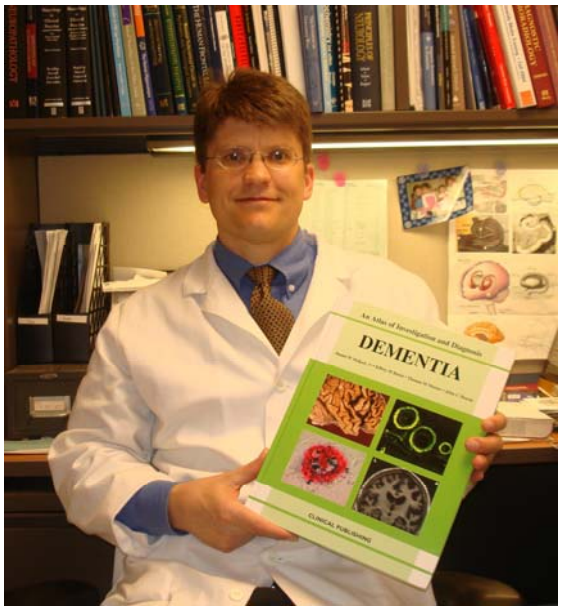
KU ALZHEIMER & MEMORY PROGRAM
The University of Kansas Medical Center

NEWSLETTER

VOLUME 1, ISSUE 4 | SPRING 2007

# Jeff Burns, MD Co-Authors Book on Dementia!




**Jeffrey Burns, M.D., Director of the Alzheimer & Memory Program has co-authored a newly published book on dementia.**

Dr. Burns worked with colleagues at Wash U in St. Louis on *Dementia: An Atlas of Investigation and Diagnosis*. Authored by Daniel W. McKeel, Jr, Jeffrey M. Burns, Thomas M. Meuser, and John C. Morris, this book is examines the clinical and neuropathological diagnoses of dementia. It's aimed at informing physicians interested in disorders of dementia.

Dr. Burns has also co-authored a book with his former mentor, Dr. Morris. *Mild Cognitive Impairment* will be released this summer.

Copies will be available of both books on Amazon.com.

## NIH-Funded Brain Aging Project Begins Round Two!

KU BRAIN AGING PROJECT
The University of Kansas Medical Center

The Brain Aging Project is beginning its second round. Participants first evaluated two years ago will be asked to repeat the five visits for the Brain Aging Project.

The visits include a clinical evaluation, paper and pencil memory testing, glucose tolerance testing, an MRI of the brain, and exercise on a treadmill.

The Alzheimer & Memory Program Team would like to thank all current Brain Aging Project participants for their time in furthering our knowledge of factors influencing aging and Alzheimer's Disease. The information gained from these evaluations is critical to the analysis of data collected throughout the study and could not be done without your participation.

The Brain Aging Project is still open to enrollment for individuals with Alzheimer's Disease, 60-90 years of age. If you have questions, or would like to enroll, please call our Research Line at 913-588-0555.

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# Studies At A Glance:

| Study Name | KU BRAIN AGING PROJECT<br>The University of Kansas Medical Center<br>**BRAIN AGING PROJECT** | imagine<br>stopping the progression of Alzheimer's disease<br>ALZHEIMER'S DISEASE NEUROIMAGING INITIATIVE<br>**ADNI: ALZHEIMER'S DISEASE NEUROIMAGING INITIATIVE** | OMEGA 3 FATTY ACID<br>DOCOSAHEXAENOIC ACID<br>**DHA** (docosahexaenoic acid) | **VALID: VALPROATE IN DEMENTIA** |
|---|---|---|---|---|
| Number | 134 | 28 | Enrollment begins early 2007 | 15 |
| Target | 225 | — | 20 | 12 |
| Criteria | 60-90 years of age<br>With or without memory problems<br>2 Year Study | ENROLLMENT CLOSED | 50-90 years of age<br>With memory problems<br>Not Currently Taking Fish Oil<br>18 Month Study | ENROLLMENT CLOSED |

**IF YOU, OR ANYONE YOU KNOW, WOULD LIKE ADDITIONAL INFORMATION ABOUT ENROLLING IN ANY OF THESE STUDIES, PLEASE CALL 913-588-0555.**

## Celebrating Age: Photography Exhibit

Douglas County amateur photographers will be "Celebrating Age," by exhibiting photography on the wonderful ways seniors are aging in the community.

