“Ancient herb proven to be a potential cure for Alzheimer’s” | “Coconut Oil for Alzheimer’s: Miracle Cure” | “Ultrasound restores memory in Alzheimer’s patient” | “Natural remedies for Alzheimer’s and dementia” | “Biblical Miracle Herbs Now Shown to Help Alzheimer’s”…

These are a few of the latest claims one can find in newspapers and on the Internet touting revolutionary breakthroughs in Alzheimer’s treatment. Should we celebrate or put on our skeptic’s cap? We at the Emory Alzheimer’s Disease Research Center feel it is important for everyone to be savvy consumers of information, especially when it comes to ‘breakthroughs’ in Alzheimer’s disease research and therapeutics.

The world is eagerly awaiting a cure for Alzheimer’s disease. At the Emory ADRC, however, we are not just waiting; we are actively pursuing research based on sound science to help achieve an effective treatment for Alzheimer’s. But how do we know whether to feel optimistic about the news we hear and read, much of which comes from reputable sources?

Sometimes, common myths and even reasonable hopes are debunked by science. For example, a careful study examining omega-3 fatty acids and lutein recently reported that these nutritional supplements have no meaningful effect on the rate of cognitive decline in older people. A host of nutritional supplements have been touted as treatments or deterrents for AD, including vitamin E, vitamin B12, cinnamon, coconut oil, flaxseed, ginseng, fish oil, etc. Although some of these may be beneficial in some ways (and most, in moderation, are at least harmless), none of them have been scientifically demonstrated to prevent or ameliorate the symptoms of AD. How do we know what to believe? There is one simple way to answer to this question – has the “cure” been subjected to the gold standard for establishing scientific merit? In other words, has the “cure” been tested in animal models and then subjected to rigorous clinical testing in humans? These are important, critical steps in the discovery of effective drugs; because Alzheimer’s is a complex and slowly progressing disease, the testing process requires years before the answers are in. Recent preliminary reports from some clinical trials appear promising – but we are still a long way from declaring victory.

At the Emory ADRC, we are conducting many important clinical trials, with more on the horizon. We strive to be a source of information to keep you apprised of the latest developments in the AD research field. If you hear of a new “cure” for AD, temper your enthusiasm; and be a wise consumer of information. We encourage you to use the Emory ADRC as a resource for the latest in scientific breakthroughs in the field of AD. Don’t be misled by false hopes when real hope is around the corner. If you would like an expert opinion on the promise and pitfalls of claims in the media, please feel free to contact Margaret Walker at the Emory ADRC at mlwalke@emory.edu. You might also like to visit the NIH site: www.nia.nih.gov/alzheimers.
What is clinical research and what does it entail for participants? These are two of the most commonly asked questions. The development of new medical treatments and cures would not happen without clinical research and the active role of research participants. Clinical research is medical research that studies health and disease in people. It is how we learn better ways to prevent, detect, or treat diseases. It helps determine the safety and effectiveness of new treatments, and is a key research tool for advancing medical knowledge and patient care for future generations. There are many reasons why you might choose to participate in a clinical trial. You may choose to join in order to test new treatments that might work better than those currently available, to receive regular monitoring by medical professionals, or help others including future family members that may be at risk for a particular disease. Whatever your motivation, you can make a difference by participating in research.

Involvement in a clinical research study is a partnership between researchers and volunteer participants, who work together towards a scientific discovery. We interviewed two people that participated in clinical studies to get their feedback on their experience in clinical studies at Emory ADRC. A former participant age 83, stated, “I have really enjoyed my experiences in clinical research at the Alzheimer’s Disease Research Center. I feel more people should be involved.” Another participant age 78 stated, “My experience in clinical studies at ADRC has been valuable to me. It has given me information about part of my body that I have neglected. The people doing these studies are top in their profession. It hasn’t cost me anything but time and time is what I am trying to get more of.”

Not all clinical research studies are the same. Different studies are looking for participants who fit certain profiles, defined by criteria such as current cognitive functioning, age, race or ethnicity, or family history. The length of participation in a clinical study varies depending on the topic being studied. Some clinical trials last a few months, and some may last several years. Involvement typically consists of cognitive and/or physical assessments or multiple visits to study sites for further testing. In addition, some clinical research studies include the collection of spinal fluid, saliva, blood specimens, or MRI scans that will be used for testing new technologies or therapies. Prior to joining a clinical research study, there is open communication with staff members to help you understand why the study is set up a certain way, and to let you know what you can expect. That way you can make an informed decision about consenting to join the trial.

