Normal pressure hydrocephalus  
- ABC radio National and Northern Tasmania 4 September 2009
- 6- Dementia Diagnosis could help thousands  
- ABC News 24 27 June 2013
- 7- Normal pressure hydrocephalus study  
- ABC Northern Tasmania 10 December 2019
- 8- Tassie Dementia Talks  
- ABC Hobart 21 May 2021



## **APPENDIX 4 – PUBLICATIONS**

Razay G, Wimmer MA, Robertson IK. Incidence, diagnostic criteria and outcome following ventriculo-peritoneal shunting of Idiopathic normal pressure hydrocephalus in a memory clinic population: a prospective observational cross-sectional and cohort study. *British Medical Journal Open*, 2019;9:e028103. Doi:10.1136/bmjopen-2018-028103. Times cited: 12.

Vreugdenhil A, Cannell J A, Davies A, Razay G. A community –based exercise program to improve multi-domain function in people with Alzheimer’s disease: A randomised controlled trial. *Scandinavian Journal of Caring Sciences*, 2012; 26(1):12-19. Times cited: 339.

Razay G, Williams J, King E, Smith AD, Wilcock G. Blood pressure, dementia and Alzheimer’s disease: the OPTIMA longitudinal study. *Dementia Geriatric Cognitive Disorder Journal*, 2009; 28: 70-74. Times cited: 67.

Razay G, Vreugdenhil A, Liddell J. Ventriculo-peritoneal shunting for idiopathic normal pressure hydrocephalus: a prospective controlled clinical trial. *J clinical Neuroscience*, 2009; 16: 1180-83. Times cited: 50.

Razay G, Wilcock GK. Galantamine in Alzheimer’s disease. *Expert Review Neurotherapeutics*, 2008; 8(1): 9-17. Times cited: 81.

Razay G, Vreugdenhil A, Wilcock GK. The metabolic syndrome and Alzheimer’s disease. *Archives of Neurology*, 2007; 64: 93-96. Times cited: 338.

Razay G, Vreugdenhil A, Wilcock GK. Obesity, abdominal obesity and Alzheimer’s disease. *Dementia and Geriatric Cognitive Disorders Journal*, 2006; 22: 173-176. Times cited: 149.

Razay G, Vreugdenhil A. Midlife obesity increases risk of future dementia. *British Medical Journal*; 2005, 331:455. Times Cited: 40.

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Razay G, Heaton KW. Moderate alcohol consumption has been shown previously to improve insulin sensitivity in men. *British Medical Journal*; 1997, 314 (7078): 443-4. Times Cited: 18.

Razay G, Heaton KW. Alcohol consumption and its relationship to cardiovascular risk factors in middle aged men. *Cardiovascular Risk Factors, an International Journal*. 1995, 5(4): 2000-5. Time Cited: 8.

Razay G, Heaton KW. Smoking habits and their relationships to cardiovascular risk factors in British women. *Quarterly Journal of Medicine*, 1995, 88: 503-8. Times Cited: 24.

Razay G, Wilcock GK. Hyperinsulinaemia and Alzheimer's disease. *Age and Ageing*; 1994, 23: 396-9. Times Cited: 170.

Wilcock GK, Scott M, Pearsall T, Neubauer K, Boyle M, Razay G. Galanthamine and the treatment of Alzheimer's Disease. *International J Geriatric Psychiatry*; 1993, 8(9), 781-2. Times Cited: 45.

Razay G, Heaton KW, Bolton CH. Coronary heart disease risk factors in relation to the menopause. *Quarterly Journal of Medicine*; 1992, 85 (307-308): 889-96. Times Cited: 130.

Razay G, Heaton KW, Bolton CH, Hughes AO. Alcohol consumption and its relationship to cardiovascular risk factors in British Women. *British Medical Journal*; 1992, 304: 80-3. Times Cited: 147.

## **APPENDIX 5 – CONFERENCE PRESENTATIONS**

Razay G.

**Balance and gait disorders in memory disorders clinic population: a prospective observational cross-sectional study**

Royal Australasian College of Physicians Congress May 2024. It won the Best Poster Prize in Adult Medicine-Fellow.

Razay G. Wimmer MA, Robertson IK.

**Incidence of idiopathic normal pressure hydrocephalus among patients with balance and gait disorders in memory clinic population**

Hydrocephalus 2021, Thirteen meeting of Hydrocephalus Society. Virtual 10-13 September 2021.

Razay G. Wimmer MA, Robertson IK.

