

vital: **V**olunteers **I**n **T**ouch with **A**ging and **L**ife

Could taking statins prevent dementia, disability, and heart disease?



Enrollment is now open in a new research study, PREVENTABLE (Pragmatic Evaluation of Events and Benefits of Lipid-Lowering in Older Adults).

The study will investigate whether taking atorvastatin, a drug commonly used to lower cholesterol also called Lipitor®, can help adults aged 75 and over maintain health by preventing dementia, disability, and heart disease.

PREVENTABLE, one of the largest trials ever conducted in older adults, will include more than 20,000 participants and 100 sites across the U.S. It is a pragmatic study, designed to make research participation easy and efficient. Researchers will follow participants for up to five years using electronic health records, Medicare data, and with study visits over the telephone. Study drug will be shipped directly to participants' homes every three months.

"PREVENTABLE is a remarkable study for a number of reasons," said Michael D. Shapiro, M.D., Wake Forest Baptist Health. "Few studies have focused exclusively on individuals aged 75 or older," Shapiro added.

While statins have been shown to reduce the risk of cardiovascular events for some patients, PREVENTABLE will help us to learn whether they are helpful for older adults without heart disease."

About one in three of people in the U.S. over the age of 75 without heart disease are still taking statins. So in addition to learning whether statins can prolong health in older adults, the PREVENTABLE study will help clarify which older adults should not be taking statins.

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Winter/Spring 2021

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Help us get **AHEAD** of Alzheimer's Disease!

Did you know that brain changes related to Alzheimer's disease can begin up to 20 years before a person notices any symptoms?

The **AHEAD** Study tests whether an investigational treatment can slow or stop the earliest brain changes due to Alzheimer's disease in people with a higher risk of developing the disease later in life.

We are looking for healthy adults who:

- Are between the ages of 55 and 80
- Have normal memory and thinking abilities
- Are willing to have an MRI and PET scan of their brain
- Have a family member or friend who can attend clinic visits once a year and answer questions about your memory and normal daily activities

To find out more about the study or to see if you qualify, please call **336-716-MIND (6463)** or

e-mail Karen Gagnon at: kgagnon@wakehealth.edu

IRB00064409

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:

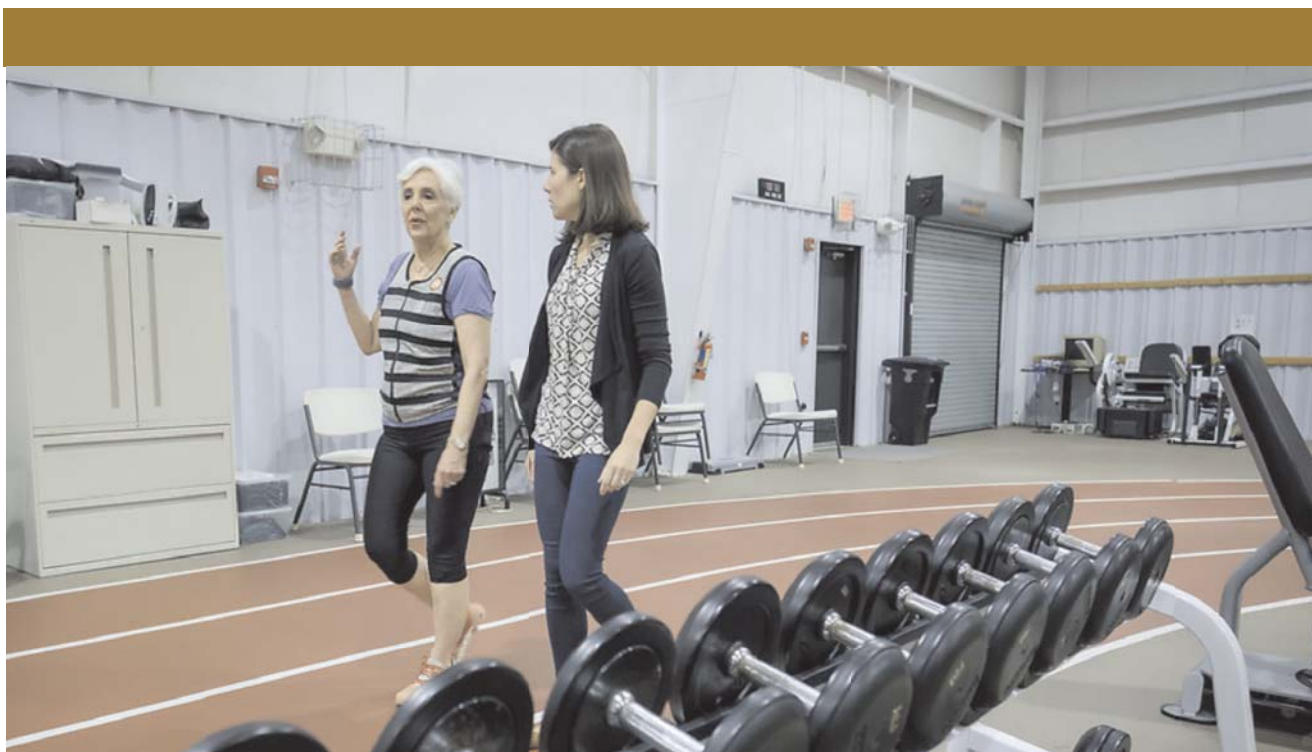
sommastudy@wakehealth.edu

or visit:

www.sommastudy.com

IRB00053737

Ready To Lose Weight But Concerned About Your Bone Health?



Researchers at Wake Forest Baptist Health are conducting a study called **INVEST** which is designed to find the best way for older adults to lose weight **WITHOUT** losing bone density.

Study participants receive, at no cost:

- A 1-year weight loss program, led by a registered dietitian
- High protein, nutritionally complete, meal replacement products
- Possibility of a supervised strength or weighted vest training program

You may qualify to participate if you are:

- Between the ages of 60 - 85 and are overweight
- Willing to travel to Wake Forest University up to 3 days per week for 1 year
- Not currently smoking, exercising, or using insulin

To learn more please call: 336-713-8539, option 2, or e-mail us at: investstudy@wfu.edu



Sticht Center Participant Spotlight on: Sarah Brooks



If we are lucky, we get to meet those rare people who serve as inspirations. For so many of us at the Sticht Center for Healthy Aging and Alzheimer's Prevention, **Sarah Brooks** is a shining example of just such an inspirational force of nature!

Even though Ms. Brooks believes that "age is nothing but a number" it is important to note that this amazing dynamo of a woman is a mere 93 years young.

Before the pandemic, Brooks stayed engaged by being actively involved in two weekly local bowling leagues, serving as president of one; being an ambassador as well as competing in multiple athletic events in the Piedmont

Plus Senior Games and by participating in the painting, photography, poetry and adult coloring categories of Piedmont Plus Silver Arts.

In 1998 she was crowned Ms. North Carolina Senior and in 2017 she was awarded the prestigious "7 Over Seventy" honor that recognizes seven older adults who have made significant contributions to their community.

With everything going on in the life of this busy community leader, it may be surprising that she makes time to participate in so many of the aging studies at the Sticht Center. Brooks says, "I want to live my life to the fullest and being a part of the research studies at the Sticht Center is a big part



of that." She continues, "Right now I'm in the SOMMA study and I look forward to the study visits because the staff keep us safe and treat us all like real VIPs!" "But," she adds, "the main reason that I participate in the research studies is because I want to make a difference in the lives of others- I want to know that I have done everything I can to help someone else!"

Can Certain Foods Improve Your Memory?

