KU BRAIN AGING PROGRAM
The University of Kansas Medical Center

KU BRAIN AGING PROGRAM NEWSLETTER

VOLUME 1, ISSUE 1

MAY, 2006

University of Kansas Chosen for Alzheimer's Disease Neuroimaging Initiative

Are You Concerned About Alzheimer's Disease?

Imagine a world without Alzheimer's. Imagine helping to stop the progression of this terrible disease.

imagine
stopping the progression of Alzheimer's disease
ALZHEIMER'S DISEASE NEUROIMAGING INITIATIVE

The KU Brain Aging Program is qualified to recruit participants as part of a landmark national research study sponsored by the National Institutes of Health.

Our goal is to determine whether imaging of the brain (MRI or PET scans) every six months can help predict and monitor the onset and progression of Alzheimer's Disease. In addition to neuroimaging, the study will collect and test blood, and for some participants, cerebral spinal fluid to determine if biomarkers can predict and monitor the disease. Testing cerebral spinal fluid is the only way to obtain important brain information.

The Alzheimer's Disease Neuroimaging Initiative is recruiting 800 individuals nationwide who:

1. Are between 55 and 90 years of age.
2. Are in good general health with no memory problems OR are in good general health but have memory problems OR have a diagnosis of early Alzheimer's disease.
3. Are fluent in English.
4. Are willing and able to undergo the test procedures.
5. Have a study partner—a friend or relative who can accompany the volunteer.

For more information, please visit our website at www.kumc.edu/kubap.

Or visit: http://www.loni.ucla.edu/ADNI/

Or give us a call at 913-588-0555.

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"Finding the 'Pregnancy Test Equivalent' for diagnosing AD at its earliest stages remains elusive." (ADNI Biomarker Team)

- *If you or someone you know would like to learn more about this project or enroll in one of our studies, please contact the Brain Aging Project office at 913-588-0555.*

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Update On Our Studies:

Brain Aging Project & VALID: VALproate in Dementia

Brain Aging Project Begins Second Phase

The Brain Aging Project met its initial goal of enrolling 64 participants, ahead of schedule, and is now launching its second phase. This will involve greatly increasing the number of participants. Participants from the 1st phase of the study will be asked to return two years after their initial visits. The second phase of the study began in April, 2006.

"The impact of Alzheimer's on patients, their families, and our health care system makes it one of our nation's greatest medical, social, and economic challenges," according to Jeffrey Burns, MD, principal investigator of the Brain Aging Project.

"We are looking at a series of lifestyle issues that may impact brain aging, such as weight and body fat, fitness, insulin levels, and mental activity," Dr. Burns says. "Our hope is that we will determine the early markers for the disease and, eventually, discover ways to delay dementia onset."

Enrollment in the second phase of the study will increase to 225 total participants.

The study is enrolling people 65 years of age or older who have little or no memory problems, as well as those in early stages of Alzheimer's disease. Study participants will take part in the five sessions including: physical and neurological examination, memory testing, MRI brain scan, laboratory testing including insulin and glucose testing, and metabolic and physical fitness testing.

Burns received an NIH grant to investigate the effects of exercise and cardiorespiratory fitness on cognitive decline and age-related brain changes. He hopes to demonstrate that exercise slows the progression of brain aging and Alzheimer's disease.

"The Brain Aging Project is the foundation and the catalyst for future research studies on human brain aging," Burns says. "We have a long-term commitment to untangling the mysteries of Alzheimer's."

VALID: VALproate In Dementia Study

We are pleased to announce that the KU Brain Aging Program's enrollment performance was praised, and a "Special Thanks" for MRI recruiting and scanning was given in the "Valproate News" Winter 2006 edition. Within a few months of initiating the study, we have moved above 30+ sites in enrollment performance. Currently, the Brain Aging Program ranks #6 of 46 sites.

The Brain Aging Program is a participant site for the VALID (VALproate In Dementia) research study seeks to see whether valproate (an anti-seizure drug) is effective in delaying difficult behaviors in people with moderate stages AD, and whether it slows the progression of AD itself. Researchers hope that slowing the development of these common symptoms in AD may help reduce burden on caregivers.

