UPCOMING EVENTS

- Alzheimer & Memory Seminar Series (AMSS), 4:00-5:00 p.m., Landon Center on Aging, Room 200 (Last Tuesday of Each Month, Refreshments Provided)
  Tuesday, February 26th, 2008:
  William (Zhiming) Suo, MD: "The Roles of GRK Dysfunction in AD Pathogenesis."
  Tuesday, March 25th, 2008:
  Robin Aupperle, PhD Candidate: "An fMRI Investigation of D-cycloserine and Emotional Learning in Specific Phobia."
  Tuesday, April 29th, 2008:
  Asma Zaidi, PhD: "Visiting the Aging Brain: A Journey on Lipid Rafts."

- Alzheimer & Memory Program Caregiver Support Group, 2:00-3:30 p.m., Landon Center on Aging, Room 145 (Second Thursday of Each Month)
  Thursday, March 13th, 2008
  Thursday, April 10th, 2008
  Thursday, May 8th, 2008

- Down Syndrome Dementia Clinic (DSDC), afternoons, Landon Center on Aging Clinic (First Thursday of Each Month). To schedule an appointment, please call 913-588-6820
  Thursday, March 6th, 2008
  Thursday, April 3rd, 2008
  Thursday, May 1st, 2008

- KU Life Span Institute Community Conversations: The Aging Brain-Use It or Lose It? 10:00 a.m.-12:00 p.m., KU Edwards Campus Regnier Hall, 12600 Quivira Road, Overland Park, Kansas. Main campus phone: (913) 897-8400. This public event is free and requires no registration. For more information: Karen Henry, Assistant Director for Communications, the Life Span Institute, kahenry@ku.edu or 785 864-0756.
  Saturday, February 23rd, 2008:
  Speaker Panel:
  Susan Kemper, Roy A. Roberts Distinguished Professor of Psychology, Senior Scientist, Gerontology Center, Life Span Institute

  David Johnson, Assistant Professor of Clinical Psychology, Assistant Scientist, Gerontology Center, Life Span Institute

  Joan McDowd, Ph.D., Associate Director of Research, Landon Center on Aging, Professor, Occupational Therapy Education

  Jeffrey M. Burns, M.D., Director of the KU Alzheimer and Memory Program

  Moderator: David J. Ekerdt, Ph.D., Director of the Gerontology Center and Professor of Sociology

KU ALZHEIMER & MEMORY PROGRAM
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Winter 2007-2008 Edition

KU Alzheimer & Memory Program NEWSLETTER

Caregiving in Alzheimer's Disease

Caring for a person with Alzheimer's disease or another dementia is often a challenging experience. Up to 80% of caregiving is provided by family members in their own home. An individual with Alzheimer's disease requires an average of 70 hours of care per week.

Sixty-two of the 70 hours are provided by the primary caregiver. The caregiving experience can leave the primary caregiver physically, emotionally, mentally, and financially vulnerable.

Oftentimes, the primary caregiver's health declines quicker than the health of the person with dementia. The caregiver puts the needs of the person they are caring for above their own needs. It is important for the caregiver to identify resources available to help with the caregiving experience and accept assistance from these resources.

The KU Alzheimer and Memory Center provides a variety of resources for caregivers. Phyllis Switzer holds a dementia caregivers support group meeting on the 2nd Tuesday of every month from 1:00pm-2:30pm in room 145 of the Landon Center on Aging. Karen Haring, speech therapist, provides cognitive training to assist caregivers and persons with dementia with making environmental modifications to aid memory. Also, Dave Burkett, our licensed social worker, can assist caregivers with long-term planning, counseling, insurance questions, legal issues, and community resources. Contact (913) 588-0555 for general information and to be directed to our resources. You may also visit our website: www.KUAlzheimer.org.

There are additional resources outside of the KU Alzheimer & Memory Program available to assist the caregiver. These resources include education and support, adult day care and respite services, legal assistance, long-term planning, and social services (see Table on page 2). One place to begin would be to access the Alzheimer's Association by either visiting their website, a local chapter, or calling their 24-hour hotline (1-800-272-3900). The Alzheimer's Association provides information and education on Alzheimer's disease, as well as other dementias. They

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also offer a variety of other services including support groups, care consultation, community resources, and advocacy. Ultimately, the caregiver needs to care for himself or herself in order to continue caring for the person with dementia.