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

You may be eligible for the BEAT-AD study if you:

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

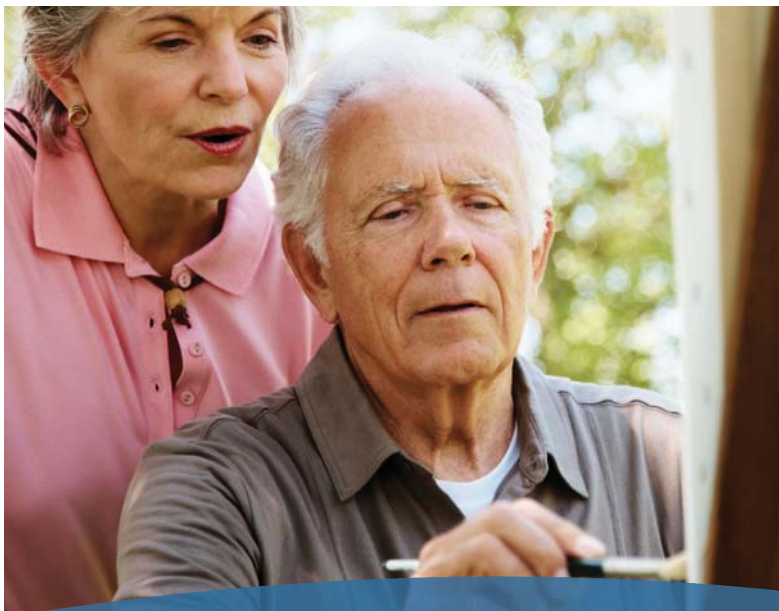
You will receive:

- Results from your memory evaluations and other testing
- 4 months of individual counseling with study dietitian, multivitamins, daily menus & shopping lists
- Compensation for your food, time and travel
- Information on both meal plans at study end



Make the BEAT-AD study part of your 2021 plans for a healthier you!

Call us **TODAY** at:
336-716-MIND (6463)



ADVANCE II

Have You Or Someone You Know Been Diagnosed With Mild Alzheimer's Disease?

Discover the ADVANCE II Study

A study researching a different approach for mild Alzheimer's Disease is seeking participants who:

- ✓ Are 65 years old or over
- ✓ Are currently taking medication for Alzheimer's
- ✓ Have a caregiver or family member who can accompany the patient to doctor visits

Please call Charlene Cash at:

336-713-3133

to learn more!

ADVANCE II
MILD ALZHEIMERS CLINICAL STUDY

TYPE 2 DIABETICS NEEDED FOR RESEARCH STUDY



What is the purpose of the study?

The purpose of this study is to determine if some patients respond to or tolerate metformin.

Who can participate?

We are looking for participants between the ages of 25-85, with a HbA1c range between 6.5-9% and have been prescribed metformin within a week.

What does participation entail?

- 2 visits over a 12 week period
- Blood and stool sample
- Completion of study questionnaires

You will be compensated for your time.

Please contact the study coordinator at:

336-713-7362

or the principal investigator, **Hariom Yadav**

at **336-713-4259** if you have any questions or want to participate in the study.

Email: GMAMSTUDY@wakehealth.edu

Interested in Managing Your Pain Without Medication?



Wake Forest University researchers are conducting a virtual/remote research study called the **Mobile Intervention to Reduce Chronic Pain and Improve Health (MORPH-II)**

We are looking for ways to help people with chronic pain find a drug-free way to better manage their symptoms through movement and weight loss.

Participants may receive:

In-home group and individual coaching sessions using study-provided technology plus a free Fitbit activity monitoring watch

You may qualify if you:

1. Are between 55-85
2. Are not taking medications for osteoporosis, growth hormones, or oral steroids
3. Have had little to no physical activity in the past six months
4. Have chronic pain
5. Have a smartphone

To learn more, call 336-713-8539, ext. 4
WFU IRB #00023965



Statins, continued from page 1

“Patients often ask me what they can do to stay healthy and prevent dementia.” said Karen Alexander, MD, a geriatric cardiologist at Duke University Medical Center and principal investigator for PREVENTABLE. “This study will help to clarify the benefit of statins for this population. This is important to do before adding one more medication to the list of medicines older adults are often already taking. Results from this study will help us provide valuable answers

to improve how we age.”

PREVENTABLE is funded by the National Institute of Aging and the National Heart, Lung, & Blood Institute of the National Institutes of Health under award number U19AG065188.

To find out who can take part in the study, or for more information, please e-mail us at: preventablestudy@wakehealth.edu and to learn more about PREVENTABLE, we invite you to visit www.preventabletrial.org.

