Can a healthy lifestyle really protect your memory?

Researchers in Finland recently discovered that lifestyle choices can help older adults stay mentally sharp.

Now scientists at Wake Forest School of Medicine hope to learn if this is indeed the case by coordinating a large, national clinical trial called U.S. POINTER, sponsored by the Alzheimer’s Association.

Currently in this country an estimated 5.7 million Americans are living with Alzheimer’s and other forms of dementia. There are approximately 50 million people worldwide with the disease – for which there is no known cure – and that total is expected to double in 20 years.

About a third of Alzheimer’s disease cases worldwide are related to physical inactivity, obesity, high blood pressure, diabetes, smoking, depression and lack of education about risk factors.

“The time is now to find effective interventions for Alzheimer’s that can slow down or maybe even reverse the disease at its earliest stages,” said Laura Baker, Ph.D., one of the principal investigators of the study.

Lifestyle interventions focused on combining healthy diet, physical activity, social activities and mental challenges represent a promising new approach to protect brain health. “U.S. POINTER is the first large-scale effort to test whether a combination of lifestyle changes can prevent cognitive decline,” said Baker. “We are excited to be the first site in this country to launch this landmark trial.”

“Concrete answers could help prevent millions from dying with Alzheimer’s and reduce the dramatic impact this disease has on families. The Alzheimer’s Association is proud to partner with Wake Forest on this potentially groundbreaking clinical trial,” said Maria C. Carrillo, Ph.D., the Alzheimer’s Association’s chief science officer.
Are you treating your diabetes with diet and exercise?

Recent research shows that type 2 diabetes is a risk factor for dementia that may affect women differently than men.

The purpose of this research study is to better understand the interaction between diabetes and estrogen on the brain in women who are postmenopausal.

You may be eligible for the FEMME study if you:

► Are a female between the ages of 60 and 80
► Have normal results on recommended health care screenings
► Have no evidence of dementia or mild cognitive impairment (MCI)
► Are not using insulin or Metformin to treat your diabetes
► Are able to come to the Sticht Center at Wake Forest Baptist for 5-6 study visits
► Have not used hormone replacement in the past 3 months
► Have no history of renal, heart, liver or neurologic disease
► Are a non-smoker
► Agree to have 2 MRI and 2 PET scans

FEMME

To see if you qualify please call Benita at:
336-713-5382
or e-mail
agingresearch@wakehealth.edu

IRB# 00049740

Can a ketogenic diet or a heart healthy diet improve your memory?

Learn how a Mediterranean low-carbohydrate or low-fat diet may improve your memory and thinking abilities through the new BEAT-AD study!

You may be able to participate in BEAT-AD if you:

► Have concerns about your memory and are between the ages of 55 and 85
► Are in general good health and not taking medications for diabetes
► Are willing to eat one of our healthy meal plans
► Are available to come to the Sticht Center for appointments

You will receive:

► Memory evaluations and other study-related medical tests
► 4 months of individual counseling sessions with a study dietitian
► 4 months of multivitamins, daily menus & shopping lists
► Compensation for your food, time and travel

IRB# 00049740

For more information about the BEAT-AD study, call: 336-716-MIND (6463)
Movement, Music, and Memory

Join IMOVE, an innovative study about the effects of movement and social engagement on quality of life for those with memory loss and those who care for them.

You must:
- Be between 60 and 85 years old
- Have a diagnosis of memory loss or be willing to undergo testing to determine if you have memory loss
- Have a loved one willing to participate as a team with you
- Commit to 4 study visits at the Sticht Center and a 12 week program (2 hours/week)
- Be willing to get moving and have fun – move as much or as little as you are able!

Participants tell us the movement and social activities are energizing and a rewarding way to spend time together. You can help contribute to the future of aging care and you will be compensated for your time.

For more information:
Ashley Morgan or Phyllis Babcock
336-713-MOVE(6683)
www1.wakehealth.edu/beinvovled/IMOVE

IRB# 00042460
Are your brain and body dancing to the same tune?

We are using images of the brain to see how changes over time are related to your ability to move. Brain images captured by MRI scans are compared to your physical function and mobility.

You may qualify for the B-NET study if you:

- Are between 70 and 85 years old
- Are willing and able to attend up to 8 study visits over the next 3 years
- Are having some difficulty walking, climbing stairs or getting in/out of a chair
- Are able to walk without a walker
- Have no history of a neurologic disease that affects your ability to walk
- Are willing to have a brain MRI

You will be compensated for your time and travel, and transportation is available if necessary.

To find out more, please call: 336-713-8539, option 1

Have you, or someone you love been diagnosed with mild Alzheimer’s disease?

