



CENTER FOR METABOLIC HEALTH
AND WEIGHT MANAGEMENT

Henry Ford West Bloomfield
Hospital
6777 W. Maple Rd.
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Mr. Keith Famie, Film Producer
Director, Visionalist Entertainment Productions
28345 Beck Rd., Suite 404
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Dearest Keith

With the fondest memories of our time in Sardinia filming for your remarkable film, "The Embrace of Aging - The Male Perspective", I of course both professionally and personally am in full support for your next project and what is likely to be another award-winning documentary: *"On The Front Lines of Alzheimer's"*.

As a nationally recognized expert in lifestyle as medicine and metabolic health, who understands all too well both professionally and from personal family experience – the contribution of lifestyle to the risk of developing dementia – I cannot be more happy to know that you are going to embark on this journey of putting together a world-class experts in order to help inform America about this epidemic and what can be done, particularly from a lifestyle prevention perspective, in order to stem the tide of this oncoming tsunami.

Alzheimer's and vascular dementia holds in partnership many of the same risk factors as heart disease, type 2 and prediabetes, stroke and many cancers – just to name a few – which hold in common set of 3 core drivers: feet, forks and fingers (physical activity, the food we eat and smoking, respectively). In fact, many lifestyle and metabolic experts believe these behavior influenced "diseases of modernity" may be preventable on the order of 50-80%, as we saw evidenced in the Blue Zone of Sardinia.

So as you can see, there is simply too much at stake here not to have your film come to fruition. Please let me know anyway I can help. Thank you beyond words for your willingness to dedicate yourself to this cause.

With highest regards,

Tom Rifai MD FACP
Henry Ford Health System
Regional Medical Director, Metabolic Health & Weight Management