VALID is sponsored by the Alzheimer's Disease Cooperative Study and funded by the U.S. Government's National Institute on Aging, a division of the National Institute of Health.

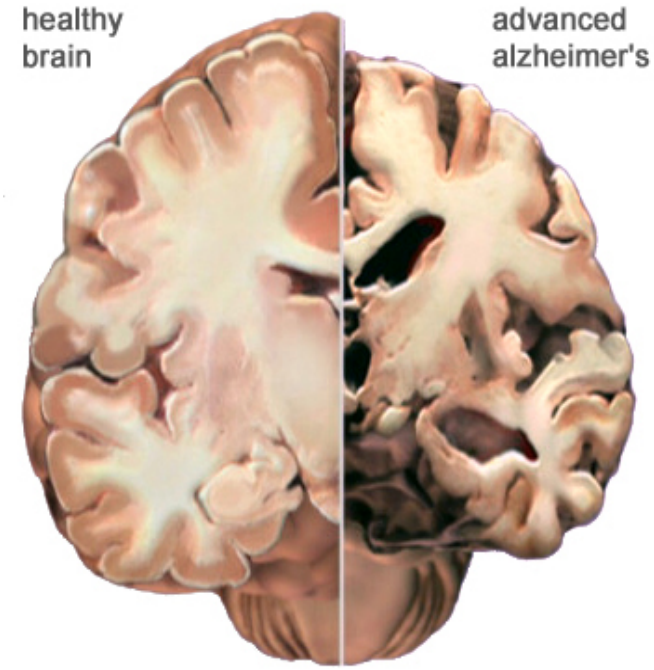
VALID seeks participants who are 55-90 years of age, have been diagnosed with probable Alzheimer's Disease and have *not* experienced agitation or psychosis since the onset of AD. Participants must have a study partner. Participants will be assigned at random to receive Valproate or placebo (inactive pill) and will be regularly monitored during 26-month research study.

For more information, please contact Brain Aging Project at: 913-588-0555 or e-mail plaubinger@kumc.edu.

Alzheimer's Disease Cooperative Study

National Institute on Aging

FYHI (For Your Health Information): Healthy Vs. Advanced Alzheimer's Brain



These pictures show a healthy compared to a brain for someone with advanced Alzheimer's Disease. A crosswise "slice" through the middle of the brain between the ears is shown.

In the Alzheimer brain:

The cortex shrivels up, damaging areas involved in thinking, planning and remembering.

Shrinkage is especially severe in the hippocampus, an area of the cortex that plays a key role in formation of new memories.

Ventricles (fluid-filled spaces within the brain) grow larger.

OLDER AMERICAN'S MONTH

CELEBRATED IN MAY

May represents "Older American's Month with 2006's theme being "Independence + Dignity + Choice=Healthy Aging."

"Older Americans Month originated with a presidential proclamation in May 1963. It has been proclaimed by presidents every year since then. Last year, President Bush stated, "Older Americans help others to understand the past, and they teach timeless lessons of courage, endurance and love. Through their legacy of patriotism, service, and responsibility, America's seniors also unite families and communities and serve as role models for younger generations."

36.3 million
The number of people 65 and over in the United States on July 1, 2004. This age group accounts for 12 percent of the total population. Between 2003 and 2004, 351,000 people moved into this age group.

4.9 million
The number of people 85 and over in the United States on July 1, 2004.

86.7 million
Projected population of people 65 and over in the year 2050. People in this age group would comprise 21 percent of the total population at that time.

147%
Projected percentage increase in the 65-and-over population between 2000 and 2050. By comparison, the population as a whole would have increased by only 49 percent over the same period.

OLDER AMERICANS MONTH 2006
independence + dignity + choice
= healthy aging

12.4 million
Number of people 65 and over who engage in exercise walking [PDF], by far the most popular sports activity for this age group, at least six times a year. The next most popular forms of exercise for this age group are exercising with equipment, net fishing and swimming."

April 10, 2006.

