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Emory University School of Medicine
Alzheimer's Disease Research Center

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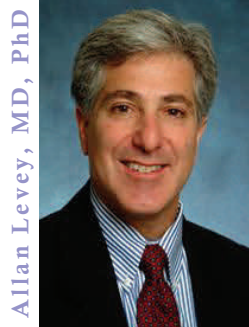
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 Emory Alzheimer's
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Using All the Pieces to the Puzzle
 By: Allan Levey, MD, PhD



Allan Levey, MD, PhD

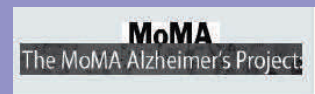
There are no extra pieces in the universe. Everyone is here because he or she has a place to fill, and every piece must fit itself into the big jigsaw puzzle ~ Deepak Chopra

We are all disappointed to learn that two highly watched drug trials testing experimental treatments for Alzheimer's disease recently were ineffective in stopping or reversing memory loss. This past July, Pfizer and Johnson & Johnson announced that the second Phase III trial of the drug bapineuzumab did not halt or reverse the progression of mild or moderate Alzheimer's disease. Then in August, Eli Lilly announced that their drug solanezumab did not provide significant benefits to patients with Alzheimer's disease compared to a placebo. Both bapineuzumab and solanezumab are antibodies designed to reduce amyloid, a key protein believed to play a role in Alzheimer's disease. While the drug trials did not meet their primary goals, each revealed interesting changes in the brain that provide another piece to the Alzheimer's puzzle. Pfizer and Johnson & Johnson tested their drug bapineuzumab with 1,100 subjects, all of whom carried a particular gene

(APOE4) that raises the risk of getting Alzheimer's. The drug failed to improve either cognition or daily functioning compared with a placebo. The companies also announced that a second trial, which tested the drug on patients who did not carry the gene, did not meet its goals. While the drug did not stop mental decline in Alzheimer's patients it did show some potential benefits. A number of patients on the drug had stable levels of amyloid and less evidence of brain degeneration compared to others who were given the placebo. Eli Lilly tested their drug in two studies, each with about 1,000 patients, in 16 countries, after which they announced that that there was no overall significant benefit to giving patients solanezumab for eighteen months compared to a placebo. Like the bapineuzumab trial, there are glimmers of new information from the solanezumab trial. An independent analysis of the trial results by the Alzheimer's Disease Collaborative Study group (which includes the Emory ADRC) suggested there was a hint that the drug modestly slowed mental decline. To most, the news about these high profile drug trials is seen as failure. Certainly, the drugs' inability to slow the progression of Alzheimer's disease symptoms is disappointing.

Continued on page 2

Museum Moments begins Wednesday at 1:00 pm Nov. 14, Dec. 12, & Jan 16



To register call Nina West at 404-727-0519

continued
Using All Pieces to the Puzzle

However, the results should not be too surprising. We know that there was already considerable brain degeneration in the participants when the drug treatments were started (during the mild or moderate stages of Alzheimer's disease) and that amyloid builds up ten to twenty years before symptom onset. Moreover, it was already known that the drug solanuzemab has to be administered *before* amyloid deposition in the brain in order to prevent worsening in animal studies. From this perspective, it is encouraging that there are some hints that the drugs may be more effective if started earlier in the course of disease. Scientists agree that the greatest chance for success with amyloid-based therapies, like bapineuzemab and solanuzemab, will be if the treat-

ments are started before amyloid builds up and there is irreversible brain degeneration. The drug trials are crucial to learning about Alzheimer's disease. They reveal that reducing amyloid after build up may not be the right approach or that patients need to be treated earlier in the course of the disease. There are many clues that are present in research that has "failed." Like all good research, the results will inform future studies that will now have a greater chance to be successful. While we accept the disappointment, we also need to embrace the hope that these trials have brought us one step closer to halting Alzheimer's disease.

