



# BAI Beacon

The Newsletter from Family and Community Services

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## Launching the era of Alzheimer's prevention research

With ongoing coverage in the *New York Times*, *The Washington Post* and on CNN, Banner Alzheimer's Institute (BAI), continues to gain national media recognition for its work to find ways to prevent Alzheimer's disease. With the recent launch of the Alzheimer's Prevention Initiative (API), YOU can now join us in this groundbreaking project by joining the API Registry. The API Registry exists to match people who want to participate in Alzheimer's prevention research with future studies at leading biomedical institutions throughout the country, including BAI. By joining the Registry, you are indicating your interest in participating in clinical research that could potentially improve the lives of millions of people.

## What is the Alzheimer's Prevention Initiative?

The Alzheimer's Prevention Initiative (API) is focused specifically on developing research studies and clinical trials designed to delay or prevent the onset of Alzheimer's disease. The API clinical trials will be for people without memory problems, who are at increased risk for developing Alzheimer's disease because of their age and genetic makeup. These studies will take place here in Arizona and in other locations throughout the United States and abroad.

In anticipation of the clinical trials, the API created the API Registry specifically for people who may be interested in participating in the effort to develop these types of clinical trials to prevent Alzheimer's disease. Participants for the trials will likely be chosen from those who join the API Registry.

## How do I Join the API Registry?

To become a member of the registry you will need to complete a brief questionnaire and sign authorization and consent forms. In addition, those who join the API Registry will be asked to provide a sample of saliva, using a collection kit we will provide. We will use the saliva sample to determine genetic risk level for developing Alzheimer's disease. While we will not share the results of this genetic testing with participants or anyone outside of the research project, your commitment to research will pave the way for millions of people in our next generation.

## How Does a Research Registry Work?

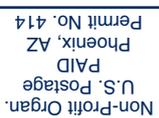
The Alzheimer's Prevention Initiative research registry is a voluntary database created specifically for people who are interested in participating in research aimed in preventing Alzheimer's disease. Registry participation does not involve in-person visits. All requirements can be completed via U.S. mail, including the genetic testing.

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## How You Can Be Involved with the Alzheimer's Prevention Initiative

Want more information about how you can make a difference for Alzheimer's disease research? Here's how:

- Call: (602) 839-5000
- Email: [api@bannerhealth.com](mailto:api@bannerhealth.com)
- Visit our Web site, [www.ADprevention.org](http://www.ADprevention.org) for the latest news and updates and to sign up for the API registry mailing list.
- Follow us on Twitter using keyword: BannerAlzheimer and become a fan of Banner Alzheimer's Institute on Facebook.
- Donate to the Banner Alzheimer's Foundation, which secures charitable contributions from the community to support research and prevention studies such as the Alzheimer's Prevention Initiative. For more information about how you can make a gift of support to the Banner Alzheimer's Institute, visit [www.BannerHealth.org/AlzFoundation](http://www.BannerHealth.org/AlzFoundation) or call (602) 747-GIVE. A donation envelope is included this month's BAI Beacon for your convenience.



## I Have Some Questions, Who Should I Talk To?

Should you have any questions about the Registry, how the saliva collection works or finding the right forms, please call (602) 839-5000 or 1-800-STOP-ALZ (1-800-786-7259) for guidance. Our office is open Monday through Friday from 9 a.m. to 5 p.m. Mountain Standard Time. You may also reach us via email at [api@bannerhealth.com](mailto:api@bannerhealth.com).

Your continued interest in Alzheimer's disease research will help us find ways to prevent Alzheimer's disease. Detailed information about the API along with links to recent news coverage from The New York Times, The Washington Post and The Arizona Republic is available at the official API website, [www.ADprevention.org](http://www.ADprevention.org).



## Ask The Expert

**Eric M. Reiman, MD**  
*Executive Director of Banner Alzheimer's Institute*

Dear Dr. Reiman, I have a family member with Alzheimer's disease and I am wondering what I can do to try and prevent myself from getting it?