Joining a clinical research study is simple. Once you identify a study you are interested in, contact the study coordinator. You can usually find this contact information in the description of the study, or you can contact the ADRC center directly. The research staff will ask you a few questions over the phone to determine if you meet basic qualifications for a particular study. This is done to ensure that we help you match with a study that is the very best fit for who you are and what you might want to do. Researchers will then look over the information you have provided and suggest one or more studies that are a good fit. At that point, a staff member from that study will contact you, provide more information, and get you enrolled in the study.

You can find more information regarding clinical trials at our website: www.Alzheimers.emory.edu or you can contact us via phone at (404) 712-0212.
The Emory Alzheimer’s Disease Research Center (ADRC) hosted a Physician Symposium titled Improving Diagnosis and Management of Dementia in the Health Care Setting at the Emory Brain Health Center on Saturday, September 12, 2015, from 9:00am-2:00pm. This event was a half day course designed by the Emory ADRC to increase knowledge about timely diagnosis in cognitive dysfunction, and build awareness for comprehensive care in regards to the treatment and prevention of memory loss in the health care setting. Physicians, Pharmacists, Physician Assistants, and APRNs attended. The lectures included expert panel discussions and interactive question and answer sessions. Presenters provided instruction on how to recognize key characteristics of early, middle and late stage Alzheimer’s disease, explain a palliative approach to the care of persons living with dementing illnesses, and identify brief validated screening instruments in the outpatient and inpatient health care setting. Call 404-712-1416 to learn about CME training planned for 2016.

The Emory Alzheimer’s Disease Research Center and the Registry for Remembrance will host its 11th Brain Health Forum on Tuesday, April 26, 2016 bringing together more than 400 participants to learn the latest research and information for caregivers of Alzheimer’s patients. Attendees will hear from the top researchers and clinicians on the latest findings in Alzheimer’s disease and related dementias.

The format includes lectures, expert panel discussions and interactive question and answer sessions. Presenters provide updates on proper management of the disease and practical tips to help individuals ease the burden of caregiving.

The following is a quote from an attendee: “The content was engaging and met my specific needs by sharing real-world solutions that make living with Alzheimer’s disease less challenging.” Sponsors for the forum include the Emory Center for Health in Aging and the Fulton Dekalb Hospital Authority.

To reserve your space please visit www.11thforum.eventbrite.com or contact Cornelya Dorbin at 404-712-1416, cdorbin@emory.edu. Space is limited.

The Piedmont Driving Club was the setting for the 6th annual A Family Affair. The dinner took place on Thursday, November 19, 2015. The annual fundraiser brought together the families touched by Alzheimer's and their friends. This year the event celebrated the research of a team of scientists from the Emory Alzheimer’s Disease Research Center (ADRC) and the Human-Automation Systems Lab at Georgia Tech. The research at the Emory ADRC, led by Dr. Allan Levey, and Dr. Ayanna Howard, of Georgia Tech, and their colleagues, has produced a new testing method that uses pictures of art to detect changes in memory. Chairs for this year’s event were Greg and Taz Anderson. Greg and I are thrilled to see these two Atlanta institutions working together and we call their effort “Collaborating for a Cure.” Contact Natalie Disantis at 404-712-2084 to learn about the 2016 fundraiser to support research.
Living Healthy, Aging Well

Yes, everyone ages. However, not everyone ages the same way. All of us want to know the secrets to healthy aging. Does exercise reduce my risk for specific brain diseases and conditions? Will keeping my brain active make a difference in preserving my memory? In this age of medical advancements and increased technology, what are some everyday actions we can take to preserve our minds and our bodies as we age? Our society is working long past the once traditional age of retirement, having children in later years, and taking on more physical and mental activities than ever before. Although some answers are unclear, we do know that aging well is about taking care of yourself on many different levels.

We interviewed two Emory ADRC research participants to understand their views on what they believe is important in order to live healthy and age well. **Milton Stinson**, 78, stated:

“I think having a good understanding of the status of your health is very important. I believe that one of the ingredients to healthy aging is being proactive and staying up to date on what’s going on with your body. I try to focus on what I can do to keep me healthy. Now, I take vitamins/supplements, avoid foods that have toxicity, and I put in 3-5 days a week at LA Fitness. I have learned that when you are regularly exercising it helps curtail some of the risk factors that you have. Of course it is easy to get off that regimen but I know that it is important. Once you experience the benefit of it, you know it is there to get you back on track. I have even started to take part in activities that keep my brain active. I do believe that having a good, professional health provider can also be beneficial to aging healthy.”