Contact us about current clinical trials at 404-728-6950.

Home Detection Cognitive Impairment Test

By: Carolyn Clevenger



Carolyn Clevenger
DNP, GNP-BC

The importance of early detection of Alzheimer's disease is greatly underscored by the rapid growth of our boomer generation. Without

question, researchers are vying to keep pace with the increase by developing new technologies that more accurately detect memory impairment. As a screening tool for Alzheimer's disease and other types of dementia, the clock drawing test has proved to be useful in helping clinicians identify an individual's cognitive ability. Improving diagnostic tools will boost our chances of detection in the early stages at a time when treatment will do the most good.

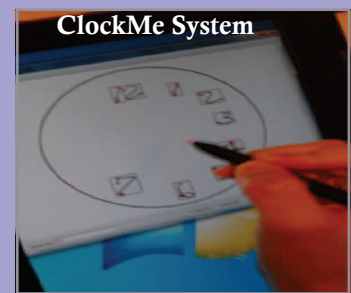
Our colleague, Professor Ellen Yi-Luen Do, at Georgia Tech's Colleges of Computing and Architecture, created the ClockMe System, which can make Alzheimer's screening at home

the 'go-to' home assessment to detect cognitive dysfunction. The ClockMe System is patterned after the paper-and-pencil Clock Drawing Test which is the most commonly used diagnostic tool to screen for cognitive impairment. This traditional paper-and-pencil test is usually overseen by a technician and later scored by a clinician, who scores the test based only on the finished drawing," said Do, a professor in Georgia Tech's Colleges of Computing and Architecture. "By looking at the sketch, the scorer is not able to decipher whether the person struggled to remember certain numbers while drawing the clock. The ClockMe system's timing software highlights those delays."

This study provides an opportunity to save the drawings electronically so they can be used to compare if a person's cognitive ability has improved or regressed over time. Professor Do's research indicated that traditional paper tests are typically filed in a folder and are seldom used for future comparison.

The ClockMe system was initially tested at the Emory Alzheimer's Disease Research Center in Atlanta,

where it is currently being used in addition to the traditional paper-and-pencil test. The patients who used the technology were at ease with the pen-based, computer technology. "For this reason, as well as the ability to send the drawings directly to clinicians for convenient scoring, we envision ClockMe as a viable tool for home-based screening," said Do. "America's health care costs are expected to soar as baby boomers become senior citizens. If a screening tool can be used at home, unnecessary trips to clinics can be eliminated and medical expenses can be saved." This new technology offers growing options to reduce gaps in early diagnosis and treatment for those affected by cognitive impairment.



A Family Affair—November 8, 2012



Dr. Allan Levey, Janet Cellar, DNP, Harriet and Charlie Shaffer

The Piedmont Driving Club is the setting for the 3rd annual *A Family Affair*. The dinner takes place on Thursday, November 8, 2012. Long time Atlanta residents, Harriet and Charlie Shaffer will serve as chairs for this year's event. "This is everyone's disease," say the Shaffers. "We need only look to our right, our left, and then to ourselves because one in three of us will have Alzheimer's by the time we are 80." Proceeds from this event will benefit Emory's Alzheimer's Disease Research Center. For tickets to the Dinner, please contact Natalie DiSantis at 404-712-2084.



Monica Parler, MD

Registry for Remembrance Community Forum – October 30, 2012 The ABC's to Brain Health—What to Keep in Mind

The Emory Alzheimer's Disease Research Center, the Emory Center for Health and Aging and The Links, Inc.—Atlanta Chapter will offer a Community Forum entitled, "The ABC's to Brain Health—What to Keep in Mind" on Tuesday, October 30, 2012 at the Carter Presidential Center from 9:00 am to 2:00 pm. This community forum aims to identify some of the challenges and solutions encountered by Atlanta's boomer generation. The main focus is to highlight current health promotion practices that empower older adults to increase their self-management behavior.