CAREGIVER RESOURCES	
Alzheimer's Association	www.alz.org 24-hour hotline: 1-800-272-3900
Alzheimer's Disease Education and Referral (ADEAR)	www.nia.nih.gov/Alzheimers 1-800-438-4380
Alzheimer's Research Forum	www.alzforum.org
National Family Caregivers Association	www.nfcacares.org
Area Agencies on Aging Eldercare Locator	www.eldercare.gov
Administration on Aging	www.aoa.gov
Elder law attorneys	www.naela.com
Adult Day Services	www.nadsa.org
Case Management	www.caremanager.org
Hospice	www.nhpco.org www.nahc.org www.hospicefoundation.org

Table 1: Caregiver Resources

AMP Member, Zack Zimmerman, to Start Medical School!

Zack Zimmerman, B.A., Research Assistant & Study Coordinator, has been accepted to start medical school at the University of Kansas Medical School. Studies will begin in August 2008. He will be greatly missed on the Alzheimer & Memory Program team, but we are excited for his future.

Zack Zimmerman, B.A. has been on the KU Alzheimer and Memory Program team as Research Assistant since August 2007. Zack obtained his Bachelor of Arts degree in Human Biology in 2006 with a concentration in Psychology from the University of Kansas in 2006. Since graduation, Zack was employed as a neurophysiology technician performing brainwave studies and neurological evoked potential examinations at an area hospital. Zack was pre-medicine at the University of Kansas and he has interests in neurology and orthopedic surgery.

In his role as Research Assistant, Zack has assumed the role of study coordinator for Dr. Anderson's exercise intervention study, ADEPT. Additionally, Zack is assisting with the KU Brain Aging Project and the Exercise Reliability study. He is also performing MRI brain analysis with Dr. Burns.

Be sure to congratulate Zack on his achievement and wish him luck in medical school!

Pat Laubinger, AMP Member, Receives Research Grant Administrator Award!

Pat Laubinger, MPA, BSN, Nurse Administrator of the KU Alzheimer & Memory Program, was selected as a recipient for the 2007 Research Grant Administrator Award. The award recognizes and honors Pat's significant administrative support to the research enterprise of the KUMC campus. This well-deserved award was given as part of the Faculty Research Day and Poster Session on November 8th, 2007 at the University of Kansas Medical Center. Individuals from the schools of Allied Health, Medicine and Nursing are recognized in one of three categories: Chancellors Club Research Award, Investigator Research Award, and the Research Grant Administrator Award.

As the nurse clinician for the Alzheimer & Memory Center, Pat Laubinger performs neurological and cognitive assessments of non-demented and early Alzheimer's disease patients in the clinic and research settings. She is the nurse administrator of the Neurology Department's Alzheimer's disease research studies, managing all aspects of the clinical trials process. She serves as an excellent resource for neurology staff, study participants, their families, and the public regarding the disease process and community services.

The Faculty Research Day & Poster Session program was initiated in 1982 with the intent of celebrating research and recognizing the excellent work of the KUMC research community. The day provides researchers within KUMC an opportunity to share their work with others and to hear a research presentation by a world-class scientist from outside the Medical Center. The 2007 Research Grant Administrator award was presented to a total of three individuals: Pat Laubinger, MPA, BSN; Frederick P. Achen, BSCS; and Heiata Chapman.

Please congratulate Pat the next time you see her for her accomplishment and significant efforts to the Alzheimer & Memory Program.

MAIN Study Receives Grant from Dana Foundation!

We are happy to announce that we have been selected for funding under the Dana Foundation's Brain and Immuno-Imaging Program. The program supports research on innovative imaging techniques that focus on normal brain function, altered function in disease and how different treatments work. Studies that improve current diagnostic imaging procedures or introduce new methods are also supported. The Dana Foundation, with offices in New York, Washington, D.C., and Los Angeles, is a private philanthropic organization. Founded in 1950 by New York State legislator Charles A. Dana, the Foundation supports research in brain science, immunology, and arts education.

This award will provide support of laboratory, imaging, and related costs of the Memory and Insulin in Early Alzheimer's Disease (MAIN) research study at the University of Kansas Medical Center. This award serves as acknowledgment for the great research being conducted at KU, and we are honored to be recognized by the Dana Foundation.

Alzheimer & Memory Program Research Collaboration
Cognitive training in individuals with very mild Alzheimer Disease
Patricia S. Pohl, PhD, Department of Physical Therapy & Rehabilitation Science

The Alzheimer & Memory Program is collaborating with Patricia S. Pohl, PhD, PT, an Associate Professor in the Department of Physical Therapy & Rehabilitation Science. Dr. Pohl's study, "Effects of delivery mode of cognitive intervention in early AD" received funding from the American Alzheimer's Association and will run through August of 2010.

