Growing recognition that Alzheimer’s disease (AD) and related dementias are the major threat to the healthcare system in America today, has prompted the government to act swiftly. Current estimates suggest that almost 6 million suffer from this disease in the US at an annual cost of almost 270 billion. In response to this threat, congress unanimously passed the National Alzheimer Project Act (NAPA) in December of 2010, which was then signed into law by President Obama in January 2011. Public law 111-375 (NAPA) was designed to develop a strategic plan to battle AD and hopefully (cont on pg 4)

Alzheimer’s disease has been recognized as the leading healthcare threat to the economy in the U.S. today! But what are we doing about this threat, and how can you help get involved in this critical national debate?

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Please join us on August 19th at 2pm for a Town Hall Meeting on “translational medicine: from bench to bedside” & learn how your participation is critical in our search for a cure for Alzheimer’s!

Translational medicine means moving basic discoveries into actual clinical practice (translating discoveries), in essence, moving from laboratory “bench-to-bedside”. Basic scientists at the Sanders-Brown Center on Aging (SBCOA) are working daily to make discoveries that may lead to a cure for Alzheimer’s disease (AD) and related dementias. This work is published internationally and has contributed to the global effort at understanding AD for the last 3 decades. This wealth of scientific information has unlocked many of the mysteries of AD. We are now faced with the challenge of how we take these discoveries and use them to help real people facing the threat of AD. This is what translational medicine is all about, and it’s exciting!

Under the leadership of Dr. Linda Van Eldik, Director of SBCOA, we have begun to focus on this direct translation of scientific discoveries, fostered for (cont on pg 4)
The Cerel family has been touched by memory loss and the impending threat of Alzheimer’s disease (AD), and have responded by engaging actively in the Sanders-Brown Center on Aging (SBCOA) Foundation efforts. They have taken the battle with AD to heart, and brought the fight home with a large endowment, establishing the Marie Smart Fund for Family Care Support in Dementia. This was a critical step in saving one of our most cherished programs and we will be eternally thankful (as will the many patients and family members that receive their support) for this gift that will allow this program to continue to support families (at least for the time being…).

As the sequester and the threat of reduced Federal and State funding for our cause loomed over us in late 2012, several critical programs, including support for our Family Care Support Specialists were threatened. Our Family Care Support program has been critical in helping patients and caregivers navigate this devastating disease with success, despite a universally fatal outcome. They assist in the search for community resources, providing guidance on issues as simple and yet problematic as bathing, and help thousands every year understand the disease process and how to face each daily challenge that arises when living with or caring for someone with dementia. Those of us, active in clinical care for our patients with AD, realize that this is one of the most essential activities we engage in. SBCOA is blessed to have two of the most renowned and expert Family Care Support Specialists in the field, Ms. Marie Smart and Robin Hamon. They are nationally renowned educators, caregiver trainers, and truly passionate AD caregivers. You will find them to be your best friend and confidant if you, a family member, or friend ever develop a dementia. Their work is critical to all that we do, until we find a cure for AD, and they can finally retire...

The Cerel family stands as a model for us all, actively engaging in clinical research, as well as strongly supporting both research and active clinical care beyond the call. While we may not all be able to support the center with such endowments, you should know that your engagement in research is equally precious and meaningful. If you are fortunate enough to be able to further support our threatened programs, we will always remain indebted to you for the many lives you have made a positive impact on in the face of a devastating disease like AD! If you would like to learn more about SBCOA Foundation activities or gift-giving, please contact Lisa Greer at the SBCOA Foundation at (859) 323-5374 or at lisa.greer@uky.edu

BRAIN TEASERS FOR BRAIN HEALTH!

Solve the picture riddles below, if you can?

1. SAND
2. MAN 3. STAND BOARD
4. READING
5. WEAR 6. ROAD
8. CYCLE CYCLE
9. LE VEL
10. PhD

Guess the next three letters in the series.

GTNTLI????
Advances in Alzheimer’s disease (AD) research have taught us that the earliest biochemical and cellular changes begin 10-20 years prior to the onset of the earliest memory problems seen. We additionally realize that treating AD after so many years of brain destruction may simply not work. These insights have led the search for a cure for AD to focus on elderly persons with normal memory and thinking, who show such changes by brain amyloid-imaging, or in spinal fluid samples that can detect AD decades before the first clinical symptoms appear. Current research trials recruit normal elderly subjects, look for preclinical signs of AD, and then enroll only those patients with evidence for AD pathology that may not lead to problems for decades or even within their lifetimes! The burden of knowing you are normal, but that AD is already “cooking” in your brain can be devastating psychologically, socially, and even financially if such information were readily accessible to lenders and insurance agents. Yet the need for such trials is apparent as we face the major healthcare crisis of our times with AD. How we navigate this process is especially important from a moral, ethical, and legal standpoint. While we are engaging in such critical research, we are taking extra measures to ensure your psychological, social, and legal well-being. Your research information in such trials is protected by a federal certificate of confidentiality, preventing even a court of law from subpoenaing your records. We will always protect your privacy and prevent your research information from being used against you no matter what the cost or effort! We also are there for counseling and support if you need it as we battle AD together!