**Incidence, diagnostic criteria and outcome following ventriculo-peritoneal shunting of Idiopathic normal pressure hydrocephalus in a memory clinic population: a prospective observational cross-sectional and cohort study**

RACP Congress May 2021.

Razay G.

**Balance and gait disorders in memory disorders clinic population**

Australia Dementia Forum 31 May-1 June 2021.

Razay,G, Wimmer, M, Robertson, IK

**The Launceston idiopathic normal pressure hydrocephalus diagnostic criteria in memory clinic population**

Neurosurgical Society of Australasia, 21-23 August 2019, Melbourne.

Razay,G, Wimmer, M, Robertson, IK.

**Balance and gait disorders in a memory clinic population**

Neurologist Congress, 13-14 June 2019, Barcelona, Spain.

Razay,G, Wimmer, M, Robertson, IK.

**The Launceston normal pressure hydrocephalus study: treatable dementia, missed diagnosis**

British Neurosurgical Society meeting, 11-13 April, 2018, Torquay, UK.

\*4<sup>th</sup> Annual Congress of Geriatrics and Gerontology, Kaohsiung, Taiwan, 18-20 November 2016.

\*6<sup>th</sup> meeting of the international society of hydrocephalus and CSF disorders, 5-7 September 2014, Bristol, UK.

\*46<sup>th</sup> Australian Association of Gerontology November 27-29, 2013, Sydney, Australia.

\*4<sup>th</sup> meeting of International Society for Hydrocephalus & Cerebrospinal Fluid Disorders October 19-22, 2012, Kyoto, Japan.

Razay G, Vreugdenhil A, Cannell J.

**Association of HDL cholesterol level with the severity of Alzheimer's disease and improvement following exercise**

12<sup>th</sup> International Conference on Alzheimer's Disease and Related Disorders, July 16-21, 2011, Paris, France.

Razay G, Vreugdenhil A, Wilcock G.

**Insulin resistance, dyslipidaemia and the risk of Alzheimer's disease: a case control study**

12<sup>th</sup> International Conference on Alzheimer's Disease and Related Disorders, July 16-21, 2011, Paris, France.

Razay G. Wimmer M.

**Normal pressure hydrocephalus: treatable dementia, a missed diagnosis**

12<sup>th</sup> International Conference on Alzheimer's Disease and Related Disorders, July 16-21, 2011, Paris, France.

Razay G.Vreugdenhil A, Cannell A. Davies A.

**A community –based exercise program to improve multi-domain function in people with Alzheimer's disease: A randomised controlled trial**

The Australian and New Zealand Society for Geriatric Medicine, Annual Scientific Meeting, 4-5 May 2011, Auckland, New Zealand.

Razay G, Vreugdenhil A, Wilcock G.

**Alzheimer's disease Vascular Risk Factors Study: An Overview of Findings**

World Congress of Internal Medicine, 17-19 November 2010, Hobart.

Razay G,  
**Ventriculo-peritoneal Shunting for Idiopathic Normal Pressure Hydrocephalus: One Year Follow-up of a Prospective Controlled Clinical Trial**

World Congress of Internal Medicine, 17-19 November 2010, Hobart.

Razay G,  
**Normal Pressure Hydrocephalous Case Studies**

World Congress of Internal Medicine, 17-19 November 2010, Hobart.

Razay G, Vreugdenhil A  
**Vascular risk factors for Alzheimer's disease: An overview of findings**

World Congress of Internal Medicine, 20-25 March 2010, Melbourne.

Razay G, Vreugdenhil A  
**A prospective controlled clinical trial of ventriculo-peritoneal shunting for idiopathic normal pressure hydrocephalus.**

World Congress of Internal Medicine, 20-25 March 2010, Melbourne.

Razay G, Williams J, King E, Smith AD, Wilcock GK  
**Blood pressure, dementia and Alzheimer's disease: the OPTIMA longitudinal Study**

The Australian and New Zealand Society for Geriatric Medicine, Annual Scientific Meeting, 7-9 Sept 2009, Fremantle, W. Australia.

Razay G, Vreugdenhil A, Liddell J.  
**Ventriculo-peritoneal shunting for normal pressure hydrocephalus: A prospective controlled clinical trial**

The Australian and New Zealand Society for Geriatric Medicine, Annual Scientific Meeting, 7-9 Sept 2009, Fremantle, W. Australia.

Vreugdenhil A, Cannell J, Davies AN, Razay G.  
**A community-based physical exercise program for people with mild to moderate Alzheimer's disease: pilot study**

2009 Alzheimer's Australia Conference, 2-5 Jun 2009, Adelaide, S. Australia.

Razay G, Williams J, King E, Smith AD, Wilcock GK

**Pulse pressure, dementia and Alzheimer's disease: the OPTIMA longitudinal study**

11<sup>th</sup> International Conference on Alzheimer's Disease and Related Disorders, July 26-31, 2008, Chicago, USA.