"Many studies have explored whether or not cognitive training can reduce or slow the cognitive changes associated with Alzheimer Disease," states Dr. Pohl. "Results are encouraging but modest. We suggest that limited benefits may be related to the intensity of the programs. Training is typically scheduled for an hour or so a few times a week. Our training program is based on a model of intense physical therapy for the arm that has been shown to increase brain activity and improve functional use of the arm for adults after stroke. The goal of this study is to assess the impact of intense cognitive training (6 hrs each day, Monday through Friday for two successive weeks) on cognition and brain activity."

"We will recruit 30 adults with very mild Alzheimer Disease for our cognitive training. Participants will complete a battery of cognitive tests before and after the two week training and 2 and 4 months later. The training includes computer-based and paper and pencil activities that train memory, planning, attention, and visual-spatial processing."

Twenty of the 30 participants from the training program will be recruited to participate in the study of changes in brain activation related to training. Brain activity will be measured using functional magnetic resonance imaging (fMRI). The MRI is taken while participants perform a verbal learning task in the scanner. Participants in this portion of the study will have two scans, two weeks apart. The scans take about 2 hours each.

Participants must have a diagnosis of very mild Alzheimer Disease, be at least 60 years of age, and have transportation to and from the medical center. Participants must be willing to attend the program all day from Monday through Friday for two weeks. Participants do not need to have any computer experience to participate in the training.

If you or someone you know would like more information or would like to enroll in this study please contact Dr. Pohl at 913-588-4564.

Note to Brain Aging Project Study Participants:

If you are a study participant in the Brain Aging Project, and you are coming up on your two year anniversary, you will be receiving information in the mail soon. Again, this is a notice to those study participants who have not yet completed their second round of testing for the Brain Aging Project. Very shortly, we will be sending copies of the consent forms to you in the mail and will call you to schedule your follow-up visits. Thanks again for your participation in the Brain Aging Project. We could not complete our research without your participation and support!

Now Enrolling Participants:
Interaction Between Age and Activity Level on Skeletal Muscle

Dr. Phillip Gallagher, Assistant Professor in the Health, Sports, and Exercise Sciences Department at the University of Kansas, is collecting pilot data on the effects of a physically active lifestyle on skeletal muscle. The central goal of this study is to characterize the mechanisms that habitual physical exercise has in activating intracellular signaling pathways associated with muscle growth and differentiation. For this study, Dr. Gallagher would like to recruit older men, 60 yrs. of age or older, who are either physically active or inactive. Individuals need to be healthy, non-obese (body mass index < 28 kg/m2), non-smoking, have normal blood pressure, be free of metabolic and cardiovascular diseases and not have any significant orthopedic problems. Subjects will be asked to undergo three muscle biopsies and blood draws. Individuals will also be asked to perform a single session of resistance exercise in addition to several other minor procedures. If you have any questions, or think you may qualify for this study, please contact Dr. Phillip Gallagher at 785-864-0772.

Brain Donation Awareness

More than 670 nuns at Notre Dame agreed to take part in an Alzheimer's disease study. When the nuns pass away, their brains will be donated to a medical lab. These nuns are joining hundreds of others allowing their brains to be collected for further study. In 1956, Pope Pius XII announced organ donation was acceptable for Roman Catholic faiths. Getting people to donate their brains is crucial, as brain examination after death is currently the only way to get an absolutely certain diagnosis of Alzheimer's disease. Nuns nationwide have now agreed to be a part of this brain study, and the KU Alzheimer & Memory Program encourages you to consider brain donation as well. For more information on how to donate your brain, please contact the Alzheimer & Memory Program at 913-588-0555. To view the full story from CNN, please visit: http://www.cnn.com/2007/HEALTH/12/21/nun.brains.ap/index.html.

Thank You!

The Alzheimer & Memory Program would like to thank all of those giving contributions to our research efforts. We would not be able to do any of our work on Alzheimer's disease and memory without your help. The Alzheimer & Memory Program is funded entirely through grants and private donations. To become a contributing member and a "Friend of the Alzheimer & Memory Program," please call Stephanie Grinage with KU Endowment, at 913-588-5552. You may also contribute on our website by clicking the "Become a Friend of the Alzheimer & Memory Program" link on the left hand side of the screen at www.KUAlzheimer.org.

***Special Note:* The Alzheimer & Memory Program is moving! As of February 27, 2008, we will be located at 2100 W. 36th Avenue, Kansas City, KS 66160. We will contact you if any of your study visits will be affected. Thank you.**