Not only are African Americans at higher risk for vascular problems such as high blood pressure and diabetes, but they are also more likely to be afflicted with Alzheimer's disease than Caucasians. A new clinical trial, called the HEART trial, is trying to reduce this risk and help prevent the disease in African Americans. By focusing on individuals at the highest risk, we hope to help the greatest number of people as quickly as possible.

Blood pressure medications known as ARBs, angiotensin-receptor blockers, have been associated with reduced risk of Alzheimer's in Caucasians, because they act on the renin-angiotensin system (RAS), which is a key regulator of blood pressure in the body and the brain. These FDA approved medicines appear to slow the progression of the disease by affecting the flow of blood and the amount of plaque and tangles in the brain.

This class of drug, however, is not indicated to lower blood pressure in African-Americans, and therefore is prescribed less often. The HEART trial hopes to determine if ARBs will have the same beneficial result on Alzheimer’s risk in African-Americans as we have shown in Caucasians.

African Americans age 45 and over who have a parent with AD may be eligible to take part in this new prevention trial. You do NOT have to have high blood pressure to participate. We will obtain pictures of the blood vessels in the body and the brain, and participants will wear a blood pressure monitor for 24 hours. Participants will also have a blood test, undergo measurement of cerebrospinal fluid, and take tests that will examine their memory and thinking ability. Participants will take 1 pill (telmisartan or sugar pill) each night for 8 months.

Participants will receive the results of their 24 hour blood pressure assessment as well as $150.00 compensation for their time. For more information on the HEART trial, please contact Danielle Verble at 404.712.7085 or danielle.d.verble@emory.edu.
Patients and families have told us that coordination of both memory care and primary care would help us better serve our patients. In 2014 two generous donors provided gifts to the Nell Hodgson Woodruff School of Nursing and the Emory School of Medicine Department of Neurology. As a result, Integrated Memory Care Clinic (IMCC) was developed. This new model of providing care to our dementia patients is designed to address both primary and dementia care needs in the same location. Our goal is to promote the optimal physical, mental, emotional and spiritual well being of our patients and their families by addressing all of their care needs.

As part of the Integrated Memory Care Clinic, specialized advanced-practice nurses provide care for all patients’ medical and dementia care needs, with physician providers available to see patients as clinically indicated. Primary care services provided include: chronic condition care (for diseases such as diabetes, high blood pressure, and hypothyroidism); prevention screening and immunizations; and advanced care coordination with home and community-based services. Dementia care services include treatment for dementia, depression, and other brain conditions, as well as educational and support groups for patients and families.

The National Center for Quality Assurance (NCQA) recognized the IMCC as a top-tier Patient Centered Medical Home (PCMH). The PCMH is a model of care that emphasizes care coordination and communication to transform primary care into the type of care designed to meet the needs of patients and families. Research has shown that medical homes can lead to higher quality care and lower costs while improving patients, families and providers experience of care. The IMCC has been open less than two years and is already a top-rated clinical program for patient experience, as described by patients and families.

The IMCC is a service for people who have a confirmed dementia diagnosis and are willing to transfer all of their primary care to the IMCC. Comprehensive primary care should occur close to home. IMCC patients must live within an hour’s drive of our clinic at Executive Park. To learn more about the IMCC please call 404-712-6929.

To learn more about the IMCC please call 404-712-6929.
The Piedmont Driving Club was the setting for the 7th annual *A Family Affair*.

Sally and Warren Jobe chaired the annual fundraiser and help to bring together the families touched by Alzheimer’s and their friends. This year the event celebrated the research of Dr. Ihab Hajjar, the Medical Director of the Emory Integrated Memory Care Clinic at the ADRC, a physician in our Memory Disorders Clinic, and Associate Professor of Medicine and Neurology. With experience from academic medical centers around the country, we are privileged to have Dr. Hajjar at the Emory Alzheimer’s Disease Research Center (ADRC).