Signed,  
Curious

Dear Curious,

As you probably already know, Alzheimer's disease is the most common form of disabling memory and thinking problems in older people. However you may be unaware that there is a much less common form of Alzheimer's disease in which symptoms begin before the age of 60 (even as early as people in their 30s), and can affect many members of the same family that are caused by a rare genetic mutation. These families remind us of the urgency all of us have to find a demonstrably effective treatment to reduce the risk of Alzheimer's disease, or prevent it completely, as soon as possible. This is why it is paramount to help find effective treatments to prevent Alzheimer's disease sooner than otherwise possible.

At the moment, there is no proven way to reduce a person's risk of Alzheimer's disease, partly because it currently takes so long to evaluate a treatment's ability to ward off memory and thinking problems. Still, a number of risk-reducing strategies have been suggested, including lifestyle interventions with other health-promoting effects.

While the list of suggested but unproven risk-reducing treatments is long, here are a few recommendations for you:

Exercise your body, exercise your mind, and remain socially active. Stop smoking, lose those extra pounds, and treat your diabetes. Lower your cholesterol, lower your blood pressure, and recognize the growing evidence suggesting a relationship between a healthy heart and healthy brain.

Most of all, help make the evaluation of treatments to prevent Alzheimer's disease a national priority by contacting your state and nationally elected officials. Help researchers launch the era of Alzheimer's prevention research, find faster ways to evaluate the range of promising prevention therapies, and demonstrate which ones work as quickly as possible. Together, we may be able to make a difference.

If you would like to participate in an effort to improve the lives of millions of people, join the Alzheimer's Prevention Initiative at [www.adprevention.org](http://www.adprevention.org) or the Arizona Alzheimer's Consortium research registry by visiting [www.azalz.org](http://www.azalz.org). For more information, contact the Banner Alzheimer's Institute at 1-800-stopALZ or visit [www.banneralz.org](http://www.banneralz.org).

## Tip on Brain Health: Stay Engaged!

Lifelong learning is essential to good brain health. Now you can plan a learning vacation by calling the Road Scholar at 800-454-5768 or [www.road scholar.org](http://www.road scholar.org). This organization can help you connect with one of 8,000 educational vacations.

## February Beacon Bits

"With Art in Mind" is now a weekly event at Banner Alzheimer's Institute. This program engages a small group of participants in art making and art expression. Classes are every Thursday from 11 a.m. – 12:30 p.m. in the BAI 1st Floor conference room, and cost is \$10 per session to cover the cost of materials. Call 602-839-6850 to register or email [vicki.mcallister@bannerhealth.com](mailto:vicki.mcallister@bannerhealth.com) for any questions.

Love Music? Join us for the "First Friday Jam Session" from 10 – 11:30 a.m. at the Arizona State University Community Services Building, 200 E. Curry Road, Tempe. This program meets on the 1st Friday of every month. Bring your instrument, sing along or just enjoy listening in this FREE interactive program. Register by calling 602-839-6850 or email [Deidra.Colvin@bannerhealth.com](mailto:Deidra.Colvin@bannerhealth.com).

Get help completing your health care directives by joining in a new 90-minute class at BAI. We will help you understand what forms you need, how to fill them out and who to share them with. \$10 covers the cost of instruction and materials. Upcoming class dates are March 24th and May 25th from 10 – 11:30 a.m. Register by calling 602-839-6850 or email [Deidra.Colvin@bannerhealth.com](mailto:Deidra.Colvin@bannerhealth.com).

*This newsletter is made possible by the generous support of Banner Alzheimer's Foundation.*

*For more information visit [BannerHealth.org/AlzFoundation](http://BannerHealth.org/AlzFoundation) or call (602) 747-GIVE*

### Our Mission

To end Alzheimer's disease without losing a generation, to set a new standard of care for patients and their families, and to forge a model of collaboration in biomedical research.

### Have a question?

To submit your question for future consideration email us at [baiinfo@bannerhealth.com](mailto:baiinfo@bannerhealth.com)