KU ALZHEIMER & MEMORY PROGRAM
The University of Kansas Medical Center

NEWSLETTER

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Dr. Anderson Receives Grant for Pilot Study: Alzheimer Disease Exercise Program Trial (ADEPT)

Dr. Heather Anderson, an Alzheimer and Memory Program Team member, recently received funding to begin a pilot study on the effects of exercise intervention in individuals with early Alzheimer's Disease.

Participants will engage in a supervised exercise program for approximately one hour, three times a week for twelve weeks at the University of Kansas Medical Center and Kirmayer Fitness Center. The exercise program will consist of walking on a treadmill supervised by a physical therapist. Weekly feedback will be provided during the exercise sessions. A complimentary hand towel and water bottle will be provided for subjects participating in the program.

Prior to beginning the exercise program, participants will be evaluated over a two-three week period and will provide baseline (initial) information related to memory, mood, and physical fitness. There will also be a laboratory evaluation.

This project will provide preliminary data for analysis to design a larger randomized, controlled trial to assess the effect of exercise on brain aging and Alzheimer's disease. "We as clinicians routinely recommend a physically active lifestyle to patients with Alzheimer's disease; however we don't have good evidence that exercise is beneficial in these patients or that exercise plays a role in modifying the disease process."

Dr. Anderson states. "If we can show a beneficial effect of exercise on brain aging, this could hopefully encourage the public to adopt more active lifestyles."

Funding for this study comes from The Oppenheimer Brothers Foundation and the KU Research Institute.

If you or someone you now is interested in more information in this study, please call the Alzheimer and Memory Program at 913-588-0555.

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Studies At A Glance:

Study Name	KU BRAIN AGING PROJECT The University of Kansas Medical Center **BRAIN AGING PROJECT**	imagine stopping the progression of Alzheimer's disease ALZHEIMER'S DISEASE NEUROIMAGING INITIATIVE **ADNI: ALZHEIMER'S DISEASE NEUROIMAGING INITIATIVE**	**DHA** (docosahexaenoic acid)	**VALID: VALPROATE IN DEMENTIA** **(CLOSED)**
Number	122	21	Enrollment begins early 2007	15
Target	225	24	20	12
Criteria	60-90 years of age With or without memory problems 2 Year Study	55-90 years of age With or without memory problems 3 Year Study	50-90 years of age With memory problems 18 Month Study	55-90 years of age Moderate Alzheimer's Disease 2 Year Study

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

AMP Team Member George P. Thomas Publishes Book: Skeletal Radiology

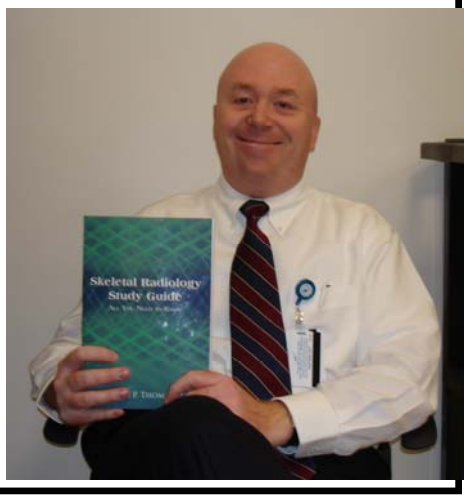
George Patrick Thomas, a MD/PhD candidate and team member of the Alzheimer and Memory Program (AMP) published a new book, Skeletal Radiology.

George is the sole author of this guide, which is published by Jones & Bartlett, 2007.

Skeletal Radiology is a "concise compendium of facts and figures. It is helpful to anyone studying skeletal radiology or bone pathology," Mr. Thomas informed.

George began writing this book while he was teaching related courses at the University of Bridgeport, Connecticut.

This book is now available through Jones & Bartlett's website, at the KU Bookstore, or at Amazon.com.



RESEARCH COLLABORATIONS

CARING FOR THE CAREGIVER

A RESEARCH OPPORTUNITY FOR CAREGIVERS:

Dr. Cythia Teel, PhD, RN

Family members who provide care for someone with Alzheimer's disease (AD) or a related dementia – caregivers – often have little time to care for their own health. In spite of being advised to "take care", they often don't receive guidance about how to do this.

Cynthia Teel PhD, RN, University of Kansas School of Nursing, is currently studying ways to support the health of adults caring for a spouse diagnosed with AD. The study is called, "Self-Care TALK to Promote AD (Alzheimer's disease) Spousal Caregiver Health."

The purpose of the study is to determine if the Self-Care TALK program is helpful in reducing caregiver stress and promoting healthy lifestyle behaviors, which may in turn help support continued home care of persons with memory loss.

Individuals can participate in the study if they are at least 60 years old, and currently live with the person who has been diagnosed. Diagnosis by physician must be within the past 2 years and include memory loss due to possible Alzheimer's disease.

