

Photos in this issue celebrate summer in the University of Wisconsin-Madison Arboretum. (Photos by Jeff Miller/UW-Madison).



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

# Headlines

SUMMER 2017

## UPCOMING EVENTS

### Annual Fall Lecture

Martha Clare Morris, PhD, an authority on nutrition and aging and the creator of the MIND diet for healthy brain aging, will present "Nutrition and Dementia: The MIND Trial," at the Wisconsin ADRC Annual Fall Lecture, October 4, 2017, at Gordon Dining & Event Center, 770 W. Dayton Street, on the UW-Madison campus.



Dr. Martha Clare Morris

A Healthy Aging Resource Fair begins at 5:00 p.m. Speakers and an audience Q&A will be held 6:00-8:00 p.m. The event is free and open to the public. Registration is not required, but it is appreciated. **For registration, event details, and parking, visit [www.adrc.wisc.edu/annual-fall-lecture](http://www.adrc.wisc.edu/annual-fall-lecture).**

## DIRECTOR'S MESSAGE

### New iPS Cells Study will allow scientists to turn skin cells into brain cells

A scientific breakthrough just over a decade ago produced the discovery of induced pluripotent stem (iPS) cells. Scientists have since been able to use this discovery to take adult human skin cells, reprogram them to act like stem cells, and convert them into many different kinds of cell types, such as muscle, nerve, and even brain cells. As you can imagine, this opens up a very promising area of research for Alzheimer's disease scientists.

The Wisconsin ADRC is launching its own iPS Cells Study this summer under the direction of Dr. Subhojit Roy, a professor in the Departments of Pathology and Neuroscience. Dr. Roy is also an investigator in the Wisconsin ADRC, where his research aims to understand what causes cell death in neurodegenerative disease like Alzheimer's disease and Parkinson's disease. Dr. Roy's team includes Dr. Anita Bhattacharyya, Waisman Center senior scientist, and Dr. Nathaniel Chin, Wisconsin ADRC director of medical services.



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

We have identified a group of individuals enrolled in the ADRC Clinical Core Study who fit a number of parameters that make them ideal candidates to join our iPS Cells Study. If you have been selected for this group, a research specialist from our team will contact you.

If you choose to participate in this study, a trained clinician will obtain a skin sample from you via punch biopsy. The procedure will require an extra 30 minutes in addition to your regular study visit.

Your skin sample will be turned into brain cells for analysis. We will assess gene expression and biological differences in the brain cells to understand more about what may cause Alzheimer's disease. The benefit of studying iPS cells from Clinical Core Study participants is we can combine that data with other information we are already collecting from participants such as genetics, medical history, lab tests, brain imaging, and cognitive scores.

Thank you to our volunteers for participating in our science. On, Wisconsin!

## WELCOME

### ADRC welcomes Dr. Lindsay Clark

On August 1, 2017, the Wisconsin ADRC welcomed Lindsay Clark, PhD, as its newest investigator. Dr. Clark is a neuropsychologist who specializes in treating geriatric patients with behavioral and cognitive issues stemming from brain disorders such as



Clark

Alzheimer's disease and other dementias. She also conducts research into the early detection and prevention of symptoms of Alzheimer's disease.

Dr. Clark is a native of Morris, Illinois, and studied psychology and neuropsychology before moving to Madison for her post-doctoral training through the Wisconsin Alzheimer's Institute Lou Holland Fellowship in Neuropsychology & Neuroimaging and the Veterans Administration Advanced Geriatrics Fellowship.

In addition to her research, Dr. Clark will see patients at UW Health Memory Clinic at University Station, UW Health East Geriatrics Clinic, UW Health Specialty Clinic - Sauk Prairie, and Williams S. Middleton Memorial Veterans Hospital.



## RECENT EVENTS

### Scientists share research findings during volunteer appreciation events

Each summer, the Wisconsin Alzheimer's Disease Research Center (ADRC) shares science advancements and news about its research programs with its volunteers at two appreciation events. This year's events attracted their biggest crowds to date.

On June 3, we hosted the Volunteer Breakfast Appreciation & Listening Session at Fountain of Life Covenant Church for more

than 50 Alzheimer's disease research participants and guests who are in groups traditionally underrepresented in research.

On August 1, more than 200 participants and guests gathered at Dejepe Residence Hall for the Participant Appreciation Event & Reception. **You can watch presentations from the event on our YouTube Channel at [go.wisc.edu/adrcyoutube](http://go.wisc.edu/adrcyoutube).**



Dr. Sanjay Asthana, far right, and other investigators from the Wisconsin ADRC take audience questions during the August 1 Participant Appreciation Event & Reception at Dejepe Residence Hall.