**Sally Hardin**, 83, stated:

“I do think I have an ordinary, healthy lifestyle. Living healthy, aging well is really easy if one lives in a community where it’s the norm and there are plenty of opportunities. Right now, I have started a rigorous routine primarily to take care of my healthy brain: T'ai Chi, Yoga, weight training, and changing my diet to the Mediterranean diet via the South Beach Diet. Aging well starts, continues, and ends with the proper attitude. I feel we should all pay attention to the nutritional studies that tell us exactly how to eat to age well. Physical activity is vital.

Incorporating physical activity into your everyday routine has so many benefits, especially for improving quality of life with old age. We can take control of how we age by being physically active. Studies have suggested that there may be a link between physical exercise and a decrease in the risk for Alzheimer’s disease and other forms of memory loss. Research has also proven that by adding healthy foods to your daily regimen, you can increase your chances of maintaining a healthy brain well into old age. Having a diet high in fruits, vegetables, and whole grains can reduce the risk of heart disease and diabetes, and lowers cholesterol. Another important part of aging well is continuing social engagement. Social engagement through working, volunteering, or living with someone, as well as mentally stimulating activities such as attending lectures, reading, and playing games have been linked with lowering the risk of Alzheimer's disease.

Essentially, the combination of exercise, nutrition, and social activity help lower the risk of cognitive decline. Research has determined key behaviors that lower the risk for chronic disease and mental health problems. It is important to realize early on that you can choose to incorporate certain regimens daily that will positively impact your chances in one direction or the other. The bottom line is, the more healthy habits you embrace, the higher your chances of “aging well” becomes. There is no “quick fix” when it comes to healthy aging. The better you treat your body throughout your life, the better your aging experience will be.
The Spirit Lives On: Art, Music and the Mind
www.musicandthemind.eventbrite.com

EMORY UNIVERSITY
Alzheimer’s Disease Research Center

Presents

THE SPIRIT LIVES ON:
Art, Music and the Mind

A unique collaboration with Atlanta Master Chorale and the Morehouse College Glee Club, designed to raise awareness about Alzheimer’s Disease, its specific impact on people of color and their families, and the importance of ongoing research participation, culminating with a concert of special arrangements designed to bring a moment of peace and beauty to all whose lives are touched by the disease. This celebration is presented free of charge as a gift to the community and begins at 3:30 PM with an educational segment focused on the importance of early diagnosis and prevention of memory loss.

Schwartz Center for Performing Arts
Sunday, January 31, 2016
Doors open at 2:30 PM
Program begins at 3:30 PM Sharp

Featuring

FOR MORE INFORMATION
Reservations required and seating is limited for this ticketed event. Visit www.musicandthemind.eventbrite.com for detailed information and to reserve your concert ticket. Contact Cornelya Dorbin at cdorbin@emory.edu or 404-712-1416 with any questions. Seating is first-come, first-choice. We look forward to seeing you on Sunday, January 31, 2016 at 2:30 PM.
## Clinical Trials & Research Studies
### Winter/Spring
### Emory Alzheimer’s Disease Research Center
12 Executive Park Drive NE, Atlanta, GA 30329
Grady Neurology Clinic, 80 Jesse Hill Jr. Drive SE, Atlanta, GA 30303
404-712-0212 www.alzheimers.emory.edu