Community Forums are held to create awareness of health promotion and education about memory preservation for long term lifestyle benefits.

The participation of a diverse population is important to resolving the problems of health disparities in clinical research. Healthy persons of African-American, Asian and Latino descent, are needed to participate in longitudinal studies of normal/abnormal brain aging. We have developed these educational forums consistent with the interests of our participants. The **Registry for Remembrance** functions to reduce barriers to participation in studies at the Emory Alzheimer's Disease Research Center through collaboration with select community organizations. Since its inception in 2009, the Registry for Remembrance has been vital to the Emory ADRC investigative landscape by serving as a catalyst for participants in minority communities to understand and engage in research opportunities that affect memory and thinking.

"The ABC's to Brain Health - What to Keep in Mind," brings together a

variety of experts and stakeholders who have a special interest in taking a holistic approach to healthy aging. Now more than ever we realize the need to educate the community about preserving their cognitive health as well as address the growing concern that surrounds degenerative brain disease. Attendees will hear from the top researchers and clinicians on prevention strategies and scientific advances related to cognitive health. The Forum is open to the community and comprised of health professionals, caregivers, and men and women age 50+ who are taking a proactive stand towards their overall brain health. There is no charge for this event however space is limited.

Registration is required and can be accessed by visiting <http://4thforum.eventbrite.com/> or contacting Cornelya Dorbin at 404-712-1416. Lite fare provided. Seating is limited. Parking is free.

EMORY MEMORY SCREENING DAY

FRIDAY, NOVEMBER 16, 2012

Wesley Woods Outpatient Clinic, 1821 Clifton Rd. Atlanta, GA 30329

To schedule your confidential memory screening appointment ~ Call: 404-778-7777

Do you ever wonder if your memory is normal for your age? Have you missed an appointment that you forgot to put on your calendar? Or do you have to hunt for your keys or forget to take your medication and worry that your memory is declining? So many people over the age of 60 report these concerns that the Emory Alzheimer's Disease Research Center decided to participate in the Emory Memory Screening day cohosted by the Alzheimer's Foundation of America.

A memory screening is not a memory evaluation. You will be given a series of questions and tasks designed to screen for memory, language skills and thinking abilities. The results will be given to you at the end of the screening. If the screening reveals memory concerns testing results will be given to you and next steps will be discussed. If someone is experiencing minor memory problems early evaluation is important. Some memory problems, such as those caused by vitamin defi-

ciencies or thyroid problems can be readily treated. Individuals with mild cognitive impairment or Alzheimer's disease benefit from early treatment also.

The Emory Memory Screening day will take place **by appointment on Friday November 16, 2012** at the Wesley Woods Outpatient Clinic at 1821 Clifton Rd. Atlanta, GA 30329. To schedule your free, confidential memory screening appointment call **404-778-7777**.

Brain Donation—The Final Gift

Contact the Emory ADRC at 404-728-4936 to request additional information and enrollment forms.

The Emory Alzheimer's Disease Research Center is dedicated to advancing research on Alzheimer's disease and other neurodegenerative diseases. For most people, the time immediately following the death of a family member is very difficult. It is, therefore, a less than ideal time for making important decisions about brain and spinal cord donation. A decision about brain donation is best considered and arranged well in advance, without stress and with consideration for the desires and interests of the individual and their family.

It is extremely important to study the brains of normal individuals without

neurodegenerative disease. As surprising as it may seem, we still do not know enough about what changes are found in the brains and spinal cords of healthy individuals as they age. Without this information, scientists cannot determine precisely which changes in an individual's brain and spinal cords are related to disease and which are related to aging.