Facts and Photo obtained from the U.S. Census Bureau, http://www.census.gov/PressRelease/www/releases/archives/facts_for_features_spcial_editions/004210.html,

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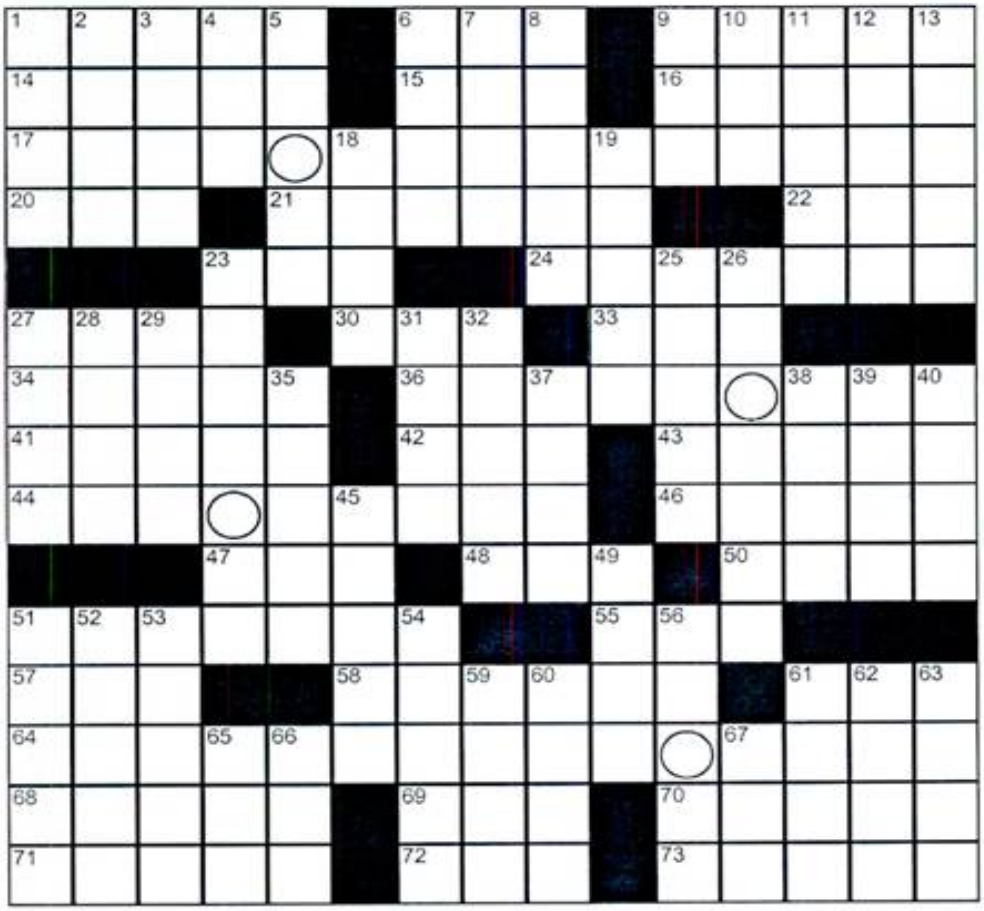
ACTIVE MIND, HEALTHY MIND!!

Try this Crossword Puzzle!

Crossword puzzles give your brain a workout -- and the more active your brain is, the better you can concentrate, solve problems, and cope with challenges. Here's a stimulating "IQ" test that's more of a search: focus in on the circled squares and the rest will begin to come easy!