Photos by Clint Thayer

The Lake Mendota Room at Dejepe Residence Hall was filled to capacity on August 1 for the Participant Appreciation Event & Reception.



Study participants Will Clifton, left, and Jewelline Wiggins, right, shared their motivations for getting involved in Alzheimer's disease research at the August 1 Participant Appreciation Event & Reception.





## RECENT EVENTS

### Expert on clinical trials speaks at Research Day

The Wisconsin ADRC 2017 Alzheimer’s Disease & Related Disorders Research Day hosted more than 140 researchers, trainees, and students for a half-day of Alzheimer’s disease and aging science on June 30 at the Wisconsin Institutes for Discovery.

Dr. Paul Aisen, professor of neurology and director of the Alzheimer’s Therapeutic Research Institute (ATRI) at the University of Southern California, offered the keynote address “New Therapies for AD: Are We on the Right Track?” Dr.



Dr. Sanjay Asthana, left, and Dr. Dorothy Edwards, right, flank the winners of the 2017 Alzheimer’s Disease & Related Disorders Research Day poster session, during which nearly 40 researchers from across campus shared their science and expertise. Winners, from left to right, are Brittany Derynda, Kimberly Mueller, and Sara Berman.

Sterling Johnson, associate director of the Wisconsin ADRC, offered his presentation “Advances in Identifying Preclinical AD.”

**View a video of the day’s presentations on our YouTube channel at [go.wisc.edu/adrcyoutube](http://go.wisc.edu/adrcyoutube).**



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](http://memoriesmatteruw.org)



## STAY CONNECTED

### Tell Your Story

The Wisconsin ADRC often receives requests from TV stations, newspapers, and magazines for patient stories. If you would like to share your story about your dementia diagnosis or why you volunteer for Alzheimer’s disease research, please contact Wisconsin ADRC communication specialist Rebecca Wasieleski at [rwasiel@medicine.wisc.edu](mailto:rwasiel@medicine.wisc.edu) or (608) 262-2687.

### Follow Us on Social Media

Can’t wait for the next newsletter for more news about the Wisconsin ADRC? Join us on Facebook and Twitter for information about the center, dementia resources, and events. You can find videos from our events on our YouTube Channel.



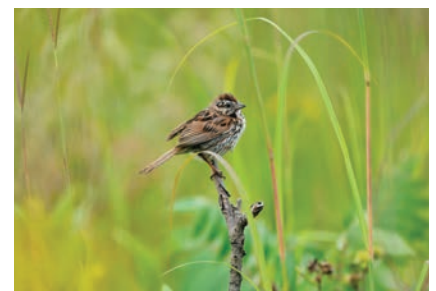
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## SELECTED OPEN STUDIES

### **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 and either have MCI or are healthy, 45-65 years old, with or without a parental history of Alzheimer's disease.

### **EXERT**

Exercise programs may improve memory and thinking abilities for adults. The purpose of EXERT is to examine the effects of stretching, balance, and range of motion exercise versus moderate- to high-intensity aerobic exercise on memory and thinking skills. Participants must be 65-89 years old with mild memory loss or diagnosed with Mild Cognitive Impairment, in otherwise good health, and have no metal in the body.

### **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.

### **Predicting Alzheimer's from Metabolic Measures and Sleep (PAMMS)**

PAMMS evaluates brain changes over time by examining metabolic measures and sleep to see how they affect the brain. We are currently recruiting people with healthy memory aged 45 and older. Must be a member of the Clinical Core Study to join.

### **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](http://www.adrc.wisc.edu/open-studies).**

## MEET A FACULTY MEMBER

### **Dr. Art Walaszek**

Seniors face unique late-life emotional and behavioral problems that are best addressed by doctors trained in addressing these issues



Walaszek

with patients and their families. Dr. Art Walaszek is a geriatric psychiatrist with UW Health

and a professor of psychiatry at the University of Wisconsin School of Medicine and Public Health who specializes in treating primarily older adults with depression, anxiety, and dementia.

In addition to seeing patients, Dr. Walaszek is also a faculty member in the Wisconsin ADRC, serving as co-leader of its Outreach, Recruitment, and Education Program. His mission is to improve the care of people with Alzheimer's disease through education of medical students, residents, and clinicians.

Dr. Walaszek is leading two current initiatives on behalf of the Wisconsin ADRC. He educates primary care physicians in clinics around Madison on the care of patients with behavioral and psychological symptoms of dementia. He also leads the development of a course for second-year medical students that trains them in recognizing and treating dementia and delirium and educates them on the science of memory.

## **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).