For this reason, we urge Emory ADRC Honor research volunteers to consider donating their brain and spinal cord to the Emory ADRC after their death. It is important that you discuss this donation with your family so they are aware of your

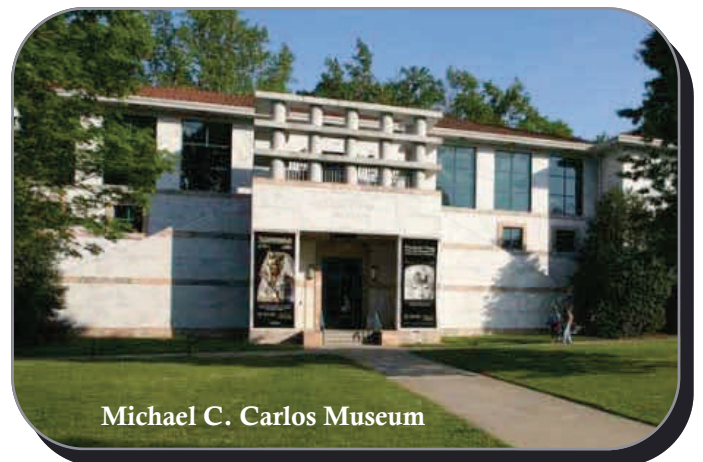
plans and willing to carry out your wishes. This final gift will continue the contribution to research **that you began when you enrolled in the Honor research program.**

Please consider providing this gift of a lifetime to accelerate a cure for Alzheimer's disease.

**Emory ADRC
Honor research
volunteers
needed**

Museum Moments

The Emory University Michael C. Carlos Museum is continuing the Museum Moments program. These interactive tours of the Museum collection are designed to invite conversation, spark the imagination and encourage connections through art for individuals with mild cognitive impairment, early Alzheimer's/dementia and their care partner. Upcoming tour dates are November 14, December 12 and January 16. Call Nina West at 404-727-0519 to schedule your tour.



Michael C. Carlos Museum

TO PREVENT, TO TREAT, TO CURE... ...TO REMEMBER

Contact us today at www.toremember.com to find out how you can help fund pilot research.

To Remember is a nonprofit organization whose purpose is to engage in local fundraising, advocacy, and educational activities that will Prevent, Treat, or Cure Alzheimer's disease. To honor her mother's legacy, Sheila Humberstone founded *To Remember* to wage war and meet the challenge of Alzheimer's disease face-to-face. At the young age of 58, Nancy Humberstone was diagnosed with Early Onset Alzheimer's Disease. Since its launch nearly three years ago, the charity has been on the frontline in the battle against Alzheimer's by hosting events to raise money to fund pilot research.

During the course of several months, the family began to notice changes in Nancy. It was more than occasional forgetfulness and it was difficult to put a finger on what was contributing to her memory loss. After countless doctors' visits, intense internet searches, misdiagnosis, consultations with specialists, and a few ineffective treatments they arrived at



Emory's Alzheimer's Disease Research Center. This disease had

reared its ugly head and the Humberstones vowed to fight on for Nancy. Armed with information, the family painstakingly asked every question they could muster in order to make an informed decision for Nancy's care. The Humberstones said the team of experts at Emory gave them hope and courage to keep fighting. In establishing *To Remember* Sheila wants to provide this same type of hope to those fighting Alzheimer's. "With the generosity of people just like you and me we can be a catalyst for new drug therapies that depend on the relative success of pilot research currently in development," says Sheila. In its first year, *To Remember* provided over \$35,000 in funding to support pivotal research projects. The nonprofit invested in three landmark projects that support novel interventions to accelerate research related to early onset of the disease. On September 7th, *To Remember* honored Nancy, by hosting the second annual *A Night to Remember*, their signature fundraiser on what would have been Nancy's 66th birthday. In 2011, one hundred percent of funds benefited the Emory ADRC pilot research.

Welcome Aboard!

