

### UPDATE In October, the KU ADRC administered its first dose of Aduhelm.

Recurrent monitoring and data collection are ongoing to ensure the safety of our patients, as the continued approval of **ADUHELM** is contingent upon verification of clinical benefit. While this controversial approval is exciting, we are remaining cautious by utilizing strict screening and follow-up protocols.

We hope the Aduhelm approval will shed light on the importance of ongoing AD research, to develop better treatments, and hopefully one day finding a cure.

/ TO VIEW previous Aduhelm updates scan the code or visit [bit.ly/MemoryMinuteNewsletter](https://bit.ly/MemoryMinuteNewsletter)



### WHAT IS THE COGNITIVE CARE NETWORK (CCN)?

A KU ADRC partnership program to advance early detection and patient empowerment through education and navigator support to providers, patients, and care partners who are experiencing a cognitive impairment.

### REFERRING TO RESEARCH AT THE KU ADRC::

*We have studies for patients with:*

- Normal cognition
- Mild cognitive impairment
- Alzheimer's disease
- Frontotemporal dementia

### REFERRING TO THE KU ADRC BRAIN HEALTH PROGRAMS::

- Research participation
- Outpatient clinical memory assessment and care
- LEAP! Lifestyle Empowerment for Alzheimer's Prevention Course
- Support groups

/ HOW TO REFER scan the code, visit

[bit.ly/KUADRCreferral](https://bit.ly/KUADRCreferral) or contact us:



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### INVESTIGATOR SPOTLIGHT:: SAMANTHA FIKRU FNP

**MEDICAL EDUCATION** / Master of Science in Nursing, Family Nurse Practitioner, Western University of Health Sciences

**CERTIFICATIONS** / Licensed and board-certified family nurse practitioner

**EDUCATION** / Patient education and disease related seminars, specifically exploring bio-makers of disease and access to early diagnosis



### RESEARCH INTERESTS /

- Diverse representation in clinical research
- Preventative health against neurodegenerative diseases and early detection in URM groups

### STUDY SPOTLIGHT / GAP BIO-HERMES STUDY



The Bio-Hermes study at the KU ADRC is currently enrolling older adults that identify as an under-represented minority. This study is investigating the relationship between different biomarkers of Alzheimer's Disease to identify less expensive and more accessible tests for brain amyloid, and offers a **FREE AMYLOID PET SCAN** with disclosure of amyloid results to the patient.

*Your patients may qualify for the BIO-HERMES study at our site if they are:*

- Age 60-85
- Identify as an under-represented racial or ethnic minority

Enrolling both patients with **and** without memory impairment.

/ TO LEARN MORE scan the code or visit [bit.ly/Biohermes](https://bit.ly/Biohermes)



*The brain is who we are:  
our memories, everything we are as humans.*

RYAN TOWNLEY, MD

Interested in **ONGOING INVESTIGATIONAL MEDICINE TRIALS** for the treatment or prevention of Alzheimer's and other dementias?

*We have them!*



**PHASE 3 CLINICAL TRIAL:: FRONTOTEMPORAL DEMENTIA**

Multicenter, randomized, double-blind, placebo-controlled study to evaluate the efficacy and safety of AL001 in individuals at risk for or with frontotemporal dementia (FTD) due to heterozygous mutations in the progranulin gene (PG).

*Genetic testing is offered at no cost to participants through the study.*

Looking to identify:

- Age 18-85
- Individuals with a PG gene mutation and are at risk of developing FTD
- Individuals diagnosed with FTD **and** have a PG mutation

/ TO LEARN MORE scan the code or visit [bit.ly/AlectorTrial](http://bit.ly/AlectorTrial)



**THE BEST TIME TO DIAGNOSE A PATIENT WITH DEMENTIA IS EARLY IN THE DISEASE PROCESS. EARLY INTERVENTIONS CAN MAKE A DIFFERENCE AND SLOW THE PROGRESSION!**



It's that time of year that friends and family will be gathered together; possibly for the first time since the COVID-19 pandemic started. Your patients or their loved ones may notice changes in a friend or family members memory and cognition and voice the concern to you. Below are recommendations from KU ADRC specialty providers for screening for dementia if a patient or loved one raises a concern.

**CONSIDER THE COGNITIVE SCREENING ALGORITHM::**

- AD-8 used as cognitive screening tool in all medicare wellness visits
- AD-8 used when either individuals or families report subjective cognitive concerns
- If AD-8 score >2, incorporate MoCa (Montreal Cognitive Assessment), STMS (Short Test of Mental Status) or SLUMS (St. Louis University Mental Status Exam)
- If MoCa score <25 or STMS score <30 or SLUMS score <27, proceed with full diagnostic workup

/ TO VIEW additional resources and access cognitive screening tools visit [bit.ly/ProviderPocketTalks](http://bit.ly/ProviderPocketTalks)



Your English and Spanish speaking patients may qualify for a comprehensive memory evaluation as a part of a research study.

Refer to **RESEARCH** and mention the **CLINICAL COHORT**.

*Patients may have the opportunity to receive a personalized biomarker report!*

Empower your patients to reduce their risk of Alzheimer's disease

Did you know six KEY lifestyle factors are associated with reduced risk of AD?



 **PHYSICAL ACTIVITY AND EXERCISE**

 **NUTRITION**

 **SOCIAL ENGAGEMENT**

 **COGNITIVE ENGAGEMENT**

 **STRESS MANAGEMENT**

 **SLEEP**

/ TO LEARN MORE or TO SIGN UP your patients for our LEAP! Lifestyle Empowerment for Alzheimer's Prevention classes scan the code or visit [bit.ly/LEAP\\_Program](http://bit.ly/LEAP_Program)



Questions about research, the Cognitive Care Network, study information or materials, contact:

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*We are a comprehensive Alzheimer's Disease Research Center located in Fairway, KS, with groundbreaking research opportunities, social work support and direct clinical care.*