

Photos in this issue feature UW-Madison's new Alumni Park, located between Memorial Union and the Red Gym. (Photos by Jeff Miller/UW-Madison).



**Wisconsin Alzheimer's
Disease Research Center**
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Headlines

FALL 2017

UPCOMING EVENTS

Solomon Carter Fuller Events

The Wisconsin ADRC, in conjunction with the Alzheimer's & Dementia Alliance of



Elliott

Wisconsin, will host the 2018 Solomon Carter Fuller Community Lecture and Memory Screening Day, February 16-17.

Cerise Elliott, PhD, a neuroscientist and senior program analyst for the National Institute on Aging, will present a public lecture, "Advancing Health Disparities Research in the African American Community" on February 16, 6:30-8:30 p.m. at Fountain of Life Covenant Church. The two-day event continues on February 17 with a health fair, caregiver workshops, memory screenings, and nutrition demonstrations at The Village on Park, 2300 S. Park St., Madison.

The annual event is named for Dr. Solomon Carter Fuller, the first African American psychiatrist and a pioneer in Alzheimer's disease research. Visit www.adrc.wisc.edu/events for further details.

DIRECTOR'S MESSAGE

Patients with Mild Cognitive Impairment (MCI) sought for Alzheimer's disease research studies

Each year, the Wisconsin Alzheimer's Disease Research Center (ADRC) conducts around 50 research studies into Alzheimer's disease and related dementias. Our research volunteers include middle-aged adults with and without a parental history of Alzheimer's disease, healthy older adults without a diagnosis of Alzheimer's disease or other dementia, and adults with memory problems. One group of volunteers we are especially interested in recruiting is patients with Mild Cognitive Impairment, or MCI.

People with MCI have more memory problems than other people their age, but their symptoms are not as severe as those associated with Alzheimer's disease. People with MCI are still able to carry out their normal daily activities. While some patients with MCI may progress to Alzheimer's disease, others regain normal memory and thinking skills. Our scientists are interested in studying patients with MCI to find out

why some patients develop Alzheimer's disease while others do not.

Signs of MCI include:

- Having more trouble coming up with words or names of familiar people than others of the same age
- Forgetting recent conversations, events, or appointments
- Losing things often

If you or someone you know has a diagnosis of MCI and would like to volunteer for research studies, please call (608) 265-0407 to schedule a phone interview with one of our research specialists. If you suspect you might have MCI and would like to schedule a memory assessment with a team of UW Health doctors, please call the UW Health Memory Clinic at (608) 263-7740.

Everything we have learned about memory, memory treatments, and memory disorders is known because of our research volunteers. Thank you for your commitment to our science.



Sanjay Asthana, MD
Associate Dean for Gerontology
Director, Wisconsin ADRC & Madison VA GRECC
Professor, UW School of Medicine and Public Health

NEWS BRIEFS

Barbara Bendlin, PhD, and **Federico Rey, PhD** (UW-Madison Department of Bacteriology),



Bendlin

were awarded \$600,000 over three years from the Wisconsin Partnership Program's Collaborative

Health Science Program to study the role of gut bacteria in the development and treatment of Alzheimer's disease.

Carey Gleason, PhD, is co-PI with Dr. Kejal Kantarci, Mayo



Gleason

Clinic, on a \$10.6 million grant from the National Institute on Aging to study the effects of

menopausal hormone use and risk of Alzheimer's disease in women.

Fabu Carter, MA, outreach specialist in the ADRC's Minority Recruitment Satellite Program, received a Legacy



Carter

Award at the 2017 Black Women Wellness Day, held September 16 at the Alliant Energy

Center in Madison, Wisconsin. The nominating committee recognized Ms. Carter for her contributions in "building and supporting the health and wellbeing of our families and communities."

RECENT EVENTS

Dr. Martha Clare Morris details the MIND diet for healthy brain aging at 2017 Fall Lecture

By Zoey Rugel, student communication specialist

The Wisconsin Alzheimer's Disease Research Center hosted more than 450 attendees at its 2017 Annual Fall Lecture, "The Science Behind Alzheimer's Disease Prevention & Brain Health," on October 4 at Gordon Dining and Event Center on the UW-Madison campus. Currently, there is no cure for Alzheimer's disease, placing a lot of importance on Alzheimer's disease

prevention. The evening's speakers shared their research on Alzheimer's disease prevention through diet, exercise, and heart health.

The keynote speaker, Dr. Martha Clare Morris, is a professor at Rush University in Chicago and director of the Rush Institute for Healthy Aging. Dr. Morris is a pioneer in working to find effective diet changes to help

prevent Alzheimer's disease. In 2015, she published the MIND diet for healthy brain aging, based on years of research into nutrition, aging, and Alzheimer's disease.



More than 450 people attended the 2017 Annual Fall Lecture on the UW-Madison campus on October 4.

The MIND diet emphasizes eating vegetables, nuts, fish, poultry, beans, whole grains, and berries, especially strawberries and blueberries. The diet also recommends limiting red meat, butter and margarine, cheese, pastries and sweets, and fried foods.

A study of nearly 1,000 people who followed the MIND diet found those who closely followed the diet reduced their risk of developing Alzheimer's disease by 53 percent. People who loosely followed the diet still saw results, reducing their risk of developing Alzheimer's disease by 35 percent.