Study participation requires an in-person visit and at least 2 follow-up telephone visits. Half of the study participants also receive 6 weekly telephone calls from a nurse practitioner. Each phone conversation lasts about 30 minutes and focuses on different aspects of health. Everyone who participates receives a notebook of materials about health.

For more information about the study, please call Dr. Cynthia Teel at 913-588-1697 or toll free at 866-662-2111. If you'd like to send an e-mail, the address is: cteel@kumc.edu.

Become a "Friend of the AMP"…

Join us in our new endeavor to build support for continuing research efforts in the treatment of Alzheimer's disease. Your tax-deductible financial contribution will enable you to become a "Friend of the KU Alzheimer & Memory Program" and provide continuing support for Alzheimer's research at the University of Kansas.

If you would like additional information, please contact Dr. Jeff Burns or Robert Boegel at KU Endowment at 913-588-5441.

CAN FISH OIL SLOW ALZHEIMER'S DISEASE?

KU Site for New National Study

The KU Alzheimer & Memory Program has been asked to take part in the National DHA Neuroprotective Study. This Phase III study will evaluate the ability of docosahexaenoic acid (omega 3 fatty acid contained in fish oil) to slow the progression of Alzheimer's disease.

DHA is a major structural fat in the brain and eyes. It is the most abundant omega-3 fatty acid in the brain and has a role in structure and signaling.

DHA is important for brain and retina development. It is a large component of the heart and is important for cardiovascular health. DHA is also important for infant development. It is found in fish, algae, and human breast milk. Although some DHA can be made synthetically, most of it comes from our diet naturally.

Previous research suggest that DHA is a key element of the fish oil for protection of the brain. Previous epidemiologic studies have also suggested a reduced risk of developing Alzheimer's disease in individuals with increased amounts of fish in their diet.

A number of studies have suggested that everyone, from children to adults, may benefit from an adequate consistent supply of DHA. There are no known reports of serious adverse events from taking DHA supplements. The average American consumes less than 100 mg of DHA on a daily basis. Significantly higher levels may have neuroprotective effects.

The major goals of this DHA study in AD are: 1) to determine if DHA supplementation has antioxidant, anti-amyloid, or neuroprotective effects by analyzing biomarkers; 2) to assess effects of DHA supplements on biomarkers of oxidative damage; 3) analyze effects of other micronutrients on the course of Alzheimer's disease progression and on the clinical course of DHA supplementation.

CAN FISH OIL SLOW ALZHEIMER'S DISEASE?

KU Site for New National Study

(continued from Page 4)

The University of Kansas Alzheimer & Memory Program is enrolling participants with mild to moderate Alzheimer's disease, aged 50 and older, who are not currently on omega 3 fish oil supplements. This is an add-on therapy to the participant's current medications. The DHA Neuroprotective Study involves visits every three months over a period of 18 months.

Funding for this study comes from the National Institute on Aging, through a grant to the Alzheimer's Disease Cooperative Study.

KU Alzheimer and Brain Aging Program is one of approximately 40 major universities and medical schools nationwide, enrolling a total of 400 participants.

For further information, please call our KU Alzheimer & Memory Program Research Line at 913-588-0555.

Alzheimer's Disease Cooperative Study

National Institute on Aging
National Institutes of Health

MEET THE BRAIN AGING TEAM!

NEW STAFF ADDITIONS:

Amith Harsha, MS
Neuroimaging Research Assistant

Amith Harsha is the Neuroimaging Research Assistant for the Alzheimer & Memory Program and the MRI Core Co-coordinator for the Alzheimer's Disease Neuroimaging Initiative (ADNI).

Biographical Sketch

Amith obtained his Bachelors in Engineering from Viswesvariah Technological University, India with a major in Electronics & Communications. He attended Wright State University and obtained a Masters degree in Biomedical Engineering specializing in biomedical signal and image processing. He has a keen interest in applying his engineering skills to enhance medical organizations.

Research Summary

Amith is working with Dr. Burns on the Brain Aging Program as a Neuroimaging research assistant. He is studying the various changes that occur with brain aging and Alzheimer's disease using an array of advanced neuroimaging and statistical tools. He is also working on a structural MRI database containing imaging information which will allow other researchers to share information over the internet. Amith is also collaborating with Pat Laubinger and Stacy Picek on ADNI studies. Presently, he is working on website development and a Structural MRI Database for the KU Alzheimer & Memory Program.

Ben Cronk, BS
Senior Coordinator

Ben Cronk is a Senior Coordinator for the Brain Aging Project. He is working on developing ancillary studies to the Alzheimer's disease neuroimaging initiative (ADNI).