The research teams at the Wake Forest Alzheimer’s Disease Research Center are working to evaluate the safety and effectiveness of an investigational drug, Azeliragon, as a treatment for people with mild Alzheimer’s disease and impaired glucose tolerance.

You may be eligible to participate in the ELEVAGE study if you:

- Are between the ages of 50 - 85
- Have mild Alzheimer’s disease and currently taking medication to treat the Alzheimer’s symptoms
- Have diabetes but not currently taking insulin
- Are willing to have a brain MRI
- Have a friend or family members who can be your study partner and attend clinic visits with you

To learn more please contact Vivian King at 336-716-1791 or vivking@wakehealth.edu
Are you moving slower than you once did?

We are looking for people, age 65 and older, with mobility decline to evaluate the effects of an investigational medication on the progressive loss of muscle mass and strength.

You may be eligible to participate in the SARA study if you:

► Are over the age of 65
► Find daily activities such as getting in and out of a chair or climbing stairs harder than they used to be
► Are willing to take an investigational medication that may improve muscle function
► Do not have lung disease requiring daily use of oxygen, or kidney disease requiring dialysis.

Ready to Lose Weight and Improve your Lifestyle?

Help us determine the best nutritional approach to maintain muscle and physical function during weight loss.

You may qualify to join UPLIFT if you:

► Are overweight
► Between the ages of 65 & 85
► Find daily activities such as getting in and out of a chair or walking up stairs more difficult than they used to be
► Have had no major health events in the past year
► Are READY to make a lifestyle change!

This program includes:

► Individual sessions and group classes on healthy eating led by a registered dietitian
► Supervised treadmill walking
► Health and fitness assessments

You will be compensated for your participation

To learn more, please contact Stacy Woodliff at 336-716-2040 or swoodlif@wakehealth.edu

To learn more about UPLIFT, call 336-713-8539, option 5 or email: AgingResearch@wakehealth.edu

IRB# 0004300B
Have you been diagnosed with prediabetes or Type 2 diabetes?

Researchers at Wake Forest Baptist Medical Center are currently conducting a research study to measure the effect of reducing iron levels in the blood to improve blood sugar levels in people with prediabetes or Type 2 diabetes. We are hoping to be able to better control diabetes by using phlebotomy to reduce the level of iron in the blood.

There are 2 optional sub-studies that will also be conducted at WFBMC. One will look the liver complications of diabetes and the other will explore whether improvements in glucose levels are due to more insulin production or improved insulin action.

The Iron Reduction by Phlebotomy to Improve Diabetes Control study will last 18 months.

- All study-related tests will be performed at no cost
- Participants will be paid for their time and travel
- Both optional sub-studies will have additional compensation

Do you, or someone you care for have memory or thinking difficulties?

If so, we invite you to be a part of a new research study that is comparing three different types of support for people with memory or thinking difficulties and their care partners.

The research study is called D-CARE and we are hopeful that it will help improve the quality of life for people who have memory or thinking difficulties along with their care partners.

Over 18 months, D-CARE will be evaluating three options for providing support and services to people with memory or thinking difficulties as well as to their family and friend care partners who help with their daily activities.

If you have any questions or would like further details, please call Audrey at: 336-713-0370

IRB# 00044393

To learn more please call the D-CARE team at:

336-716-1716

or e-mail us at:

DCARE_UM@wakehealth.edu
An annual checkup for your brain?

Yes your BRAIN!

Now we have the opportunity to be proactive about our brain health through the Healthy Brain Study research program at the Sticht Center for Healthy Aging and Alzheimer's Prevention.

The Healthy Brain Study provides a unique opportunity to receive an extensive brain health assessment at no charge.

It is open to adults with:
✓ Mild memory concerns
✓ Early stage Alzheimer’s disease or dementia.

Following your assessment we will review the results with you and then schedule next year’s checkup. It’s just that easy!

To be eligible for this innovative brain health study, participants must:
✓ Be age 55 and over
✓ Not be taking insulin for diabetes
✓ Be ready to be proactive about their brain health!

To learn more call:
336-716-MIND (6463)

IRB# 00025540

Volunteers needed to study the impact of a 6-week exercise program on metabolic flexibility

We’re looking for men and women 60 years and older to participate in a research study to determine if 6 weeks of supervised, moderate exercise improves your body’s ability to switch from breaking down carbohydrates to breaking down fats for energy during exercise.