All photographs will be on exhibit at the Lawrence Arts Center May 7-18th in honor of Older Americans Month this May (see page 7 of this Newsletter).

A Meet the Artist Reception and Awards Presentation will be held on Thursday, May 17th from 7:00-9:00 p.m. at the Lawrence Arts Center with prizes for 1st, 2nd, and 3rd place.

The Top 12 photos will be in a 2008 calendar, which will be printed December 1, 2007.

For more information, please call (785) 842-0543 or visit www.dgcoseniorservices.org

# RESEARCH COLLABORATIONS

## Antioxidant Defense In Alzheimer's Brain In Vivo

### In-Young Choi, PhD

The Alzheimer & Memory Program is collaborating with In-Young Choi, Ph.D., a medical physicist and Assistant Professor at the Hoglund Brain Imaging Center. Dr. Choi's (PI) study, "Antioxidant Defense in Alzheimer's Brain In Vivo," looks at the brain using a novel neuroimaging technique that measures brain chemicals related to oxidative stress.

Oxidative stress is the imbalance between the formation of free radical species and the antioxidant defense system (free radical clearance system) in cells. Oxidative stress may represent an important potential cause of the aging process and the age-related deterioration in memory and cognitive performance, particularly in Alzheimer's disease. However, the effects of oxidative stress in the living brains of elderly people and patients with Alzheimer's disease have not been clearly described to date.

The goal of Dr. Choi's research is to measure the concentrations of an important antioxidant called glutathione along with other chemicals in the brain and to understand how the specific chemical changes occur in the progression of Alzheimer's disease as well as how treatments can impact recovery or progression of the disease. This research will lead to new approaches to evaluate the progression of the disease and the effects of antioxidant therapy in patients with Alzheimer's disease in the future.

Individuals interested in participating in this significant study on Alzheimer's disease will first complete a short telephone interview with the study partner related to the subject's past medical history and medications.

Participants in the research project will then undergo a brain scan using Magnetic Resonance Imaging (MRI) and Magnetic Resonance Spectroscopy (MRS). This is very similar to a standard MRI scan and lasts approximately one hour.

In addition, the participant will be given memory tests (paper and pencil) lasting about one and one-half hours which will be performed on another day after the MRI / MRS scans. Dr. Choi is seeking research study participants with Alzheimer Disease, between 60 and 80 years of age. This study does not require any changes to the subject's current medical treatment.

If you or someone you know would like more information or to enroll in this study, please call our Alzheimer & Memory Program Research Line at 913-588-0555.

# Can an Omega-3 Fatty Acid Slow the Progression of Alzheimer's Disease?

## The Alzheimer & Memory Program Participates in a Nationwide Trial

The Alzheimer & Memory Program has learned of a new study of DHA in Alzheimer Disease to determine if DHA can slow the progression of Alzheimer Disease.

Nutritionists have long endorsed fish as part of a heart-healthy diet, and now some studies suggest that omega-3 fatty acids found in the oil of certain fish, algae and human breast milk may also benefit the brain by lowering the risk of Alzheimer's disease. In order to test whether docosahexaenoic acid (DHA), an omega-3 fatty acid, can impact the progression of Alzheimer's disease, researchers at University of Kansas Medical Center supported by the National Institute on Aging (NIA), part of the National Institutes of Health, will evaluate DHA in a clinical trial, the gold standard for medical research.

The KU Alzheimer & Memory Program effort is part of a nationwide consortium of leading Alzheimer's disease researchers supported by NIA and coordinated by the University of California, San Diego. The trial will take place at 52 sites across the United States. It seeks 400 participants age 50 and older with mild to moderate Alzheimer's disease. Joseph Quinn, M.D., associate professor of neurology at Oregon Health and Science University, is directing the national study. Dr. Jeffrey M. Burns, Director of the KU Alzheimer and Memory Program will conduct the study at the University of Kansas Medical Center.