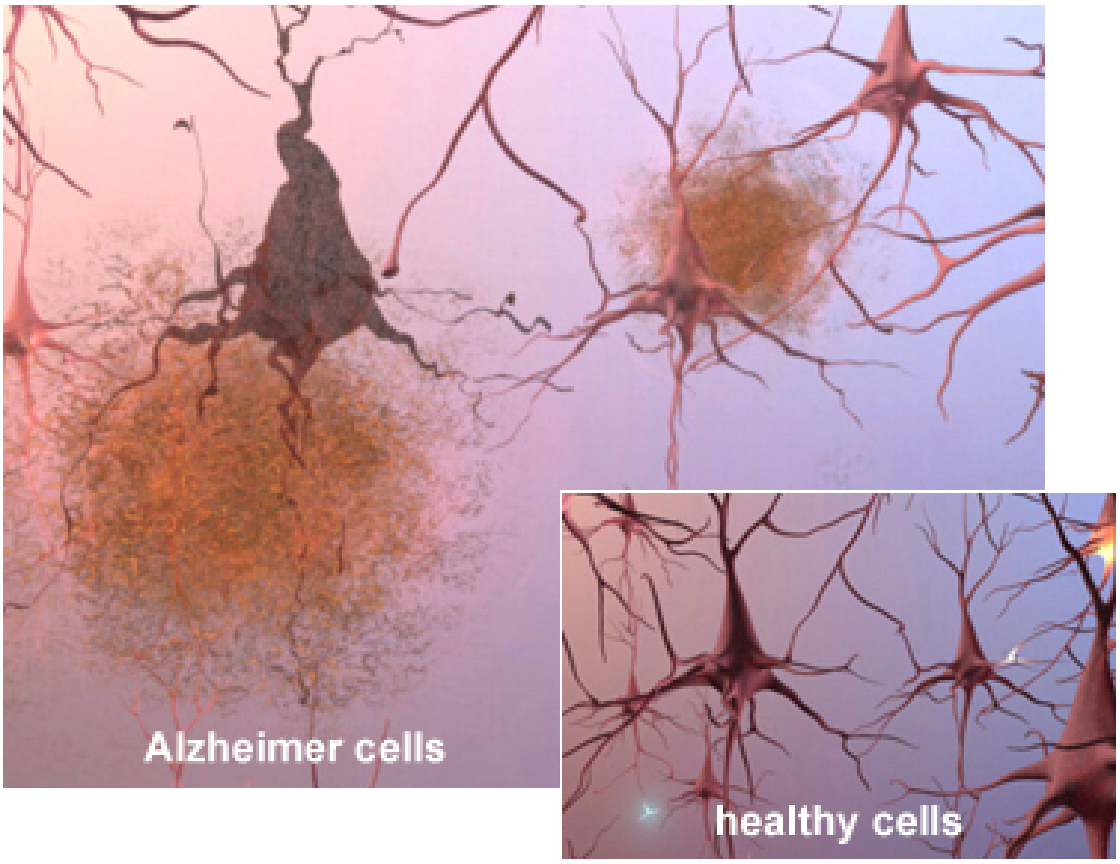
Biographical Sketch

Ben obtained his Bachelors of Science from The State University of New York at Geneseo with a major in Biology. He has developed extensive laboratory experience having worked on research projects at University of Rochester, University of Missouri Kansas City, and the University of Kansas. He is currently attending the University of Kansas on a part time basis pursuing a master's degree in Clinical Research. His future interests include applying his scientific background to various clinical and translational research projects.

Research Summary

In collaboration with Dr. Burns, Ben is studying the effects of insulin and insulin resistance on the development and progression of Alzheimer's disease.

For Your Health Information (FYHI): Illustration of Alzheimer versus Normal Brain Cells



ALZHEIMER'S MEMORY LIBRARY

- The Alzheimer & Memory Program and the Alzheimer and Memory Center has established a Memory Resource Library.
- The Memory Library contains information for patients with AD and their caregivers, such as: Books, Movies, DVDs, CDs, Pamphlets, Articles, a wealth of Resources
- You may check out items Monday-Friday from 9:00 a.m.-4:00 p.m.
- Library located in the Alzheimer's & Memory Clinic in the Landon Center on Aging
- For more information, please contact Phyllis at 913-588-6981

Comments? Suggestions? Complaints? Words of Praise?
Send Newsletter feedback to Stacy Picek, Editor & Writer
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KU ALZHEIMER & MEMORY PROGRAM
The University of Kansas Medical Center

THE ALZHEIMER AND MEMORY DISORDER'S CLINIC SPONSORS A MONTHLY

CAREGIVER SUPPORT GROUP

Dealing daily with a family member who has Alzheimer's disease can be an overwhelming and challenging task for every caregiver. Our support group is designed to provide resources for caring for the patient; promote the self-care and health of caregivers; and allow caregivers to share information and support for one another.

Meetings are held on the **second Thursday of each month from 2:00 p.m. to 3:30 p.m.** in room 145 at the Landon Center on Aging at 3599 Rainbow Blvd., Kansas City, KS 66160.

No reservations are required. Call Phyllis at 913-588-6981 if you have any questions.

Please join us to share and learn from one another. We look forward to seeing you.

Visit Us!!

http://www.kumc.edu/kubap/

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