- 2 screening visits at the Department of Health and Exercise Science Clinical Research Center
- Moderate exercise for 1 hour 3-5 days per week at the Department of Health and Exercise Science Clinical Research Center
- Baseline and follow up testing at the Clinical Research Unit, Wake Forest Baptist Medical Center

You may qualify to join if you:
- Have no history of cardiovascular disease or chronic diseases
- Are over the age of 59 years old
- Currently exercise for less than 30 minutes per week

Interested in Participating?
Please email Dr. Gary Miller, millergd@wfu.edu, or call: 336-758-1901
Wake Forest University Dept. of Health & Exercise Science

All responses will be kept secure and confidential.
Have you noticed how many people wear fitness trackers?

Researchers are testing various devices and need your help to determine the accuracy and validity of the data captured by them so they can be used to study health.

You may be eligible for the PEPPER MINT study if you:
- Are age 60 or older
- Are overweight, BMI 28-40
- Are not regularly exercising
- Don’t have high blood pressure, heart, respiratory, neurological, hematological disease or cancer requiring treatment in the past year

If you qualify to participate you will:
- Come to the Wake Forest University’s Reynolda campus for 2 study visits where you will perform a series of tasks while wearing multiple trackers
- Wear trackers at home for one week
- Be compensated for completed visits

IRB# 00054432

For more information, or to see if you qualify, call Charlotte Crotts at 336-713-8503

---

NC Registry for Brain Health

Connecting NC to Research and Resources to Prevent and Treat Memory Disorders

The NC Registry for Brain Health is the first of its kind in the state of NC. It is designed to increase awareness of Alzheimer's disease and related disorders and connect North Carolinians (18 yrs. and older) to research opportunities that are designed to improve brain health with research partner organizations across the state.

The Value of the Registry

- **MEMORY DISORDERS ARE COMMON** and affect people of all backgrounds. The Registry is open to all adults from across the state to help us better understand the full impact of these disorders.
- **ALZHEIMER’S DISEASE** is the 5th leading cause of death in North Carolina. Joining the Registry will help medical scientists understand the causes of Alzheimer's disease and related conditions to find treatments for these conditions.
- **ALZHEIMER’S DISEASE AND OTHER DEMENTIAS DEVELOP IN THE BRAIN** years before symptoms are present. By including young people (18 years and older) in the Registry, we can better understand the earliest signs of disease before symptoms appear and develop ways to prevent these diseases.

To learn more, call 336-713-7600, or visit www.ncbrainhealth.org

IRB# 00056900
U.S. POINTER is a two-year study that will test whether changing to one of two different lifestyle programs can protect memory and thinking.

Can changing to a healthy lifestyle protect memory in older adults?

We are looking for eligible adults who:

- Are 60-79 years old
- Have a family history (parent or sibling) of memory loss or dementia
- Are not regular exercisers (generally less than 3 times per week)

For more information, contact us at:
pointerstudy@wakehealth.edu
833-361-7591
IRB# 00053376

Healthy Lifestyle, continued from page 1

U.S. POINTER is based on a two-year study in Finland that found that maintaining a healthy diet, engaging in physical, social and cognitive activities, and managing risk factors for heart disease preserved and in some cases improved cognitive function.

The U.S. POINTER study aims to expand this work to test whether lifestyle modifications can also protect brain health for diverse groups of people worldwide.

U.S. POINTER will compare the effects of two different lifestyle interventions on brain health in older adults who may be at risk for memory loss in the future.

It is the first such study to be conducted across the United States. Wake Forest School of Medicine is one of only five sites participating in this study and serves as the coordinating center for all five sites.

People age 60 to 79 will be randomly assigned to one of two lifestyle interventions. Both groups will be encouraged to include more physical and cognitive activity and a healthier diet into their lives and will receive regular monitoring of blood pressure and other health measurements.

Participants in one intervention group will design a lifestyle program that best fits their own needs and schedules. Participants in the other intervention group will follow a specific program that includes weekly healthy lifestyle activities.

“This growing coalition, assembled with leadership from the Alzheimer’s Association, demonstrates the strong global interest to test whether lifestyle changes can protect brain health and prevent dementia for all people,” Baker said. “We believe that this multifaceted lifestyle intervention approach is more promising than any medications currently available.”
Do you suffer from chronic low back pain?

If so, we are looking for people like you to assist with the development of a web application devoted to non-medication pain treatments for chronic low back pain.

You may qualify to join our study if you:
- Are between the ages of 50 and 79 years
- Are overweight
- Are able to attend a 60-minute interview
- Have chronic low back pain

You will receive:
- A $25 gift card for your time and participation

HOPE, a research study funded by the National Institutes of Health (NIH), is following up on former participants who were involved in several lifestyle intervention studies involving diet and/or physical activity between 2005 and 2014. These include the CLIP, IDEA, I’M FIT, INFINITE, and SECRET studies. Most lifestyle intervention studies are typically short – 6 to 18 months long. While our lifestyle studies resulted in improved mobility, physical function, and fitness, and less knee pain and fatigue over the short-term, we don’t know if these health benefits continue over time. The HOPE study will determine how prior participation in these lifestyle intervention studies affects a person’s health and function years later.

