SAVE THE DATE: 5TH ANNUAL SANDERS-BROWN “MIND MATTERS” HEALTH FAIR

APRIL 1, 2013, 11AM-3PM
FAYETTE COUNTY EXTENSION OFFICE
1140 RED MILE PLACE, LEXINGTON, KY

You won’t want to miss this one! April 1, 2013 from 11am-3pm at the Fayette County Extension Office in Lexington, the Sanders-Brown Center on Aging will hold its 5th Annual Mind Matters health fair. Modeled after the Children’s Explorium, the health fair is loaded with hands-on activities that let you explore the incredible power of the brain and learn about the latest research advances in the areas of healthy aging and Alzheimer's disease. This year, we have decided to focus the program on education about reducing vascular risk factors that have been linked to Alzheimer’s disease. We will also have a live “brain-health” cooking demonstration from the chefs at Holly Hill Inn in Midway, KY. (Cont on pg. 4)

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TWO TRIALS OF ANTI-AMYLOID THERAPY COME UP SHORT IN OUR SEARCH FOR A CURE FOR ALZHEIMER’S!

This fall we were disappointed to see the results of two major clinical trials, designed to slow or stop Alzheimer’s disease, that failed to meet their goals. Both trials used similar strategies, including intravenous infusions of antibodies that target amyloid in the brain. For years, amyloid has been recognized as one of the major culprits that destroys the brain in AD. Conventional wisdom suggested that curing AD could be as simple as finding a drug that removed this toxic protein from the brain. Unfortunately, finding a cure may not be that easy. (Cont on pg. 4)
CTE: CHRONIC TRAUMATIC ENCEPHALOPATHY

How the NFL is Helping Us Understand the Biology of Late-Life Cognitive Decline and Brain Degeneration

As we move through the play-offs and into the Super Bowl season, many of us are focused on the enjoyment of a game that may be as deadly as Alzheimer’s itself to the many players that suffer repeated head injuries in their quest for fame, glory, and a coveted Super Bowl ring. A brain autopsy program for NFL players has been developed with the discovery of a unique form of degenerative disease dubbed “CTE” or Chronic Traumatic Encephalopathy. This disease occurs many years after repeated “mild” head injuries. CTE leads to the development of neurofibrillary tangles in the brain that are indistinguishable from those seen in AD. Amyloid plaques, seen in AD, are not seen in the brains of those with CTE, establishing CTE as a unique pathologic entity.

CTE can be prevented through the use of protective head gear that takes advantage of the latest technologies for reducing head injuries. The evolution of better protective head gear is illustrated above, and clearly demonstrates that our understanding of the need for such safety measures is more than just science, but rather rests in “good ol’ fashioned common sense”. If you play a sport or engage in activities that could lead to head injury, please wear a helmet and buy the best. Don’t rely on that old cracked or worn relic in your garage. And by all means, please buy helmets and encourage their use for all your young loved ones who are at highest risk for head injury. Common sense dictates that “an ounce of prevention is worth a pound of cure”!

Vitamin D Facts & Figures

- Vitamin D deficiency has been linked to the development of cognitive decline/dementia, stroke, high blood pressure, diabetes, Parkinson’s disease, Multiple Sclerosis, depression, epilepsy, and many other neurological and medical diseases.
- While these associations are indisputable, causality has never been proven for any disease other than rickets, which was first described by the Romans in the 2nd Century A.D.
- While many of you may have been diagnosed with Vitamin D deficiency and are taking Vitamin D supplements, you probably don’t have rickets and you should know that:
  - 5–15 minutes in the midday summer sun can produce around 10,000 IU of vitamin D.
  - To obtain the equivalent amount from our diet, we would need to drink 100 glasses of milk (100 IU/8-oz glass) or take 10 vitamin tablets (1000 IU/tablet) every day.
  - In short: “A little sunshine may go a long way!”

“I Know Expo”, April 14th, Noon-6PM at the Lexington Convention Center

i know how to get to my doctor’s appointments without asking for help. i know where to find someone to sit with my loved one. i know when to start the conversation about a new living arrangement. i know all the free services out there for seniors. i know. do you? Get in the know about the resources, services and support systems that can help you weather life’s changes. Over 100 experts share answers, all in one place. For everyone. For more information call the Center at (859) 323-6040 or online at www.iknowexpo.org
TECHNOLOGICAL ADVANCES THAT MAY HELP PERSONS WITH AGE-RELATED COGNITIVE IMPAIRMENT OR DEMENTIA REMAIN INDEPENDENT!