Researchers will evaluate whether taking DHA slows the progression of both cognitive and functional decline in people with mild to moderate Alzheimer's. During the 18-month clinical trial, investigators will measure the progress of the disease using standard tests for functional and cognitive change.

"Evidence to date in various research studies that have examined the effect of omega-3 fatty acids on Alzheimer's disease merits further evaluation in a rigorous clinical trial," says Dr. Burns. "Our hope is that we may find out that DHA plays a role in slowing the progression of this destructive disease."

In recent European studies and the Framingham Heart Study, scientists reported that people with the highest blood levels of DHA were about half as likely to develop dementia as those with lower levels.

"Study volunteers will be critical to helping us find out if DHA can make an impact on the disease process," says Dr. Burns.

For the clinical trial the Martek Biosciences Corporation of Columbia, Md., will donate a pure form of DHA made from algae devoid of fish-related contaminants. Participants will receive either two grams of DHA per day or an inactive placebo pill. About 60 percent of participants will receive DHA, and 40 percent will get the placebo. Visits will occur every 3 months. Doctors and nurses at the 52 research clinic sites will monitor

the participants in regular visits throughout the trial. To ensure unbiased results, neither the researchers conducting the trial nor the participants will know who is getting DHA and who is receiving the placebo.

In addition to monitoring disease progression through cognitive tests, researchers will also evaluate whether taking DHA supplements has a positive effect on physical and biological markers of Alzheimer's, such as brain atrophy and proteins in blood and spinal fluid.

To learn how to participate in the study, contact the KU Alzheimer and Memory Program at 913-588-0555 or the NIA's Alzheimer's Disease Education and Referral Center at 1-800-438-4380.

The NIA leads the federal effort that supports and conducts research on aging and the medical, social and behavioral issues of older people, including Alzheimer's disease and age-related cognitive decline. For more information visit the NIA's Alzheimer's Disease Education and Referral Center at www.nia.nih.gov/alzheimers, or call 1-800-438-4380. For general information on research and aging, go to www.nia.nih.gov

# Exercise, Brain, & Alzheimer Disease:

## KU's Dr. Heather Anderson Enrolling for ADEPT

Photo illustration by Fredrik Broden for Newsweek

Dr. Heather Anderson, an Alzheimer & Memory Program physician here at KU Medical Center is beginning a pilot study and recruiting participants for the Alzheimer Disease Exercise Program Trial (ADEPT). This is one of the first supervised exercise programs for individuals in the early stages of Alzheimer Disease. Participants enroll in a 3 month exercise program with a trainer.

Newsweek Magazine has brought the issue of exercise in Alzheimer Disease to the forefront with a cover story on March 26, 2007 in "Health for Life: Exercise and the Brain, Stronger, Faster, Smarter." This story suggests exercise may help to battle Alzheimer Disease. Dr. Anderson will be further studying these effects at KU Medical Center for more scientific evidence.

To read the full Newsweek story, you can also go online and direct your browser to:

http://www.msnbc.msn.com/id/17662246/site/newsweek/.

Dr. Anderson launched the study with her first participant for ADEPT on Monday, April 2nd here at KU Medical Center's Kirmayer Fitness Center.

For more information or to enroll in Dr. Anderson's ADEPT or other Alzheimer & Memory Program studies, please call our Alzheimer & Memory Program Research line at 913-588-0555.

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# The Crossroads: Driving & Aging

The US Department of Health and Human Services' Healthy People 2010 has indicated the prevention of injury as one of the leading health indicators. The leading cause of injury-related death in 65-74 age group is motor vehicle crashes.

The Alzheimer & Memory Program co-hosted the Older Drivers Seminar on Friday, March 2, 2007 from 11:00 a.m.—2:00 p.m. in the KUMC School of Nursing.

Goals of the program were to define medical fitness to drive and to discuss health conditions that may impair medical fitness to drive in older adults. Another goal was to review evidence-based strategies for assessing fitness to drive in primary care settings. Referral options, counseling, and alternative transportation was also discussed.

This workshop and seminar was for physicians and health professionals alike and was sponsored in part by the Alzheimer's Association, the Washington University Alzheimer's Disease Research Center, and the KU Alzheimer & Memory Program.