"IQ"



ACROSS

1 Rational brainwork
6 Japanese tea
9 Ice cream flavor
14 Standard of perfection
15 007 creator Fleming
16 Van Gogh's French villa
17 Dan Marino
20 Apiece
21 Perfect place
22 That girl
23 Mediocre grade
24 Like a candy cane
27 Biblical brother
30 Concorde
33 German article
34 Rolls down the runway
36 It stops the bleeding
41 Use your brain
42 Writer Rand
43 Enthusiasm
44 Out-of-date
46 Phoenician city
47 Birthplace of Albert Einstein
48 Female deer
50 Sunbathes
51 Too good to be true?
55 Very, in Valencia
57 Sign of August
58 "No pain, — — "
61 Jamboree org.
64 Cookout essentials
68 Command
69 Anatomical pouch
70 Deplete
71 Actress Renè
72 Football pts.
73 Gets paid

DOWN

1 Result of a sprain, perhaps
2 Garfield's pal
3 Equipment
4 "I think, therefore — — "
5 High school group
6 Roman bye-bye
7 Angel's instrument
8 Those opposed
9 Scratch a surface
10 Sphere
11 Necklace fastener
12 Leigh's replacement in "Psycho" remake
13 Inquired
18 Salt Lake City NCAA players
19 Consumer, of a sort
23 Cosmetics line
25 Olympic symbols
26 Den of —
27 "— boy!"
28 Germany's auto —
29 Way out
31 R.B.I. or E.R.A.
32 Played (with)
35 Brain container
37 Computer command
38 Letters stamped on meat
39 Prince William's school
40 A lot
45 Type of acid
49 Arab ruler
51 Big Dipper star
52 India's first P.M.
53 Prods
54 East or West, e.g.
56 One-of-a-kind
59 Happy
60 Fundamentals of learning
61 Pilsner, e.g.
62 Amaze
63 Venemous serpents
65 Legal thing
66 — Magnon
67 Country in N. America

www.dana.org. Puzzle answers on Dana's website and printed in next newsletter edition.

INTRODUCTIONS: MEET THE BRAIN AGING TEAM!

Jeffrey Burns, MD

Jeff Burns is an Assistant Professor in the Department of Neurology at the University of Kansas Medical Center. He is the Director of the Alzheimer and Memory Center and the Alzheimer's Disease Clinical Research Program. Dr. Burns serves as the Principal Investigator of the Brain Aging Program.

Biographical Sketch

A native Kansan, Dr. Burns graduated from the University of Notre Dame and attended medical school at the University of Kansas. He completed his neurology residency at the University of Virginia. Dr. Burns completed a two year post doctoral fellowship in geriatric neurology and Alzheimer's disease at the Alzheimer's Disease Research Center at Washington University in St. Louis, Missouri, under John Morris, M.D. Dr. Burns is a Diplomat of the American Board of Psychiatry and Neurology. His memberships include the American Association of Neurology, The American Geriatric Society, the International Society for Magnetic Resonance in Medicine. He was the Elected Chairman of the Vas-Cog Society Student Executive Committee and on the society's Executive Committee in 2005. Dr. Burns' honors include memberships in Alpha Epsilon Delta and Alpha Omega Alpha.

Research Summary

Dr. Burns serves as the Director of the Alzheimer and Memory Center. Dr. Burns' research focus is brain aging and factors influencing the aging process and the onset of Alzheimer's disease. Dr. Burns' interest also includes the study and identification of novel neuro-imaging markers of early or preclinical Alzheimer's disease.

M. Pat Laubinger, MPA, BSN

Pat Laubinger is the Clinical Research Nurse for the Brain Aging Project and Administrator of Alzheimer's Disease Clinical Research Program.

Biographical Sketch

A native of Georgia, Pat graduated from Avila College in Kansas City, Missouri with a Bachelor of Science degree in nursing and a minor in psychology. She attended the University of Missouri-Kansas City and obtained a Master's Degree in Public Administration in healthcare. Pat is a member of Phi Alpha Phi. Pat has over 35 years of nursing experience in a variety of healthcare settings. She has twenty years of expertise in conducting NIH, investigator initiated, and industry-sponsored research studies. Her research focus for the past ten years has been conducting Alzheimer's disease protocols.

Research Summary

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

Phyllis Switzer

Phyllis Switzer is the Psychometrician for the Brian Aging Project, the Alzheimer and MemoryCenter, and the Alzheimer's Disease Clinical Research Program.