Dr. Crosson is the Executive Associate Director of the Rehabilitation Research & Development Center of Excellence at the Atlanta VA Medical Center, a Professor of Neurology at Emory University, a Professor of Psychology at Georgia State University, and an Honorary Professor of Health and Rehabilitation Sciences at the University of Queensland in Brisbane, Australia. He moved to Atlanta in the summer of 2012. Over the past few years, he and collaborators have studied how aging changes brain functions during language and movement

and if these changes can be mitigated by exercise or by other means. Recent work indicates that increased activity in the posterior portion of the right hemisphere in Alzheimer's disease during naming is associated with poorer performance on semantic tasks. In addition, he has studied language and loss of language after stroke for more than 20 years. His current work shows that a behavioral intervention can be used to target specific brain mechanisms during aphasia rehabilitation. Crosson's work on the role of deep brain structures in language has been internationally recognized since the 1980's, and he recently



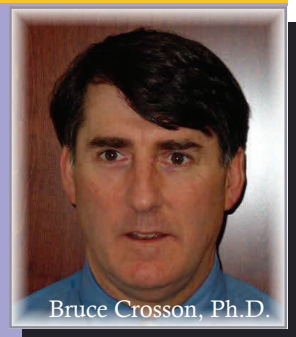
Dr. Wingo & Dr. Hu; research fund recipients pose with Sheila Humberstone and Dr. Levey

In Loving Memory

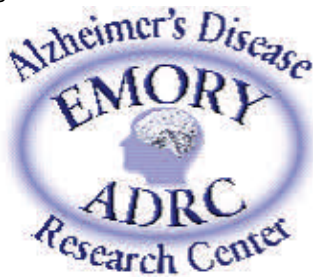
Whether Nancy was your Mother, Wife, Sister, Daughter, Friend, Therapist, or Colleague, she always gave you her best—a pursuit of excellence, excellence for her daughters, patients, students and peers. She displayed a unique, kindness, compassion, respect, a mischievous sense of humor and the most engaging smile and a boisterous laughter with a hardy hug. No one was a stranger to her. While she faced many serious health challenges, she met each of them with grace and courage. Never did she cry, "Poor me" and never would she give up. Her bravery was inspiring. While her death leaves a hollow void, her life radiates the legacy of a life well-lived. I hope, To Remember creates value that is commensurate of mom's legacy of selfless devotion to others. I will seek, on your behalf and on behalf of all those suffering from this insipid disease, to find a cure, TO PREVENT, TO TREAT, TO CURE... TO REMEMBER!

~ Sheila Humberstone, Founder
To Remember

wrote an updated review regarding how the thalamus participates in language functions. Crosson is a Fellow of the American Psychological Association and is boarded in Clinical Neuropsychology by the American Board of Professional Psychology. We are so pleased to have Dr. Crosson on the ADRC Team!



Bruce Crosson, Ph.D.