<table>
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<tr>
<th>RESEARCH STUDY</th>
<th>ELIGIBILITY</th>
<th>CONTACT PERSON</th>
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<tbody>
<tr>
<td><strong>Atomoxetine Clinical Trial:</strong> for people with Mild Cognitive Impairment (MCI)</td>
<td>• Diagnosis of Mild Cognitive Impairment&lt;br&gt;• Stable on Medications for 3 months&lt;br&gt;• Study partner who can attend all visits</td>
<td>Tamara Attis&lt;br&gt;404-712-6914&lt;br&gt;<a href="mailto:tattis@emory.edu">tattis@emory.edu</a></td>
</tr>
<tr>
<td><strong>BAN2401:</strong> A 18 month infusion study to slow Alzheimer's disease (AD) progression</td>
<td>• Diagnosis of MCI due to AD or mild AD&lt;br&gt;• 50-90 yrs old&lt;br&gt;• Study partner available for all visits&lt;br&gt;• Willing to undergo MRI &amp; PET scans</td>
<td>Gail Schwartz&lt;br&gt;404-712-6888&lt;br&gt;<a href="mailto:gschwar@emory.edu">gschwar@emory.edu</a></td>
</tr>
<tr>
<td><strong>Honor Research Registry:</strong> Longitudinal study of changes in memory and other cognitive skills</td>
<td>• Aging people with no memory problems&lt;br&gt;• People of any age with MCI, Alzheimer's disease or other forms of dementia&lt;br&gt;• Willing to participate in additional research studies&lt;br&gt;• Study partner available to participate in visits</td>
<td>Erin Carter&lt;br&gt;404-712-6838&lt;br&gt;<a href="mailto:erin.carter@emory.edu">erin.carter@emory.edu</a></td>
</tr>
<tr>
<td><strong>EPOCH:</strong> A clinical trial testing a new treatment for Alzheimer’s disease (AD)</td>
<td>• Diagnosis of mild to moderate AD&lt;br&gt;• 55-85 year old&lt;br&gt;• Study partner available for all visits&lt;br&gt;• Willing to have dilated eye exams and MRIs</td>
<td>Phyllis Vaughn&lt;br&gt;404-712-6901&lt;br&gt;<a href="mailto:pvaughn@emory.edu">pvaughn@emory.edu</a></td>
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<tr>
<td><strong>Registry for Remembrance:</strong> An initiative to increase awareness &amp; participation in neurology research</td>
<td>• Ethnic individuals of African Ancestry&lt;br&gt;• Aging people over 60 with no memory problems&lt;br&gt;• People of any age with mild cognitive impairment, Alzheimer’s disease or other forms of dementia&lt;br&gt;• Study partner available to for all visits</td>
<td>Cornelya Dorbin&lt;br&gt;404-712-1416&lt;br&gt;<a href="mailto:Cdorbin@emory.edu">Cdorbin@emory.edu</a></td>
</tr>
<tr>
<td><strong>A4 Study:</strong> 3 year prevention trial</td>
<td>• Cognitively normal&lt;br&gt;• 65-85 years old&lt;br&gt;• Study Partner</td>
<td>Deborah Westover&lt;br&gt;404-712-6807&lt;br&gt;<a href="mailto:dwestov@emory.edu">dwestov@emory.edu</a></td>
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<tr>
<td><strong>ASCEND:</strong> 3 year study of cardiovascular influences on AD</td>
<td>• 45-65 years old&lt;br&gt;• Family history of AD&lt;br&gt;• Cognitively normal</td>
<td>Veronique King&lt;br&gt;404-712-7085&lt;br&gt;<a href="mailto:V.king@emory.edu">V.king@emory.edu</a></td>
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<tr>
<td><strong>CALIBREX:</strong> 1 year study of relationships between high blood pressure and AD</td>
<td>• Mild Cognitive Impairment&lt;br&gt;• Older than 60 years of age&lt;br&gt;• Hypertensive</td>
<td>Elizabeth Sitek&lt;br&gt;404-712-7422&lt;br&gt;<a href="mailto:Elizabeth.h.sitek@emory.edu">Elizabeth.h.sitek@emory.edu</a></td>
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To make a gift contact Katie Dozier, Associate Director of Development at 404.712.2211 or katie.dozier@emory.edu

[Image]

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THANK YOU!
As a 501(c)(3) not-for-profit organization, the Emory Alzheimer’s Disease Research Center serves patients, families and communities throughout the Southeast region with the generous support of your individual and corporate donations.

Emory University
Alzheimer’s Disease Research Center

Emory Alzheimer’s Disease Research Center
1440 Clifton Road, Suite 112
Atlanta, Georgia  30322

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To register for a class call Susan Peterson-Hazan at 404-712-6875

<table>
<thead>
<tr>
<th>Class</th>
<th>Dates</th>
<th>Location</th>
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<tr>
<td>Early Memory Loss Group</td>
<td>An 8 week group that meets: Fridays: 11:00 – 12:30 February 5 – March 25</td>
<td>Emory Brain Health Center</td>
</tr>
<tr>
<td>(Co-sponsored by the Alzheimer's Association, Georgia Chapter)</td>
<td></td>
<td>12 Executive Park Atlanta, GA 30329</td>
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<tr>
<td>Savvy Caregiver Class</td>
<td>A six week class that meets for 2 hours each week. Next class: To Be Determined</td>
<td>Wesley Woods Geriatric Hospital</td>
</tr>
<tr>
<td>(Sponsored in part by a grant from the Wesley Woods Foundation)</td>
<td></td>
<td>AV Conference Room 1821 Clifton Rd., Atlanta, GA 30329</td>
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<tr>
<td>Caregiver Support Group</td>
<td>Meets every other Wednesday 10:30-12:00</td>
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<tr>
<td>Frontotemporal Dementia Caregiver Support Group</td>
<td>2nd Tuesday of every month 6:30-8:00 pm</td>
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Emory Alzheimer’s Disease Research Center
12 Executive Park Drive NE
Atlanta, GA 30329

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