Razay G, Williams J, King E, Smith AD, Wilcock GK

**Previous and concurrent blood pressure and cognitive function in dementia and Alzheimer's disease: the OPTIMA longitudinal study**

11<sup>th</sup> International Conference on Alzheimer's Disease and Related Disorders, July 26-31, 2008, Chicago, USA.

Razay G, Vreugdenhil A, Liddell J.

**Ventriculo-peritoneal shunting for Normal Pressure Hydrocephalus: a Prospective Study**

Australian Society for Geriatric Medicine, November, 2007, Christ Church, New Zealand.

Razay G, Vreugdenhil A, Liddell J.

**Ventriculo-peritoneal shunting for Normal Pressure Hydrocephalus: a Prospective Study**

10<sup>th</sup> International Conference on Alzheimer's Disease and Related Disorders, July 15-20 2006, Madrid.

Razay G, Vreugdenhil A, Liddell J.

**Ventriculo-peritoneal shunting for Dementia: Case Studies**

10<sup>th</sup> International Conference on Alzheimer's Disease and Related Disorders, July 15-20 2006, Madrid.

Razay G, Vreugdenhil A

**The metabolic syndrome and Alzheimer's disease**

21<sup>st</sup> International conference of Alzheimer's disease International, September 2005, Istanbul.

Razay G, Vreugdenhil A

**Androgen and men with dementia**

Australian Society for Geriatric Medicine, Brisbane, 20-22 June 2005.

Razay G, Vreugdenhil A

**Alzheimer's disease, abdominal obesity and overweight**

9<sup>th</sup> International Conference on Alzheimer's Disease and Related Disorders, Philadelphia, USA, July 2004.

Razay G, Vreugdenhil A.

**Essential fatty acids and Alzheimer's disease**

9<sup>th</sup> International Conference on Alzheimer's Disease and Related Disorders, Philadelphia, USA, July 2004.

Razay G, Vreugdenhil A.

**Cigarette smoking, alcohol consumption & Alzheimer's disease**

Australian Association of Gerontology, Hobart, November 2003.

Razay G, Vreugdenhil A, Liddell J.

**Ventriculo-peritoneal shunting for dementia**

British Geriatrics Society Meeting, London, 15 October 2003.

Razay G, Vreugdenhil A, Liddell J.

**Case studies of Ventriculo-peritoneal shunting for dementia**

The Australian Society for Geriatric Medicine, Melbourne, 16-17, June 2003.

Razay G, Vreugdenhil A, Wilcock GK.

**Alzheimer's disease and insulin resistance**

The Australian Society for Geriatric Medicine, Melbourne, 16-17, June 2003.

Razay G, Wilcock GK.

**Plasma fatty acids, lipids and Alzheimer's disease**

The Australian Society for Medical Research, Hobart, November, 1998.

Razay G, Heaton KW

**Plasma insulin and lipoproteins in relation to ageing and the use of oral contraceptives**

The Royal College of Physicians Meeting, Melbourne, May, 1998.

Razay G, Wilcock GK, Bolton CH.

**Plasma fatty acids, lipoproteins and its free radical peroxidation in Alzheimer's disease**

Australian Society for Geriatric Medicine, Annual Scientific Meeting, Canberra, May 1996.

Razay G, Wilcock GK.

**High and low density lipoprotein cholesterol and Alzheimer's disease**

International Association of Gerontology (European section), Florence, Italy, June 1994.

Razay G, Heaton KW, Bolton CH.

**Waist: hip circumference ratio and its relation to cardiovascular risk factors in men and women**

Mini-Symposium on overnutrition, Grasmere, May 1993.

Razay G, Heaton KW, Bolton CH.

**Waist: hip circumference ratio and its relation to cardiovascular risk factors in men and women**

British Cardiac Society Meeting, May 1992.

Razay G, Heaton KW, Bolton CH.

**Insulin, alcohol and its relation to cardiovascular disease in middle aged men**

British Cardiac Society Meeting, May 1992.

British Heart J;1992, 68: 110.

Razay G, Heaton KW, Bolton CH.

**Fasting plasma insulin and cardiovascular risk factors in British Men**

British Diabetic Association Meeting, 26-27 March 1992.

Diabetic Medicine; 1992, 9 (supp): 29A-30A.



## *Appendices*