Clinical Trials & Research Studies – Winter 2013

Emory Alzheimer's Disease Research Center

Wesley Woods Outpatient Clinic,, 1821 Clifton Rd. Atlanta, GA 30329

Grady Neurology Clinic, 80 Jesse Hill Jr. Drive SE, Atlanta, GA 30303

404-728-6950 <http://med.emory.edu/ADRC/>

Research Study	Eligibility	Contact Person
Atomoxetine Clinical Trial: for people with Mild Cognitive Impairment	Diagnosis of Mild Cognitive Impairment Stable on Medications for 3 months Study partner who can attend all visits	Deborah Stout 404-728-6590 dstout@emory.edu
Honor Research Registry: Longitudinal study of changes in memory and other cognitive skills	Aging people with no memory problems People of any age with mild cognitive impairment, Alzheimer's disease or other forms of dementia Willing to participate in additional research studies Study partner available to participate in visits	Marie Walters 404-728-6950 mcwalte@emory.edu
Cognitive Rehabilitation of Memory in Mild Cognitive Impairment Examines changes in learning, memory, and brain activity	Diagnosis of mild cognitive impairment Willing to undergo functional MRI	Casey Bowden 404-712-4321 cbowden@emory.edu Justin Hartley 404-712-0936 Jhartl3@emory.edu
Alzheimer's Disease Neuroimaging Initiative – 2 (ADNI-2)	Age 55 – 90 with no memory problems or mild cognitive impairment or mild Alzheimer's Study partner available for all study visits Willing to do imaging & lumbar puncture	Lavezza Zanders 404-728-6392 lzander@emory.edu
Nerve Growth Factor: Gene Therapy Surgical Intervention Trial	Diagnosis of <i>mild to moderate</i> Alzheimer's disease Stable on Alzheimer's Medications for three months Study partner who can attend all study visits	Julie Kozarsky 404-728-6589 jkozars@emory.edu
Lewy Body Disease	Diagnosis of Lewy Body Dementia Stable on medications Willing to spend 48 hours in a sleep research lab	Donald Bliwise, Ph.D. 404-728-4751
African American Dementia Caregiver Study	For people of African American heritage For Caregivers of a loved one with Alzheimer's willing to participate in a group	Maryam Robinson, MPH mrobi3@emory.edu 404.727.8481
Cognitive Aging Project: For women with and without memory problems	Women over age 60 Willing to undergo MRI & annual cognitive tests	CeeCee Manzanares 404-727-9324 cmanzan@emory.edu
Registry for Remembrance: An initiative to increase awareness & participation in neurology research	Ethnic persons with African Ancestry Aging people over 60 with no memory problems People of any age with mild cognitive impairment, Alzheimer's disease or other forms of dementia Study partner available to participate in visits	LaShonda Strozier 404-728-6395 lstrozi@emory.edu

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To make a gift contact Barry Steig, Director of Development at 404-727-9099 or bsteig@emory.edu.

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 Mr. and Mrs. Beauchamp C. Carr

Contributions to support the Emory Alzheimer's Disease Research Center

Enclosed is my tax deductible gift of \$ _____. Please note that this contribution is:

In Memory of: In Honor of: _____

Please send acknowledgement of this donation to:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Donor Name: _____

Address: _____

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Please make checks payable to:

Emory Alzheimer's Disease Research Center
 c/o Emory Univ. Health Sciences Development
 1440 Clifton Road, Suite 112
 Atlanta, Georgia 30322

CONTACT US**Emory Alzheimer's
Disease Research Center**

Wesley Woods Outpatient Clinic
 1821 Clifton Road, NE
 Atlanta, GA 30329
 404-728-6950
<http://med.emory.edu/ADRC>

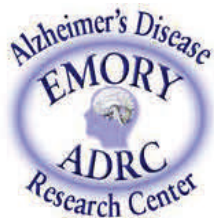
Memory Assessment Clinics

Wesley Woods Outpatient Clinic
 1821 Clifton Road, NE
 Atlanta, GA 30329
 404-728-4936

Grady Memorial Hospital
 80 Butler Street, SE
 Atlanta, GA 30335
 404-616-4567

To register for a class call Susan Peterson-Hazan at 404-728-6273 at least one week prior to the beginning of each class.

Class	2013 Schedule	Location
Late State Alzheimer's and Dementia Class	A 3 Week class that meets Fridays: 11:00 – 12:30 January 11, 18, 25	Wesley Woods Health Center 3 rd Floor Conference Room 1841 Clifton Rd, NE, Atlanta, GA 30329
Early Memory Loss Group <i>(Co-sponsored by the Alzheimer's Association, Georgia Chapter)</i>	An 8 Week class that meets Fridays: 11:00 – 12:30 February 8 – March 29	
Caregiver Challenges	A 5 Week class that meets Fridays: 11:00—12:30 November 2, 9, 30 & December 7, 14	
Frontotemporal Dementia Caregiver Support Group	2 nd Tuesday of every month 6:30 – 8:00	



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 Wesley Woods Outpatient Clinic
 1821 Clifton Road, NE
 Atlanta, GA 30329

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