Biographical Sketch

As a trained psychometrician, Phyllis has performed psychometric assessments and testing for a variety of neurological studies including trials for Alzheimer's disease, multiple sclerosis, and Huntington's disease. She also performs psychometric testing for the Alzheimer and Memory Center. A native of Kansas City, Phyllis has a sincere interest in Alzheimer's disease because she has been a caregiver for her mother for thirteen years.

Research Summary

Phyllis conducts psychometric testing in clinical settings, investigator initiated and industry sponsored clinical trials. She has been involved in nine AD-related clinical trials. Phyllis was instrumental in the formation of the Alzheimer's Disease Support Group at the University of Kansas Medical Center and acts as the facilitator for the monthly meetings. Phyllis is a frequent speaker in the community and the surrounding area on the role of the caregiver and caregiver related stress issues.

MEET THE BRAIN AGING TEAM!

NEW STAFF ADDITIONS:

Heather Anderson, MD

Heather Anderson is an Assistant Professor in the Department of Neurology at the University of Kansas Medical Center. She is also Medical Student Clerkship Director for the medical school. Dr. Anderson is a sub-investigator in the Brian Aging Project and in the Alzheimer's Disease Clinical Research Program.

Biographical Sketch

Dr. Anderson is a graduate of Oklahoma State University with a degree in Biochemistry. She is a graduate of the University of Kansas School of Medicine. During her last year of neurology residency training at the University of Kansas Medical Center, she served as Chief Resident. She has also completed a Neurophysiology Fellowship at the University of Kansas Medical Center. Dr. Anderson is board eligible for the American Board of Psychiatry and Neurology. She is chair of the Medial Student Education Committee and is a member of the Curriculum Planning Committee at the University of Kansas Medical Center and School of Medicine. A native Kansan, Dr. Anderson is a member of the American Medical Association, the American Academy of Neurology and the American Medical Women's Association.

Research Summary

Dr. Anderson is a neurologist in the Alzheimer and Memory Center who evaluates and cares for patients with memory disorders. She serves as a sub-investigator on the Brain Aging Project and on other clinical trails for Alzheimer's disease. Dr. Anderson's research concentration is in Alzheimer's disease and brain aging.

Luke Spencer-Gardner,

Research Assistant

Luke received his B.S. in Psychology with a double major in health and exercise science from Oral Roberts University in 2005. He is currently serving as Research Assistant, splitting time between the KU Brain Aging Program and anxiety research. In addition to MRI data analysis, Luke is also working for Dr. Jeff Burns on a proposal for the KU structural MRI database that will serve as a repository for current and future research endeavors. Luke will be starting medical school, here at KU, this fall and is interested in neurology, orthopedics, and health promotion.

Stacy Picek,

Research Assistant, Recruitment and Retention Coordinator

Stacy received her B.S. in Psychology with a double minor in Sociology/Anthropology and English from Nebraska Wesleyan University in 2004. She is currently serving as Research Assistant with the KU Brain Aging Program. Stacy is also working on recruitment and retention efforts, as well as maintaining Brain Aging Program Newsletter. Stacy is working on her graduate degree in Public Health and is interested in neuropsychology, exercise, preventive medicine, and health promotion.

DID YOU KNOW?

- *An Estimated 4.5 million Americans suffer from Alzheimer's Disease*
- *By 2050, we may have 11.3 to 16 million Americans with Alzheimer's—as predicted by Alzheimer's Association.*

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Senior Celebration, Saturday May 13th!

On Saturday May 13th, 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 Feed 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, food, health screenings, an Art Fair, and more.

A keynote address will also be given by Congressman Dennis Moore, Third Congressional District of Kansas.

The KU Brain Aging Project 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 13th for a fun & informative time: Landon Center on Aging, 3599 Rainbow Boulevard, Kansas City, KS 66160.

Ken, Art, and Bob help give the Senior Citizen's Center in St. Francis, Kansas a face-lift. This photograph was taken by Erva Gene DeAragon and won third place in 2005's "Older American Photo Contest."

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MSN 2012, 3599 Rainbow Boulevard
Landon Center on Aging
Kansas City, KS 66160

Mailing Address:

We're On the Web!!
www.kumc.edu/kubap