Dr. Hajjar’s research focuses on identifying the effects of blood pressure on brain structure and function, including the ability to think, the circulation of blood to the brain, and physical performance. His research suggests that high blood pressure leads to disability and related impairments in brain function, mood, and mobility. Illustrating the significance of Dr. Hajjar’s research are the five major research grants that he has recently been awarded.

Under the umbrella of these five grants, Dr. Hajjar conducts four research studies that will involve over 600 people.

Call Natalie Zellner at 404-712-2084 to learn how you can support the November 16, 2017 fundraiser at Cherokee Town and Country Club.

Our warmest gratitude to Sally and Warren Jobe, our sponsors, donors, and volunteers for making *A Family Affair* benefiting the Alzheimer’s Disease Research Center an overwhelming success.
Alzheimer disease (AD) afflicts millions of people in the United States—one in eight Americans over age 65—and accounts for approximately $200 billion in direct healthcare costs and $210 billion in unpaid caregiving each year. By 2050, AD prevalence is projected to be 11 million to 16 million.

Research is currently focused on the prevention or delay of AD onset through other means, such as changes in lifestyle and treating other chronic health conditions. On Tuesday, October 24th at the Woodruff Arts Center we will address (4) modifiable factors associated with altering risk for cognitive decline. Presentations will focus on health topics in neurology, sleep, and depression. We will share information about risks assessments, disease prevention and therapeutic advances. Registration is open to the public and we encourage you to reserve your space TODAY. Visit www.emory14thforum.eventbrite.com. Be sure to invite a friend, colleague or loved one to this comprehensive, interdisciplinary forum. Call Cornelya Dorbin at 404-712-1416 to register.

BECOME A SAVVY CAREGIVER FROM YOUR HOME COMPUTER

The Savvy Caregiver program is a “training program” for persons providing care to a person living with Alzheimer’s disease or another dementing illness. The program helps family caregivers to develop or strengthen their knowledge and skills to help guide their person through days that are as calm, safe, and pleasant as possible. Savvy is in wide use across the US and it is periodically offered through the ADRC to caregivers who can come to our Executive Park facility for six consecutive two-hour group meetings. An on-line version of the program, Tele-Savvy, is now being tested, supported by a research grant from the National Institute on Aging. Tele-Savvy provides a “virtual” experience of the in-person Savvy program. Groups of 5-7 caregivers from anywhere in the country take part in a series of seven weekly scheduled videoconferences that last about 75 minutes each. The caregivers and group leader can see and interact with each other and take part in the class sessions. In between the videoconferences, caregivers receive daily “video lessons” that they can view any time and as often as they wish.

The lessons, taught by a number of ADRC faculty members, provide content typically covered in the in-person Savvy program. A textbook, workbook, and journal are also part of the program.

Right now, Tele-Savvy is only available to caregivers who take part in the research study that is being conducted to evaluate it. The study is a randomized trial that involves several interviews (conducted on-line) over the course of a year. All who take part will be involved in the Tele-Savvy program either immediately or six months after enrolling in the study.

For more information about the Tele-Savvy study, contact Katie Kilgore by email at Katie.kilgore@emory.edu
Georgia Legislation that Affects Older Adults

**Stronger Power of Attorney Law**
This bill will be critical in protecting Georgians, especially those living with Alzheimer's disease or a related dementia, from financial exploitation. In addition, it will ease burden on caregivers by ensuring a uniform acceptance policy across financial institutions. The bill helps agents by clarifying fiduciary duty and protects third parties who must accept the powers of attorney. You can read the full bill here. Thank you Representative Efstration!

**Special Prosecutor**
The legislature funded the Prosecuting Attorney's Council for one new prosecutor dedicated to prosecute cases of at-risk adult abuse, neglect and exploitation. Thank you advocates for your voice on this one. Thanks to you many more people will be prosecuted for their crimes against vulnerable adults thus protecting from further abuse.