Two additional speakers offered presentations on Alzheimer's disease prevention. Dr. Heather Johnson, associate professor in the Division



Before the 2017 Annual Fall Lecture, attendees visited more than a dozen education booths at the Healthy Aging Resource Fair.



of Cardiovascular Medicine at the UW School of Medicine and Public Health, presented “Keys to a Healthy Heart and a Healthy Mind.” Dr. Jill Barnes, assistant professor in the Department of Kinesiology at UW-Madison, offered her talk, “The Role of Exercise in Healthy Aging.”

Videos of the evening’s presentations are on our YouTube channel at go.wisc.edu/adrcyoutube. You can find a list of questions and answers that were submitted for the audience Q&A at www.adrc.wisc.edu/annual-fall-lecture.



Scenes from the Annual Fall Lecture, top to bottom: Attendees partake in a chair yoga demonstration; Hanna Blazel, left, Wisconsin ADRC executive administrator, with attendee Lula Jones, right; The evening’s speakers and UW Health clinicians answer audience questions.

Photos by Clint Thayer



Alzheimer’s disease is the 6th leading cause of death in the United States. And it’s the only disease in that category with no treatment, prevention or cure.

At UW-Madison, we are committed to preserving memories and finding a cure. We **must stop** this disease. Together we can end it.
Will you help us?

Learn more & make a gift today at memoriesmatteruw.org



School of Medicine
and Public Health
UNIVERSITY OF WISCONSIN-MADISON
Initiative to End Alzheimer’s

STAY CONNECTED

Listen Up! Wisconsin ADRC Launches Podcast

In an ongoing effort to educate our research volunteers and the general public about our work and science, the Wisconsin ADRC recently introduced “Dementia Matters,” a podcast aimed at educating listeners about all facets of Alzheimer’s disease.



Host Dr. Nathaniel Chin, assistant professor of medicine, geriatrics and gerontology at the University of Wisconsin School of Medicine and Public Health, interviews experts in academia and the community about the latest headlines, research studies, and caregiver resources. Recent episode topics include the importance of healthy sleep, the link between Alzheimer’s disease and gut bacteria, and the MIND diet for healthy brain aging.

You can listen to episodes through our website, www.adrc.wisc.edu/dementia-matters, or find us on iTunes, Google Play, and other podcasting platforms. Visit our website for tutorial videos on how to download podcasts on your smartphone.

SELECTED OPEN STUDIES

ADRC Registry (Clinical Core Study)

People who join this study undergo annual memory and thinking evaluations and participate in other ADRC-affiliated studies. Interested volunteers may join if they can attend a yearly visit with a study partner, either have MCI or are healthy, and are 45-65 years old, with or without a parental history of Alzheimer's disease.

EXERT

The EXERT study is investigating the effects of exercise on memory and thinking. Participants must be 65-89 years old with mild memory loss. They will go to the YMCA on the East or West side of Madison for 18 months and participate in either the stretching, balance, and range of motion group, or aerobic exercise group.

Diet and Exercise Trial to Improve Insulin Resistance, Increase Cerebral Blood Flow, Alter Metabolomic Biomarkers, and Decrease Alzheimer's Disease Risk (BFIT)

Prior research suggests that lack of exercise and poor diet may affect the brain. The purpose of this study is to examine changes in brain blood flow, cognition, and other health metrics related to a 12-week diet and exercise program designed to improve or reverse pre-diabetes. This study is recruiting ADRC Clinical Core members ages 45 to 65 who are local to the Madison area.

BRAVE-EPA

The purpose of this study is to evaluate whether EPA, an omega-3 fatty acid, improves biomarkers of Alzheimer's disease and thinking abilities in middle-aged, cognitively healthy military veterans. We are looking for veterans aged 50-75 years old with normal memory who have a parent with Alzheimer's disease.

Connectome

The purpose of this study is to utilize MRI to make the most detailed measurements of brain networks to date in people with mild cognitive impairment (MCI) and Alzheimer's disease. We are currently recruiting people 55-90 years old who can undergo MRI.

ADRC Registry

New studies start frequently at the Wisconsin ADRC, and we're looking for male and female volunteers. The Wisconsin ADRC has created a research database — the Wisconsin ADRC Registry — to hold the names and eligibility information of potential volunteers. To join the Registry, you will be asked to complete a phone questionnaire.

If you are interested in volunteering, contact the ADRC at (608) 265-0407.

You can find a full list of recruiting studies on our website at www.adrc.wisc.edu/open-studies.

MEET A RESEARCHER

Corinne Engelman

Corinne Engelman, MSPH, PhD, is an associate professor in the Department of Population Health Sciences within the University of Wisconsin School of Medicine and Public Health. As a genetic epidemiologist, she studies how genes and genetic



Engelman

factors affect health and disease. Dr. Engelman conducts research within the Wisconsin

ADRC into the genetic and non-genetic factors that contribute to the age-related decline of memory and thinking skills. She is particularly interested in how genetic risk interacts with non-genetic factors; the role of rare genetic variants in Alzheimer's disease brain changes and cognitive decline; and analyzing other health data to better understand Alzheimer's disease.



About Us

The Wisconsin Alzheimer's Disease Research Center (ADRC) combines academic, clinical, and research expertise from the University of Wisconsin School of Medicine and Public Health and the Geriatric Research, Education and Clinical Center (GRECC) of the William S. Middleton Memorial Veterans Hospital in Madison, Wisconsin. Founded in 2009, the ADRC receives funding from private, university, state, and national sources, including a National Institutes of Health/National Institute on Aging grant for Alzheimer's Research Centers (P50-AG033514).