


Music is Medicine - Ask the Experts Podcast on Spotify

Key Points: Episode 02 - Dr. Joyce Shaffer	
	
2:08	<p>🎵 Before earning her 2 master's and PhD in Psychology, Dr. Shaffer was a nurse with a lifelong passion for understanding decision-making and behavior.</p>
3:15	<p>🎵 Positive psychology can be clinically applied to increase the activity of positively-impactful chemicals such as endorphins and oxytocin, while decreasing negatively-impactful chemical activity.</p>
5:26	<p>🎵 Premature babies in the NICU have better health outcomes when they simply listen to music. Elders, including those with severe Alzheimer's and dementia also have better health outcomes, learning, memory, and other cognitive functions when they listen to music.</p> <p>🎵 Actively engaging in music improves communication and social skills as early as 6 months of age, and 4 years of music training before the age of 18 decreases risk of dementia by 30%.</p> <p>🎵 Teaching piano lessons to individuals with brain injury made it possible for them to return to work in a way that may not have been possible with traditional medicine alone.</p>
9:30	<p>🎵 Love, aerobics, and neurobics are 3 categories of steps that can be taken to improve brain function. All three of these can be stimulated with music.</p>
13:00	<p>🎵 Dr. Shaffer and Carol reflect on the presentation Dr. Shaffer gave at the Rotary International Convention in Toronto 2018.</p> <ul style="list-style-type: none"> ➤ Our brains are continuously built, and we have choice over the way that they are built. We can drive neuroplasticity in a positive direction.
17:05	<p>🎵 Marian Diamond, the “mother of neuroplasticity”, proved that rats in an enriched environment (aerobic activity and complex new learning) increased the building of their brains.</p> <p>🎵 Holding the rats outside their cage and talking to them caused a 50% increase in their lifespan in which they continued to build their brains across their entire lifespan.</p>
21:21	<p>🎵 Some next steps for spreading the benefits of music include playing it in the background of a variety of settings, engaging with music intergenerationally, and educating about the benefits of engaging with music.</p>

