



HealthPartners®

Center for Memory & Aging

Email: memoryloss@healthpartners.com
Websites: www.alzheimersinfo.org
www.healthpartners.com/memoryloss
Facebook: www.facebook.com/fightmemoryloss

651-495-6565

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Do you know what we invented?

Our Center invented the intranasal insulin treatment that not only improves memory and functioning in Alzheimer's patients in multiple clinical trials and improves memory in normal healthy adults, but may also treat other brain disorders (such as LBD, FTD, PTSD, Parkinson's and TBI). We have also developed intranasal deferoxamine and intranasal adult therapeutic stem cells to treat Alzheimer's disease, Parkinson's, stroke, brain tumors, spinal cord injury, MS and other brain disorders.

VOLUNTEERS Needed!

Escort visitors or patients, work at the hospitality station, work at concierge services.

Make a Difference!

Contact Bonnie for more information at 651-254-9249 or email

bonnie.l.watson@healthpartners.com

Our Work Relies on Charitable Donations.

Donations can be made by check to "RHF-Alzheimer's Research" and mailed to **CMA, 640 Jackson Street, MS 11202C, St. Paul, MN 55101**. Secure on-line donations to support research for treatment, prevention of Alzheimer's disease and other memory disorders can be made by [clicking](#) here or going to <https://3086.thankyou4caring.org/memory-and-aging-donations>. Have questions, want to discuss a planned gift or special bequest, call 651-254-2376. Gifts made to the Center are processed through Regions Hospital Foundation, a charitable organization that as part of its mission raises funds on behalf of HealthPartners Center for Memory & Aging and other programs in patient care, medical research and education.

Ask the Experts: Learn, Meet and Connect Speaker Series. One CEU is available per talk.

Call 651-495-6565 or email MemoryLoss@HealthPartners.com

Wednesday, October 11

Chronic Pain

Dr. Alfred Clavel, Jr

11:30 am-noon is Registration & Lunch

Noon to 1:00 pm: Presentation

New Perspectives Senior Living
Columbia Heights, 3801 Hart Blvd
Columbia Heights 55421

RSVP to 651-495-6565 or
memoryloss@healthpartners.com

Thursday, October 12

Sleep and Memory

Dr. Bhavani Kashyap

11:30 am-noon: Registration & Lunch

Noon to 1:00 pm: Presentation

New Perspectives Senior Living
Roseville, 2750 Victoria St. N
Roseville 55113

RSVP to 651-495-6565 or
memoryloss@healthpartners.com

Friday, October 27

Spinal Cord Injury: Sorting Fact from Fiction

Dr. Steven Jackson

Noon to 1:00 PM

HealthPartners Neuro-science Conference Center
295 Phalen Blvd
St. Paul 55130

RSVP to 651-495-6565 or memoryloss@healthpartners.com

Healthy Brain Diets

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

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 and turmeric tea), 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!



Food groups to avoid in your diet

1. Red meat: Less than four servings a week
2. Butter and margarine: Less than a table-spoon daily
3. Cheese: Less than one serving a week
4. Pastries and sweets: Less than five servings a week
5. Fried or fast food: Less than one serving a week

Food groups to include in your diet

1. Green leafy vegetables: (spinach, kale, chard, collard greens and salad) at least six servings a week
2. Other vegetables: at least one a day
3. Nuts: five servings a week (walnuts, pistachios, sunflower seeds)
4. Berries: (blueberries, strawberries) two or more servings a week
5. Beans: at least three servings a week
6. Whole grains: three or more servings a day
7. Fish: once a week (salmon, tuna, herring, sardines, black cod)
8. Poultry: (chicken or turkey) two times a week
9. Olive oil: use it as your main cooking oil
10. Wine: one glass a day

PREVENTION & LIVING WELL

4 Ways to Improve Brain Health

FITNESS

Studies have shown that people engaging in high levels of mental activity have about half the risk of developing dementia in addition to a reduced rate of cognitive decline.



FUN

Studies have shown that people engaging in high levels of mental activity have about half the risk of developing dementia in addition to a reduced rate of cognitive decline.



FOOD

Many research studies have looked at lot of different foods and their potential to slow cognitive decline and to reduce the risk of dementia; the strongest evidence is with the Mediterranean and MIND diets.



FAMILY & FRIENDS

Studies have shown that people who have less social support have an increased risk of dementia; family and friends play an important role in helping manage stress and finding solutions to deal with problems that are encountered.



Living Well Workbook

alzheimer's association



LIVING WELL

A Guide for Persons with Mild Cognitive Impairment (MCI) & Early Dementia

In Partnership with:

HealthPartners
Center for Dementia of Alzheimer's Care

UNIVERSITY OF MINNESOTA
Center for Spirituality & Healing
Driven to Discover

giving voice chorus

Evaluating the potential benefits of the Giving Voice chorus program in persons with dementia and their caregivers



CHORD Study



www.healthpartners.com/ucm/groups/public/@hp/@public/documents/documents/cntrb_028820.pdf

Interested in learning about our Clinical Trails?