**Food for thought: A simple summer recipe for Brain Health!**

**The main course: Grilled tumeric-rubbed salmon, broccoli & crustini with garlic aioli**

Healthy brain cooking is easy, you just need to follow a few simple rules: 1) use the right ingredients (salmon or other cold-water, deep-sea fish & olive oil are rich in brain healthy polyunsaturated fatty acids that work as powerful antioxidants for brain health; garlic, cayenne pepper, & lemon juice are powerful brain antioxidants; turmeric is an antioxidant and also has known properties of reducing toxic Alzheimer amyloid in lab experiments), 2) cook with the right method (always broil, grill or steam, never deep-fry; the high heat in fryers destroys the brain health properties of most foods, and 3) enjoy with friends (social activity helps ward off Alzheimer’s disease) and a nice white Muscadet or Pinot Noir (resveratrol may reduce AD risk)! This meal can be enjoyed with only 20 minutes advanced preparation and cooking time.

**Turmeric-Rubbed Salmon:** Prepare turmeric rub as follows and rub on 1 lb. salmon fillets or steaks: mix 1.5 tsp sea salt, 1 tsp ground turmeric, 1/4 tsp cayenne pepper, 6 cloves garlic, finely chopped. Let sit in refrigerator for 30 minutes to one full day. Grill until just opaque in center and serve (approx. 15 min).

**Broccoli in Garlic Aioli:** Par broil broccoli florets from 1-2 heads of broccoli for 3 minutes and cool rapidly in cold water. Marinade in 1/2 cup virgin olive oil with 6 cloves garlic, finely chopped, 1/2 tsp sea salt. Place marinaded broccoli florets on skewers, drizzle with reserved garlic aioli and grill with salmon when fish has been seared on both sides (grill time: 5-7 minutes over medium high heat)

**Crustini with Garlic Aioli:** Slice French bread into 1/2 inch crustini pieces. Brush with reserved garlic aioli from the broccoli dish above and grill over medium high heat for 1-2 minutes until lightly toasted.

***You’ll feel smarter the minute you take a bite***
Translational Research Townhall Meeting (cont from pg 1)

three decades by the late Dr. Bill Markesbery, SBCOA founder & director until his death in 2010. Our translational efforts are moving us closer to the cure as we test medicines based on these discoveries in our active research participants like yourself. To date, 1 in 10 of your fellow research participants have engaged in such studies, but we need more help!

If you are healthy with normal memory and thinking or early memory problems (MCI) we especially need you to join this fight. Research participation in these extra activities goes beyond the call, often requiring additional memory testing, brain imaging, and spinal fluid donation, but these efforts are vitally important if we ever hope to find the cure and create a world free of the threat of AD for future generations. Please join us August 19th at 2pm at the Fayette County Extension Office at 1140 Red Mile Place in Lexington or call Sarah at (859) 323-1331 for more information on how you can help in this fight!

Update on the National Alzheimer Project Act (cont. from pg 1)

avert the disaster that 14 million sufferers would bring by the year 2050 with a price tag of over one trillion dollars at today’s rates. A little over a year ago, in May 2012, the plan was released to the public, calling for coordination of resources for research, care, and services for those suffering from AD. The working group has been soliciting input and participation across Federal agencies, with vested stakeholders from both the public and private sectors. While this task may seem daunting, the scope of the plan clearly places our objectives of finding a cure and improving care delivery and services within our grasp. Similar strategies have been used successfully to lower the number of deaths and burden of other disease such as HIV/AIDS, influenza, stroke, and cancer. Public input is strongly welcomed and you can have your voice heard by sending comments to napa@hhs.gov. Our own Dr. Jicha serves on the Leaders Engaged in Alzheimer’s Disease (LEAD) “Empower the patient and caregiver” advisory group, making sure KY concerns are addressed and incorporated into the plan. You should make sure your personal concerns are heard as well!

The current plan has garnered some success with $50 million additional funding added to the NIH budget to support research into potential cures. We are active in the trials seeking to cure AD that directly result from this funding. In addition the plan has supported educational outreach to professional caregivers such as physicians, nurses, social workers through a $2 million award to Geriatric Education Centers across the nation in an effort to improve diagnosis and care for those suffering from AD. UK is playing a leading role in this effort with the development of a telemedicine-based education program reaching hundreds of providers across the state. While we are not there yet, nor will we be until the day we cure AD, NAPA is starting to make this dream come true!