Science fiction often portrays a future where intelligent robots take over menial tasks and make people’s lives easier. In yet another example of life imitating art, many researchers are studying artificial intelligence as a means to improve in-home care for impaired elders and lessen the burden on their caregivers. Several groups are designing interactive talking devices, or crude robots to guide cognitively impaired people through simple household tasks. Such machines are still in a primitive stage, nowhere near the level of sophistication of fictional movie androids. While the dream of caregiving robots is likely decades away from fruition, simple, readily-available, technological tools exists today that can help avoid some of the major disasters memory loss can create every day and improve the quality of life for us all.

Such devices include the common Blackberry or I-POD for those with only mild memory problems, as well as “simple” phones and automated pill dispensers for the more severely impaired. For those of us (like myself) who commonly forget appointments, the common smartphone can be a lifesaver. Keeping a calendar and providing alarms for medication taking and upcoming appointments can keep us functional despite life’s daily distractions. Yet, even smartphones may pose challenges to those of us (again, like myself) who find it hard to learn to use a new electronic device. Learning to use such a device before the onset of memory problems can help maintain independence once a memory problem emerges, but such devices are essentially useless if adopted after the onset of memory problems.

Technological developments and good old American ingenuity have created a host of devices that are easy to use and can be mastered by even those in the early stages of Alzheimer’s disease or dementia. These include “simple” phones, originally designed for children, that have a few simple programmable buttons, or even a single button to help them contact you when needed. These devices can be used by even those with moderate impairment that may struggle with the complexity of even the simplest cell phone designed for normal adults. These devices almost universally include a trackable GPS service that can help us find a lost or displaced loved one. Programmable, alarmed pill dispensers can also be a lifesaver for those with memory decline. These devices can be programmed with dispensing times as frequent as 4 times daily and are preloaded weekly. Such devices can help ease the burden of daily medication oversight for those with dementia. While such devices could never replace a human caregiver or friend/family member currently, they can be a valuable tool that lessens caregiver burden and helps those with memory problems remain as independent as possible for as long as humanly (or technologically) possible!

BRAIN TEASERS TO KEEP YOU SHARP!

Answer these riddles as best you can. If you get 4 correct you are sharp, 3 and you are OK, 2 and you need some work, 1 or less and you need to come see us soon…

1) This runs fore to aft on one side of a ship, and aft to fore on the other. What is it?
2) This thing runs but cannot walk, sometimes sings but never talks. Lacks arms, has hands; lacks a head but has a face. What is it?
3) What can go up a chimney down, but cannot go down a chimney up?
4) What can bring back the dead; make us cry, make us laugh, make us young; born in an instant yet lasts a life time?

ANSWERS: 1) The name of the ship: 2) a dock; 3) an umbrella; 4) memories

Watch the black dots flash
The first trial to report results was Janssen Immunotherapy, a subsidiary of Johnson & Johnson. In their study they demonstrated an ability to reduce and even reverse amyloid plaque load in the brain of AD patients. Unfortunately, Bapineuzimab, the active drug failed to prevent memory and thinking decline, and also led to many negative side effects including brain swelling, stroke, and brain bleeds. The second study led by Eli Lilly Pharmaceuticals, reported a better safety profile, but had no effect on brain amyloid levels. While the initial results were reported as negative, an independent look at the data by the National Institute on Aging Alzheimer’s Cooperative Study Group demonstrated significant reductions in rates of memory and thinking decline with Solanezumab, the active agent in the Lilly trial.

The negative results reported have led many to question whether amyloid is the right target, whether earlier treatment is needed before full-blown AD sets in, or whether the approach is on-target and simply needs refinement. Several new, planned and ongoing trials hope to answer these questions. While much uncertainty exists in the field as a result of these trial outcomes, it is certain that we will not stop our search until a cure is found!

Anti-amyloid therapies come up short! (continued from pg. 1)

“Mind Matters” Health Fair, April 1, 2013 (cont. from pg. 1)

The health fair is loaded with interactive displays and will also include a series of interactive presentations designed to help you maximize your brain health! Lunch, beverages and snacks as well as admission are absolutely free of charge. Our team has also been working with local businesses to drum up a wealth of door prizes and free giveaways. Of course, we will also be offering free memory screens, so please bring a friend, especially if you have noticed changes in their memory or thinking or if they have been concerned about their memory.

All are welcome and encouraged to attend and bring as many friends and family as you can. Brain health is for everyone, young and old alike! No RSVP is needed, but if you have questions about the event or need directions, please call the center at (859) 323-5550.

BE THERE, FOR BRAIN CARE, OR BE SQUARE!!!