

Scientia Prof. Perminder Sachdev

Co-Director of the Centre for Healthy Brain Ageing (CHeBA) at UNSW Sydney

Randwick, New South Wales, AU

Neuropsychiatry expert revolutionizing our understanding of the ageing brain, apropos of lifestyle choices

Biography

Prof. Sachdev is Scientia Professor of Neuropsychiatry at the University of New South Wales (UNSW), Co-Director of the Centre for Healthy Brain Ageing (CHeBA) and Clinical Director of the Neuropsychiatric Institute, Prince of Wales Hospital in Sydney, Australia. He is an Inaugural Chair of the RANZCP Neuropsychiatry Section, Convenor of the NSW Neuropsychiatry Interest Group, Medical Adviser and Founding Executive Member of the Tourette Syndrome Association of Australia, and Chief Medical Adviser to Alzheimer's Australia.

Prof Sachdev graduated from the All-India Institute of Medical Sciences (1978) and completed his MD in Psychiatry (1983) before migrating to New Zealand. He moved to Australia where he completed his psychiatric training and PhD (1991). His PhD was on ethnopsychological concepts in Maori culture. His early work on the high prevalence of tardive dyskinesia in institutionalised developmentally disabled individuals influenced the practice of using antipsychotics in such institutions in Australia.

With Prof. Brodaty, he founded CHeBA, which promotes brain health and the prevention of dementia. He leads three longitudinal cognitive ageing studies: Sydney Memory and Ageing Study, Older Australian Twins Study and Sydney Centenarian Study; and three international networks: COSMIC, STROKOG and ICC-Dementia. He has published five books, edited three books, and written 56 book chapters and over 600 peer-reviewed papers. His H-index is 82, with more than 23,000 total Google Scholar citations. His most recent books are *The Yipping Tiger* and *Other Tales from the Neuropsychiatric Clinic and Secondary Schizophrenia*.

Prof Sachdev was NSW Scientist of the Year for Biomedical Sciences (2010) and appointed Member of the Order of Australia (2011) for service to medical research in the field of neuropsychiatry as a clinician and academic and to professional associations at a national and international level. He received the Australian Society for Psychiatric Research Founder's Medal (2011) and was an International Distinguished Fellow of the American Psychiatric Association (2012). He received the UNSW Medicine Dean's award (2014) for outstanding contributions to research and teaching and became a Fellow of the Australian Academy of Health and Medical Sciences (2015).

As first chief investigator, Prof Sachdev currently holds Program, Project and Capacity Building Grants from NHMRC Australia and an ARC Discovery Grant, in addition to many other grants.

Industry Expertise

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

Areas of Expertise

Cognitive Reserve, Psychiatry (incl. Psychotherapy), Geriatrics and Gerontology, Neurosciences, Neurogenetics, Health Related to Ageing, Neurodegenerative Disorders Related to Ageing

Affiliations

Clinical Director - Neuropsychiatric Institute, the Prince of Wales Hospital, Sydney, Black Dog Institute Fellow, Fellow of the Australian Academy of Health and Medical Sciences, Member - Scientific Program Committee (SPC) for the Alzheimer's Association International Conference (AAIC), Chief Medical Advisor - Dementia Australia, Founder and Chief Medical Advisor of the Tourette Syndrome Association of Australia (TSSA)

Event Appearances

Invited Session Chair at the 2018

Alzheimer's Association International Conference (AAIC)

Invited Symposium Chair for the Session

COSMIC: An international consortium of longitudinal studies of cognitive decline and dementia. 16th Congress of the International Federation of Psychiatric Epidemiology

Invited Speaker

Maintain Your Brain: A Randomised Controlled Trial of an Internet-Based Multi-Component Lifestyle Intervention to Prevent Cognitive Decline and Dementia. AAIC

Invited Speaker

Can science help psychiatry? 6th World Congress of Asian Psychiatry (6th WCAP 2017)

Invited Speaker

Dementia in the oldest old. Keio Longevity Initiative Seminar Series: Successful Brain Aging Symposium

Education

University of New South Wales Australia

PhD Transcultural Psychiatry

All India Institute of Medical Sciences

MB, BS, MD Psychiatry

Accomplishments

First Professor of Neuropsychiatry at any Australian University; First Chair, Neuropsychiatry Section, RANZCP (2006-2010).

He chaired the group that proposed a new set of diagnostic criteria for vascular dementia in 2014. His work on white matter change in ageing, VCI and Alzheimer's disease has major implications for preventative and treatment strategies. He showed that high homocysteine was a risk factor for brain atrophy in otherwise healthy individuals. He has demonstrated a role of small vessel disease in several neuropsychiatric syndromes.

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