Visit www.healthpartners.com/hprf/research/research-areas/alzheimers/clinical-trials/ENTRY_191219 or email clinicaltrials@healthpartners.com.

CREAD 2: A Phase III, 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.

RESPECT-ESUS is a Randomized, double-blind Evaluation in secondary Stroke Prevention comparing the Efficacy and safety of the oral Thrombin inhibitor dabigatran etexilate (110 mg or 150 mg, oral, twice daily) versus acetylsalicylic acid (100 mg, oral, once daily) in patients with Embolic Stroke of Undetermined Source. This study evaluates the effectiveness and safety of dabigatran etexilate compared to aspirin for the prevention of stroke recurrence in men and women diagnosed with an embolic stroke of undetermined source within the last three to six months. Must have a diagnosis of embolic stroke of undetermined source within the last three to six months.

Stroke AF: A Prospective, Multi-Site, Randomized, Controlled, Non-Blinded, Post-Market Study compares the incidence of atrial fibrillation through 12 months between continuous cardiac rhythm monitoring with the Reveal LINQ Insertable Cardiac Monitor and standard-of-care medical treatment in men and women diagnosed with a recent ischemic stroke. Patients must have an ischemic stroke believed to be due to small-vessel disease, large-vessel cervical or intracranial atherosclerosis within the past 10 days.

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, present 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 amnesic mild cognitive Impairment (aMCI) or mild Alzheimer's disease (AD) when delivered as a nasal spray (intranasally). **The study length is 8 months.**

Lundbeck Study (STARBEAM) studies a medication (Lu AE58054) that is expected to work in conjunction with Aricept for symptomatic treatment in mild-moderate Alzheimer's disease. **The study length is 28 weeks & an additional 32 weeks.**

IDEAS Study assesses the impact of amyloid PET imaging on patient outcomes compared to standard of care alone. The results of this study will be used to help assess whether the Centers for Medicare and Medicaid Services (CMS) will cover the cost of this type of imaging in the future. This study does not use an intervention. **The study length is 3 visits over 3 months, CMS claims about your care may be used for up to 3 years.**

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.**

(Recruitment is now closed) Merck MK-831 019 Study is 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.**

The New Neuroscience Center opened April 3. Laila Ali attended the Grand Opening.



1. Vineeta Sawkar 2. Megan Remark & Laila Ali 3. Bret Haake, Megan Remark, Andrea Walsh, Mary Brainerd, Steven Connelly, Dan Nelson, Pam Zoeller, Nico Pronk, & Denis McCarren 4. Mary Brainerd, 6. William Frey, Laila Ali & Janet Volkenant

The daughter of the late boxing Muhammad Ali legend pulls no punches with her latest venture — a podcast on health.

Ex-boxer Laila Ali fights for a new cause: Healthy living



Laila Ali has a wellness website and podcast.

See more of the article and see the Q & A, go to www.facebook.com/fightmemoryloss.com

Like her famous father, Laila Ali is a force of nature.

At 39, she successfully has transformed from nail salon owner to undefeated boxing champion to television personality and author. A wellness and fitness expert, she is using her Laila Ali Lifestyle website and podcast to promote the gospel of healthy living.

We caught up with Ali last week while she was in town to speak at the grand opening of the HealthPartners Neuroscience Center in St. Paul.

The \$75 million center — said to be the largest free-standing neuroscience center in the Upper Midwest — focuses on research and treatment for Parkinson's disease and other neurological diseases. (Ali's father, boxing legend and humanitarian Muhammad Ali, died last June after a long battle with Parkinson's.)



In the news:

On April 3, the Pioneer Press printed the following article

“\$75 million neuroscience center opens on Phalen Boulevard, St. Paul’s ‘medical corridor’”

“To design the five-level, \$75 million HealthPartners Neuroscience Center opening Monday at 295 Phalen Boulevard, directors traveled as far as the Spaulding Rehabilitation Center in Cambridge, Mass., for ideas on how to keep the atmosphere patient-friendly and aggressively state-of-the-art.”

A recent tour of the facility illustrates that approach.

Inside the 130,000-square-foot facility, video cameras linked to two underwater treadmills record and analyze the gait of stroke victims in a climate-controlled therapy pool. A floor below, 16 privately-funded researchers — surrounded by beakers, microscopes and hypersensitive digital scales — search for cures to dementia and Alzheimer’s disease.

To read more, go to our facebook page or visit: <http://www.twincities.com/2017/04/03/75-million-neuroscience-center-opens-on-phalen-boulevard-st-pauls-medical-corridor/>

Thank you to everyone who made the 2017 Breakfast a success!

We raised \$183,113 for the Center for the Memory & Aging research and care.



Thank you to our 2017 Alzheimer’s Fundraiser Breakfast Sponsors:
Barnes & Thornburg LLP and Presbyterian Homes and Services.



Caring for Your Workplace