We are currently contacting participants from these five studies to schedule up to two testing visits to measure their current health and function in the Geriatric Research Clinic at Wake Forest Baptist Health. If you were a participant of CLIP, IDEA, I’M FIT, INFINITE, or SECRET and have already participated in HOPE – Thank You!

If you haven’t heard from the HOPE staff yet but would like to schedule your HOPE follow-up visit, please contact Charlotte Crotts at 336-713-8503.

To find out more about this study or to see if you are eligible, please call, 336-713-7362 or e-mail: WakePainStudy@wakehealth.edu

IRB# 00049293
Oct 8  How to Beat the Pain of Aging: New Understanding and Possibilities
  ◦ Amber K. Brooks, MD, Associate Professor, Pain Management, Wake Forest Baptist Health

Nov 12 Exploring the Link Between Type 2 Diabetes and Alzheimer’s
  ◦ Shannon L. Macauley, PhD, Assistant Professor, Internal Medicine, Wake Forest School of Medicine

Dec 10 Aging Well - Sleep Better: Solutions to Common Sleep Problems in Older Adults
  ◦ Andrew Namen, MD, Wake Forest Baptist Health

Jan 14, 2020 Caring for the Care Partner: Understanding the Behavioral Changes of Alzheimer’s & Dementia
  ◦ Ed Shaw, MD, MA, Director of the Wake Forest Memory Assessment Clinic Counseling Center, Sticht Center for Healthy Aging and Alzheimer’s Prevention

Feb 11 We Are What We Eat! Looking at How the Foods We Eat Affects Brain Health!
  ◦ Suzanne Craft, PhD, Professor, Gerontology and Geriatrics, Wake Forest Baptist Health
    Director, Wake Forest Alzheimer’s Disease Research Center

March 10 Exploring Effective Drug-Free Options for Treating Depression & Anxiety
  ◦ Gretchen A. Brenes, PhD, Wake Forest Baptist Sticht Center for Healthy Aging & Alzheimer's Prevention

Do you ever wonder why your muscles may not work as well as they used to?  **So do we!**

Our research team will work to understand the properties of muscle tissue that contribute to mobility, fitness, and walking speed.

**You may qualify to join our study if you are:**
- At least 70 years old
- Able to attend visits at our clinic
- Willing to have an MRI
  - There are no medications or lifestyle changes involved in this research study
  - You will be compensated up to $350 for your time
  - Transportation is available if needed

To find out more about this study or to see if you qualify, please call:

**336-716-SOMM (7666)**
or e-mail:
sommastudy@wakehealth.edu
or visit:
www.sommastudy.com

IRB00053737
Alzheimer’s. It runs in OUR families.

Contact us today if you are interested in our study or if you wish to refer someone.

336.713.7611
tdstarks@wakehealth.edu

Do you have neuropathy?

If so, you may qualify to participate in the TopCSPN Study

► What is the purpose of the study?
The purpose of the study is to learn if the drug topiramate slows the progression of neuropathy and improves quality of life.

► Am I eligible to participate?
  • You must be 18-80 years old at the time of the first visit
  • You must have signs of metabolic disease, which can include abdominal obesity, elevated blood sugar, high blood pressure, or abnormal cholesterol
  • You must have a diagnosis of either diabetic neuropathy or neuropathy of an unknown cause

► How long will the study last?
If you join the study, you will participate in up to 9 research visits, including a screening visit, over a 2-year period. Please ask the study coordinator to explain the details of the visit schedule.

► Will I be paid to take part?
To help offset some of the costs involved in attending your clinic visits (such as travel, parking and meals), you will be paid $50 for the screening visit and $100 for every clinic visit following (up to seven visits).

For additional information, visit ClinicalTrials.gov, identifier number: NCT02878798 or contact Summer Harris, sdharris@wakehealth.edu, 336-716-3919

Researchers at the Maya Angelou Center for Health Equity at Wake Forest School of Medicine are conducting research on Alzheimer’s Disease in African Americans. Alzheimer’s affects African Americans twice more than other races. Today, there is no cure.

We are seeking families where two or more family members are affected with memory loss or dementia. Study participants are not required to travel and they will receive monetary compensation.

Help Us Find a Cure.
Sticht Center Participant & Staff Spotlight on: Paul Cronin

Paul Cronin, pictured with Frances Wilson, is the Aging Center’s ambassador & driver of the new GRUber scooter.

