



# HealthPartners® Center for Memory & Aging

October 2018



## Leading Innovation & Discovery

Our Center for Memory & Aging invented the intranasal insulin treatment that has been shown to improve memory and functioning in Alzheimer's disease patients and in normal healthy adults in multiple clinical trials. The intranasal insulin treatment may be a possible treatment for other neurological disorders such as Lewy Body Dementia, Frontotemporal Dementia, Post Traumatic Stress Disorder, Parkinson's disease, and even Traumatic Brain Injuries.

We have also developed intranasal deferoxamine and intranasal adult therapeutic stem cells to treat Alzheimer's disease, Parkinson's disease, stroke, brain tumors, spinal cord injuries, Multiple Sclerosis, and other neurological disorders.

## Volunteers Needed!

Are you interested in making a difference in patients' lives? We are looking for volunteers to escort visitors or patients, work at the hospitality station, and work at concierge services. Contact Bonnie for more information at 651-254-9249 or email [Bonnie.L.Watson@HealthPartners.com](mailto:Bonnie.L.Watson@HealthPartners.com).

## Request to join our Monthly E-newsletter

For Education & Support in aging, dementia and neurological disorders.

Email Ann at [memoryloss@healthpartners.com](mailto:memoryloss@healthpartners.com)

Visit us at [www.alzheimersinfo.org](http://www.alzheimersinfo.org)

Like us at [www.facebook.com/fightmemoryloss/](http://www.facebook.com/fightmemoryloss/)

## Charitable Donations Make our Research Possible

Our work relies on charitable donations from people who care about finding a cure for Alzheimer's disease and other neurological disorders. Your charitable donation will help us continue and advance our research. If you have questions about making a charitable donation or want to discuss a planned gift or special bequest, please call 651-254-2376. Gifts made to the Center for Memory & Aging are processed through Regions Hospital Foundation, a charitable organization that, in part, raises funds on behalf of our Center and other programs in patient care, medical research, and education.

Donations made by check to "RHF-Alzheimer's Research" can be mailed to RHF-Alzheimer's Research, 640 Jackson Street, MS 11202C, St. Paul, MN 55101 Secure on-line donations can be made by going to <https://3086.thankyou4caring.org/memory-and-aging-donations>

**HEALTHPARTNERS CENTER FOR MEMORY & AGING -- 651-495-6565**

## Dr. Barclay Speaks about the Key Components to Living Well with Dementia

**Dr. Terry Barclay**, Director of Neuropsychology at the Center for Memory & Aging, was the Keynote speaker at the Alzheimer's Fundraising Breakfast this June. While Dr. Barclay sees many individuals with Alzheimer's disease and other forms of dementia, his greatest passion is partnering with patients and family members to create a plan that allows them to stay healthy and live well with dementia. Dr. Barclay described his vision for the future of care for those diagnosed with memory loss conditions, which includes a broad array of supports and wellness-focused activities. Some of these programs have recently been added to the Center for Memory & Aging while others are currently under development.



### Key components include:

1. An interdisciplinary model, reducing the time it takes patients to get a diagnosis from 6-9 months to 2-3 weeks.
2. A state of the art rehabilitation program with classes ranging from yoga and physical fitness training to memory and cognitive stimulation.
3. Nutritionists to help families integrate brain healthy foods and adhere more closely to the Mediterranean and MIND diets.
4. Programs to assist people in practicing good sleep hygiene, improving management of chronic conditions that worsen cognitive impairment, removing medications that are "bad" for the brain, and reducing risk of hospitalization.
5. Evidence-based mindfulness programs for caregivers to help them manage stress, increase self-compassion, reduce burden, and recognize moments of joy more frequently in their lives.
6. Safety programs that minimize fall risk, promote safe management of medications, and help people make safe decisions about driving.
7. Assistance for families in developing plans that address health, financial, and legal decisions to pave the way for an easier future. Providing caregivers with support and resiliency training, counseling, and coaching programs to help reduce stress, cope with challenging behaviors, and boost their own health and well-being.
8. Programs to build social connections and ways to find joy and enhance meaning.
9. Research to find better treatments and prevention strategies so patients and families have access to the latest breakthroughs and opportunities to improve their memory and their quality of life.

## Interested in Learning about our Clinical Trials?

Visit [www.healthpartners.com/hprf/research/research-areas/alzheimers/clinical-trials/](http://www.healthpartners.com/hprf/research/research-areas/alzheimers/clinical-trials/)

ENTRY\_191219 or email [clinicaltrials@healthpartners.com](mailto:clinicaltrials@healthpartners.com). Call 651-495-6363 for more information about Clinical Trials.