**Know someone who
would enjoy receiving
the
Vital Newsletter?**

**Simply ask them to give
us a call at 336-713-8567
and we will be happy to
add them to the
twice-yearly mailing!**

Have you, or someone you know who is between the ages of 30 to 80, been diagnosed with early-stage Parkinson's disease (PD) and not yet received medication for PD?

They may be eligible to participate in the **PRISM Parkinson's Research Study**.



The **PRISM Parkinson's Research Study** is working to identify treatments that reverse, stop, or slow down the progressive loss of neuron function in patients with Parkinson's disease do not currently exist.

The **PRISM** study is evaluating an investigational drug to determine if it might slow down the progression of PD. By participating in this study, you could help advance the development of treatment options for this disease.

Research suggests that inflammation causes damage to certain areas of the brain, which contributes to the worsening of the disease. The drug, NLY01, has been shown to reduce this damage in animals with conditions similar to Parkinson's disease. In another research study, patients with Parkinson's disease who took a drug very similar to NLY01 had better improvement of their symptoms than patients who did not take the drug.

PRISM study participants will receive:

- Study-related medical exams and study drug at no cost.
- Compensation for participant's time and travel may also be available.

You may be eligible to participate if you:

- Are between the ages of 30 to 80
- Have early-stage Parkinson's disease
- Are not on any current treatments for Parkinson's Disease
- Willing and able to complete 10 clinic visits and 5 phone visits throughout the 44 week study



PRISM Parkinson's Research Study

IRB00063750

To learn more about **PRISM** please call:
Jenn Love @ 336-716-4270 or
e-mail: Jenlove@wakehealth.edu

Have you or someone you love been diagnosed with early Alzheimer's disease or memory impairment?

Researchers at Wake Forest are seeking volunteers with mild memory impairment or a diagnosis of early Alzheimer's disease to participate in a new research study, **SToMP-AD**.

Previous research has found specific cells and cellular changes in the brain that contribute to the progression of Alzheimer's disease.

This study is testing a combination of two drugs to target these cells and learn if this drug combination may be effective in treating mild Alzheimer's disease.

You may be eligible to screen for this study if you:

- Are at least 65 years old
- Have memory problems or a diagnosis of Alzheimer's disease
- Are willing to have a brain MRI and PET scan
- Are willing to have a lumbar puncture
- Have a committed friend or family member who can accompany you to clinic visits



To find out more about the study or to see if you qualify, please call: **336-716-MIND (6463)**

IRB00067429



Have Cancer Treatments Left You Feeling Fatigued?

We are recruiting cancer survivors, age 70 and older, to help us evaluate the effect of muscadine grape extract on fatigue.

Participation in this research study involves:

- ✓ Two (2) in-person visits and four (4) visits by phone
- ✓ Completing surveys, blood draws, physical testing (walking / grip strength)
- ✓ Taking eight (8) capsules daily of muscadine grape extract or placebo for 12 weeks

You may be eligible for the FOCUS trial if you:

- ✓ Are age 70 years or older
- ✓ Have had cancer in the past
- ✓ Feel fatigued



For more information please contact
Brittany Davis:

336-716-3906

bmdavis@wakehealth.edu

IRB00067614

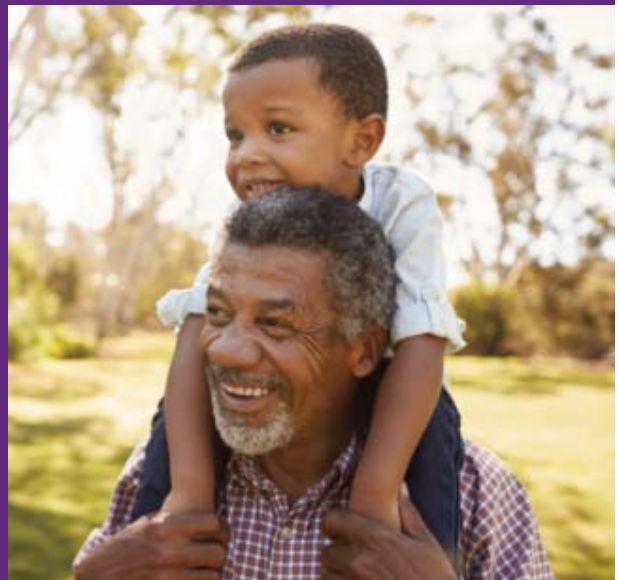
U.S. POINTER

alzheimer's  association®

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

We are looking for eligible adults who:

- Are 60-79 years old
- Are not regular exercisers (generally less than 3 times per week)
- May have other risks for memory loss in the future such as a family history of memory problems or slightly high blood pressure, cholesterol or blood sugar.



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

For more information, contact us at:
pointerstudy@wakehealth.edu

833-361-7591

 **Wake Forest®**
Baptist Health

There has never been a better time for all of us to look at ways that we can stay healthy. This is especially true today as older adults can often be at a higher risk for more serious complications from the COVID-19 virus.

The *Virtual* **AgingWell** Series
2020-21 healthy body • healthy brain

Now older adults, and those who love them, can stay connected and learn about ways to stay healthy- all from the safety and comfort of home- by participating in the FREE monthly *virtual AgingWell* Series!

The **AgingWell** Series is a 1-hour, on-line program that not only provides valuable information on different healthy living tips, but includes feature segments on topics such as "*EatingWell*" hosted by local chefs from area restaurants who provide cooking demonstrations of some of their most popular dishes. Also included in the monthly webinars are segments on either "*MovingWell*" with local trainers demonstrating different types of physical activities that are effective, safe, fun and can all be done at home, or "*LivingWell*" segments that guide the **AgingWell** participants on cultural journeys that explore local destinations filled with interest and intrigue!

This Series is sponsored by the Wake Forest Baptist Health, Sticht Center for Healthy Aging and Alzheimer's Prevention and is presented from **5:30-6:30 pm** on the **second Tuesday of each month** via **Zoom**.

To register, just e-mail: AgingWellSeries@wakehealth.edu and you will be sent a link to join!



Do you have memory concerns, forgetfulness or mild memory loss?

Previous research has shown that metformin may prevent the worsening of memory problems in people with mild cognitive impairment who do not have diabetes. Researchers at Wake Forest are testing the effectiveness of metformin as a treatment for memory decline in individuals with mild memory concerns, such as forgetfulness or memory loss.

You may be eligible for the MAP study if you:

- Are between the ages of 55 and 90
- Do NOT have a current diagnosis of diabetes
- Have a study partner who can accompany you to a clinic visit every 6 months and answer questions about your memory and daily activities

To find out more about the study or see if you qualify, please call **336-716-MIND (6463)** or e-mail Taylor Lang at tlang@wakehealth.edu



One of the Largest Studies In Adults 75 Years or Older

The purpose of the PREVENTABLE research study is to learn if taking a statin could help older adults live well for longer by preventing dementia, disability, or heart disease. A statin is a commonly used drug to lower cholesterol.

WHY IS PREVENTABLE IMPORTANT?

The benefits of taking statins for older adults without heart disease are not fully understood. By taking part in the PREVENTABLE study, you could help us learn if taking a statin is helpful for older adults like you.

HOW CAN I PARTICIPATE?

You may be a good fit for the study if you are 75 years or older, not taking a statin, and do not have:

- Heart disease (heart attack or stroke)
- Dementia
- A significant disability that limits your basic everyday activities



PREVENTABLE

Pragmatic Evaluation of evENTs And Benefits of Lipid-lowering in oldEr adults

To learn more and to see if you qualify,
please e-mail us at:
preventablestudy@wakehealth.edu

Congratulations!

The winner of the \$100 drawing is

Ollie Kennedy of Clemmons, North Carolina



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!

If you would like to be added or removed from our mailing list, please call Kim Kennedy at 336-713-8567

dbmccclai@wakehealth.edu

Editor/Designer
Deb Burcombe

336-713-8539
Toll Free: 877-238-4825

J. Paul Sticht Center on Aging
Geriatric Research Center
Medical Center Boulevard
Winston-Salem, NC 27157



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