His relationship with the Aging Center’s research team began in the Spring of 2018 when he responded to a healthy aging study postcard and thought that participating in a research study would be both interesting and fun.

In conversations with the study staff, Paul mentioned that he had recently retired and was interested in finding a meaningful second career. Hearing this, the staff wasted no time enlisting Paul to be the driver of the Geriatric Research Unit’s new scooter aptly named, GRUber.

“I have always had a love for older adults,” said Cronin. “So when I had the opportunity to join the Sticht Center team in an official way, I jumped at the chance!”

He adds that he enjoys meeting new study participants in the Sticht Center lobby so that they always have a friendly face to welcome them!

From his first “hello” to his VIP shuttle service, its clear to see that Paul Cronin is the perfect Sticht Center ambassador!

Trouble Sleeping?

Wake Forest Baptist Health is conducting a research study on a new, noninvasive technology that uses auditory tones to improve brainwave balance - reducing the symptoms of insomnia.

This study involves:
• Three study visits
• Ten sessions (90–120 minutes each) listening to auditory tones, while relaxing in a chair
• Compensation for time and travel

You may qualify if you:
• Are at least 18 years old
• Suffer from insomnia that is not caused by another medical condition.

To learn more, call 336-716-9447 or visit WakeHealth.edu/HIRREM

IRB# 00051980
You can help make Alzheimer’s history!

The Alzheimer’s Disease Neuroimaging Initiative (ADNI) is a historic study of brain aging looking to help increase the pace of discovery in the race to prevent, treat and one day cure Alzheimer’s disease. For more than a decade, ADNI researchers have been working to better understand the disease.

Now, in this next step, this initiative is studying how quickly brain cognition and function changes. ADNI3 is defining how best to measure these changes and sharing this information immediately with researchers around the world. Together, participants and researchers are increasing understanding to help lay a path forward for a better future.

You may be eligible to participate if you:

▶ Are in good health
▶ Have a diagnosis of early Alzheimer’s disease or Mild Cognitive Impairment (MCI)
▶ Are willing and able to undergo in-clinic assessments, memory testing and other test procedures
▶ Have a study partner who can accompany you to all clinic visits

This is a free study, and no medication will be involved.

For anyone who is helping care for a family member or friend who has mild cognitive impairment (MCI) or dementia, this latest book, “The Dementia Care-Partner’s Workbook” by physician, mental health counselor, and director of the Wake Forest Baptist Health Memory Counseling Program, Dr. Edward Shaw, may be for you.

Its 10 concise lessons inform readers about the different types of dementia and their symptoms, brain lobes and what they do, and stages of dementia, also offering practical tips for managing behaviors, coping with emotional issues, self-care and wellness, caregiving resources, and planning ahead.

With space to write and reflect on the content, this compassionate resource by a physician and counselor who has himself been a dementia care partner is an ideal workbook for support-group members or for those who want to learn and process on their own.

“This workbook offers what is so needed in dementia care: a combination of practical, emotional, intellectual, social and spiritual support for those who have to make the journey. It provides individual family members with greater awareness, knowledge and skill to improve life, relationships, and care throughout the disease process.”

Teepa Snow, MS, OT, dementia-care and training specialist

This book is available at amazon.com
Ready to take charge of your life?

If you are ready to make a REAL CHANGE in your life then the VEGGIE weight loss study could be for you!

You may qualify to participate in VEGGIE if you are:

♦ Between the ages of 40 and 70
♦ Overweight and not diabetic
♦ Ready to make a meaningful (and healthy) change in your life!

Your benefits include:

♦ Participation in one of two weight loss intervention groups
♦ Learning how to reduce your risk of diabetes and heart disease
♦ Compensation for your participation
♦ Support and friendships from other study participants!

To learn more, call: 336-713-8539, option 5

Does a genetic risk for Alzheimer’s disease change the benefits you get from exercise? Join researchers at UNC Greensboro to find out.

STEP UP FOR THE FIGHT AGAINST ALZHEIMER’S WITH UNC GREENSBORO

CALL 336.334.4765
EMAIL PAAD2@UNCG.EDU
VISIT GO.UNCG.EDU/PAAD2

INCENTIVES

1-year group exercise program at a YMCA or a short-term YMCA membership
Up to $150 for testing sessions
Picture of your brain

UNCG IRB# 18-0228
Congratulations!

The winner of the $100 drawing is
Miranda Shutt of Winston-Salem

To be eligible for our next drawing you only need to be a member of Vital. By receiving this newsletter by mail you are already a member!