Medical and health professionals are seeking preventative efforts in educating and assessing older drivers. There are many changes that are common as we age, such as: eyesight problems, delayed reaction times, as well as more rare changes (Alzheimer Disease, dementia) which could contribute to riskier driving.

To receive an information packet on driving safety, please contact the Alzheimer & Memory Program at 913-588-0555.

The Rehabilitation Institute of Kansas City also has Driver's Evaluation and Training. The Rehab Institute can be reached by phone at 816-751-7900.

**MEET THE Alzheimer & Memory Program Team!**

# NEW Mini-STAFF ADDITIONS:

The newest member of the Alzheimer & Memory Program Team is also the youngest!

On December 8, 2006, Hailey Anne Arthur entered the world, 7 pounds, 7 ounces, and 18 1/2 inches long to Alzheimer & Memory Program Nurse Practitioner Anne Arthur, BSN, ARNP and husband John Arthur, a mechanical engineer at Black and Veatch.

Be sure to wish her a congratulations!

Anne joined the Alzheimer & Memory Program in the fall as a Nurse Practitioner caring for patients in the Alzheimer and Memory Clinic.

Anne is a member of the National Conference of Gerontological Nurse Practitioners and the nursing honor society Sigma Theta Tau —Delta Chapter.

**Comments? Suggestions? Complaints? Words of Praise?**
**Send Newsletter feedback to Stacy Picek, Editor & Writer**
**at spicek@kumc.edu or via phone at 913-588-0602.**

# CELEBRATE OLDER AMERICANS MONTH!

## MAY 2007: MAKING CHOICES FOR A HEALTHIER FUTURE

- Older Americans Month first began in 1963 when President John F. Kennedy met with the National Council of Senior Citizens and designated May as "Senior Citizen Month." In 1980, President Jimmy Carter changed the name to "Older Americans Month" and the event continues to this day as tradition. This May, take time out to acknowledge the contributions of our older persons!

- Kansas City and Surrounding Area Events:

- **Senior Health Fair**, sponsored by East Central Kansas AAA & Ransom Memorial Hosptial. Held May 1, 2007 at Ransom Memorial Hospital in Ottawa, Kansas. Health screenings and Dr. Jerry Old, author of "Vintage People" will keynote. Contact Phyllis Tillinghast at (785) 242-7123 ext. 108 for more information.

- **Pearls of Aging**, sponsored by Kansas Department on Aging. Held May 2nd and 3rd, 2007 at Capitol Plaza Hotel and Maner Conference Center in Topeka, Kansas. The goals of this year's annual confer ence are: Promoting Choices for Seniors, Encouraging Healthy Lifestyles, Accessing Current Infor mation for Professionals; Learning Throughout Life; Stringing Pearls of Wisdom Across Generations. For more information, please visit, the Kansas Department of Aging's website at http:// www.agingkansas.org/kdoa/senior_info/calendar.htm.

- **Senior Celebration**, sponsored by Theo & Alfred M. Landon Center on Aging, Held May 12, 2007. Please see back page of this Newsletter for more information on this event!

- **Celebrating Age: Photography Exhibit**, sponsored by Douglas County Senior Services. Held May 17th, 2007 from 7-9 p.m. Please see bottom of page 2 of this Newsletter for more information.

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# Senior Celebration, Saturday May 12th, 2007!

On Saturday May 12th, from 10:00 a.m. to 1:30 p.m., the Theo and Alfred M. Landon Center on Aging will host the 2nd Annual Senior Celebration in honor of Older Americans Month.

Come early for a FREE Pancake Breakfast from 9:00 a.m. – 10:00 a.m.

This event is free to the public. The festival will have something for everyone. There will be music, crafters, health screenings, FREE chair massages, and information booths.

A keynote address at noon will also be given by C.W. Gusewelle, Kansas City Author, Reporter, Columnist, and World Traveler.

The KU Alzheimer & Memory Program will have a booth with a sign-up sheet to learn more and/or enroll in our studies! Be sure to stop by Saturday May 12th for a fun & informative time: Landon Center on Aging, 3599 Rainbow Boulevard, Kansas City, KS 66160.

**Visit Us Online!!**
www.kualzheimer.org

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