**Georgia Alzheimer Project**
The legislature designated $4.12 Million funds for Georgia Alzheimer's Project. GAP will create a network of specialized memory assessment centers around the state to provide all citizens of Georgia with access to expert diagnosis and management of individuals with Alzheimer's disease and related disorders. The Memory Assessment Centers will serve as a resource to which primary care physicians can refer individuals with symptoms of cognitive decline to obtain initial evaluation, accurate diagnosis, and management plan. GAP will also engage and educate primary care providers to proactively identify individuals with early cognitive symptoms and make appropriate referrals to a regional memory assessment Center.

**1 Million Increase in home care services**—
Finally, $1 Million increase home care services for the CCSP & SOURCE programs for "Alzheimer's and related dementia patients with a confirmed diagnosis. The Community Care Services and SOURCE Programs are Medicaid Waiver Programs offering an array of services to help persons stay in the community. It serves individuals with limited incomes and resources and is a very cost effective program in comparison to nursing home care.

**Interested in donating your brain to the Emory Alzheimer’s Disease Research Center?**
Participation in the autopsy program through the Emory ADRC requires, at a minimum, a one-time visit to Emory for collection of baseline measures. The visit takes approximately 3 hours and includes:
Consent interview | Interviews with the participant and study partner to review | Medical history
Family history | Current activities and concerns | Cognitive testing | Physical and neurological exam | Retinal imaging (includes dilating eyes, similar to regular eye exams)
Additionally, we will contact you periodically (not more than once per year) to update your research record.
If you would like to participate or have further questions, please call Erin Carter at 404-712-6838 and let her know you are interested in completing a “one-time HONOR visit for autopsy purposes”. 
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<th>RESEARCH STUDY</th>
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<th>CONTACT PERSON</th>
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<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>
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<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>
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<td><strong>EARLY</strong> - 5-year prevention trial. EARLY is a prevention trial for healthy controls who will receive 1 of 2 doses of study drug vs. placebo to determine whether early intervention can forestall the development of AD.</td>
<td>• Cognitively normal&lt;br&gt;• 60-85 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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<td><strong>EXERT</strong> - 18-month study to examine the effects of aerobic exercise on cognition. Subjects with a diagnosis of mild cognitive impairment will be randomly assigned to undergo aerobic exercise or stretching/balance/range of motion training for 4 days/week for 12 months at a local YMCA.</td>
<td>• 65-89 years of age&lt;br&gt;• Diagnosis of Mild Cognitive Impairment Study partner available for all visits&lt;br&gt;• Physically active</td>
<td>Tamara Attis&lt;br&gt;404-712-6914&lt;br&gt;<a href="mailto:tattis@emory.edu">tattis@emory.edu</a></td>
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<td><strong>HEART</strong> - 8-month study designed to see if an FDA-approved blood pressure medication may benefit AD prevention in African Americans. Participants will come to Emory for the following procedures: lumbar puncture, vascular ultrasound, blood draws, and cognitive testing.</td>
<td>• African American&lt;br&gt;• 45 years and older&lt;br&gt;• Have or did have a parent with dementia</td>
<td>Danielle Verble&lt;br&gt;<a href="mailto:daiel-le.d.verbke@emory.edu">daiel-le.d.verbke@emory.edu</a>&lt;br&gt;404-712-7085</td>
</tr>
<tr>
<td><strong>Emory Healthy Aging Study</strong> – This study is the largest clinical research study ever conducted in Atlanta. It is designed to further our scientific understanding of how we age, so that we can better understand, prevent and treat diseases of aging.</td>
<td>• ≥ 18 years of age&lt;br&gt;• Read and speak English fluently</td>
<td>To participate, simply sign up online at <a href="http://www.healthaging.emory.edu">www.healthaging.emory.edu</a> complete a brief health history questionnaire.</td>
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☐ In Memory of:  ☐ In Honor of: ____________________________________

Please send acknowledgement of this donation to:
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c/o Emory Univ. Health Sciences Development
1440 Clifton Road, Suite 112
Atlanta, Georgia  30322

Contributions to support the Emory Alzheimer's Disease Research Center

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.

THANK YOU!

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