**CREAD 2:A Phase III-A** Multicenter, Randomized, Double-Blind, Placebo-Controlled, Parallel-Group Efficacy and Safety Study of Crenezumab in Patients with Prodromal to Mild Alzheimer's Disease - evaluates crenezumab 60 mg/kg when administered by IV infusion every 4 weeks for 100 weeks for individuals with prodromal Alzheimer's disease (pAD), mild cognitive impairment (MCI), probable mild Alzheimer's disease and positive biomarkers. It is believed that the accumulation of beta amyloid in the brain is involved in the development of Alzheimer's disease and the targeting of beta amyloid and displacement from the brain may modify disease progression. **Recruitment is closed.**



**Feasibility of Daily Aromatherapy for Sleep Treatment in Dementia**-looks at sleep disturbance is a common and troubling symptom that often accompanies dementia. The objective is to assess the feasibility of daily lavender aromatherapy as a non- pharmacological alternative for sleep disturbances in persons with dementia. Participants must have a clinical diagnosis of dementia, [resent with sleep disturbances, live at home and must be 40 years and older.



**Phase II Intranasal Insulin Study**-looks at the effect of insulin on cognition and function in individuals with amnestic mild cognitive Impairment (aMCI) or mild Alzheimer's disease (AD) when delivered as a nasal spray (intranasally). The study length is 8 months. **Recruitment is Closed.**



**Pilot Down syndrome Study**-looks at the effect of insulin on memory and cognitive function in older adults with Down syndrome when delivered as a nasal spray (intranasally). The Study Length is 6 weeks. This study is closed - for mild cognitive impairment testing a novel drug (MK- 8931) **Study is Complete.**



**Merck MK-831 019 Study**-for mild cognitive impairment testing a novel drug (MK- 8931) that may reduce levels of Abeta, an abnormal protein that is associated with Alzheimer's disease. Mild cognitive impairment is considered an earlier stage of memory loss that may progress to dementia. The decision to study this drug in the mild cognitive impairment population is based on the hypothesis that treating this disease earlier in the process may lead to better outcomes. The study length is 112 weeks. **Study is Closed.**

Visit us on Facebook at [www.alzhiemersinfo.org](http://www.alzhiemersinfo.org).

### Congratulations to the authors of these Four New Abstracts Summaries Accepted to Alzheimer's Association International Conference

- Amyloid PET Imaging & Neuropsychological Phenotypes in Alzheimer's & Non-Alzheimer's Dementias
- CHORD Study: The Power of Music Through Participation in the Giving Voice Chorus
- Prevalence of Neuropsychiatric and Motor Symptoms in Prodromal Dementia with Lewy Bodies
- Amyloid PET Imaging in a Community Neurology Practice: Feasibility and Clinical Outcomes

## Healthy Brain Diets

Oftentimes, our researchers are asked, "What can I do to help prevent memory loss?" Dr. William Frey answered just that at a presentation where he spoke about two diets: the Mediterranean Diet and the MIND Diet. Studies suggest that both diets reduce the risk of developing Alzheimer's disease and brain cell loss.

The Mediterranean Diet consists of a high consumption of olive oil, legumes, unrefined cereals, fruits and vegetables, moderate to high consumption of fish, moderate consumption of dairy products and wine, and low consumption of non-fish meats.

The MIND diet consists of a high consumption of leafy greens and other vegetables, moderate to high consumption of nuts, blueberries, and strawberries, beans, and whole grains, moderate consumption of fish, poultry, olive oil, and wine, and a low consumption of red meat, butter, cheese, sweets, and fried food.

Consumption of turmeric (present in yellow curry), green tea, and other foods containing natural antioxidants and anti-inflammatory compounds (such as quercetin) are also likely to be beneficial.

Eating a healthy diet, remaining mentally active, and exercising regularly are all important for a healthy brain!



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moderate consumption of fish, poultry, olive oil, and wine, and a low

consumption of red meat, butter, cheese, sweets, and fried food.



### Foods to Avoid

- Red Meat (less than 4 servings per week)
- Butter & Margarine (less than 1 Tbsp daily)
- Cheese (less than 1 serving per week)
- Pastries and Sweets (less than 5 servings per week)
- Fried or Fast Food (less than 1 serving per week)

### Foods to Add

- Green Leafy Vegetables ( 6 or more servings per week)
- Other Vegetables (at least once per day)
- Nuts (5 servings per week)
- Berries (2 or more servings per week)
- Beans (at least 3 servings per week)
- Whole Grains (3 or more servings per day)
- Fish (once per week)
- Poultry (2 times per week)
- Olive Oil (use as main cooking oil)

## Minnesota Memory Project is Entering its 9th Year!

Over the years, the Minnesota Memory Project has collected information on memory changes associated with aging in the presence and absence of brain disease, collected information from caregivers about the health effects related to caring for individuals with memory loss, and connected participants with cutting-edge research trials. Enrollment has been closed since 2014, but the study is expected to continue until at least 2024. The Minnesota Memory Project is a first of its kind registry to track aging adults of Minnesota and the surrounding areas.

