

MEMORY MATTERS



JOIN THE BRAIN-HEALTHY HOLIDAY CHALLENGE

**ACHIEVING EARLIER DETECTION
FOR BETTER OUTCOMES**

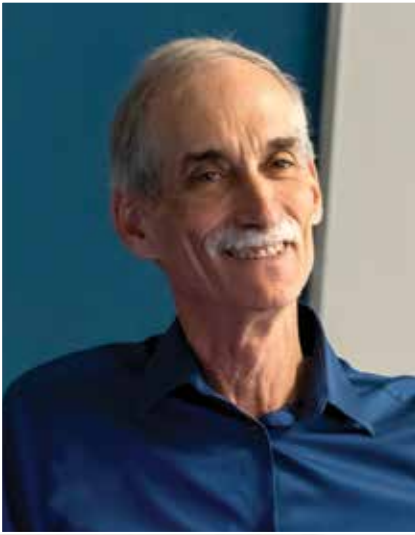
*What We're Doing for the Future,
What You Can Do Right Now*

**MEET THE MEMORY AND AGING PROGRAM'S
NEW ASSOCIATE DIRECTOR**



BUTLER HOSPITAL

A MEMBER OF CARE NEW ENGLAND



MEMORY MATTERS

WELCOME

Stephen Salloway, MD, MS

Director, Memory and Aging Program
and Neurology at Butler Hospital;

Martin M. Zucker Professor of Psychiatry and
Human Behavior and Associate Director, Center
for Alzheimer's Disease Research,
Brown University

2021 has certainly been a momentous year in
the fight against Alzheimer's disease (AD).

Unprecedented collaboration in AD research
– around the world, across the nation, and
right here in Rhode Island – resulted in a big
breakthrough in treatment for AD, with the FDA's
accelerated approval of aducanumab.

As exciting as that breakthrough has been, it
would be a mistake to let it overshadow the
many significant advancements made toward
further breakthroughs in AD prevention, early
detection and early intervention.

The fight to end Alzheimer's must be fought
on more than one front if it is to be successful.
And the truly exciting news is that advances are
being made on all fronts right now, at a pace
never seen before.

What if you could be screened for Alzheimer's
as part of your annual eye exam, or through a
simple blood test given at your yearly physical?
What if you could predict the development of
Alzheimer's symptoms decades in advance, and
put in place lifestyle changes that could help to
slow that progression? What if a groundbreaking
treatment could prevent further progression of
disease altogether?

*The fact is, the road ahead is ripe with possibility.
There is promising research already happening
that could lead to all of those previously
unfathomable scenarios in the years ahead – and
perhaps sooner rather than later.*

In this edition of Memory Matters, we'll share a
look at some of that research that's happening
right here at our program. We'll also share
insights and resources to help you take control
of your own Alzheimer's risk right now, from
lifestyle changes, to talking with your doctor, to
research study opportunities.

An end to Alzheimer's is within reach. We can
get there together one battle, one victory, at
a time. Here's to making more advances on
every front in 2022. May you enjoy a very happy
holiday season, a happy new year, and many
more happy years ahead with your loved ones.



POINTER Perspectives

More than a year ago, the Memory and Aging Program became the fifth and final site of US POINTER, a landmark national study to test whether healthy lifestyle interventions can help to protect cognitive abilities in aging adults who are at risk. Now, the first participants are reaching the one-year mark in the program. Here are just a couple of their perspectives on the experience...

“I was inspired to participate in the POINTER study since my own mom’s life had been impacted by her short-term memory loss and cognitive difficulties.

I began to notice these changes when she was in her mid-eighties. Being very close to my mom and fully involved in her healthcare, I saw the impact on her cognitive faculties. This resulted in a noticeable decline in her quality of life during the last six years of her life.

My hope is that my contribution will aid in the great mission of alleviating the suffering of many individuals and families impacted by Alzheimer’s and other dementias.”

– POINTER participant, age 65,
North Providence, RI

“I’ve always been an active and busy person but “I knew there were habits and personal steps I could take to do more to protect my health and brain functions. When I heard about POINTER I was immediately interested.

With the POINTER community members, I’ve learned and put into practice new habits and cultivated new interests. I’m enjoying my progress today regardless of what will be achieved down the road. Our facilitators are thoughtful, always encouraging and very patient – the best cheerleaders anyone could have.

The program is focused on ways to help me reach my primary goals – better physical and brain health. It’s not always easy figuring out how to enhance my diet and get in more exercise and social activities, but the effort is invigorating and helped me better plan, prepare and follow up on my goals. Not to mention, now I know about lots more than the science of brain health. From tasty food tips and new recipes, to getting the scoop on good places to walk, to enjoying a routine that embraces group classes, a habit I’ve never gravitated towards.

I’ve grown a few notches as a healthier and informed senior and that is something I’m very proud of.”

– POINTER participant, age 70, Providence, RI

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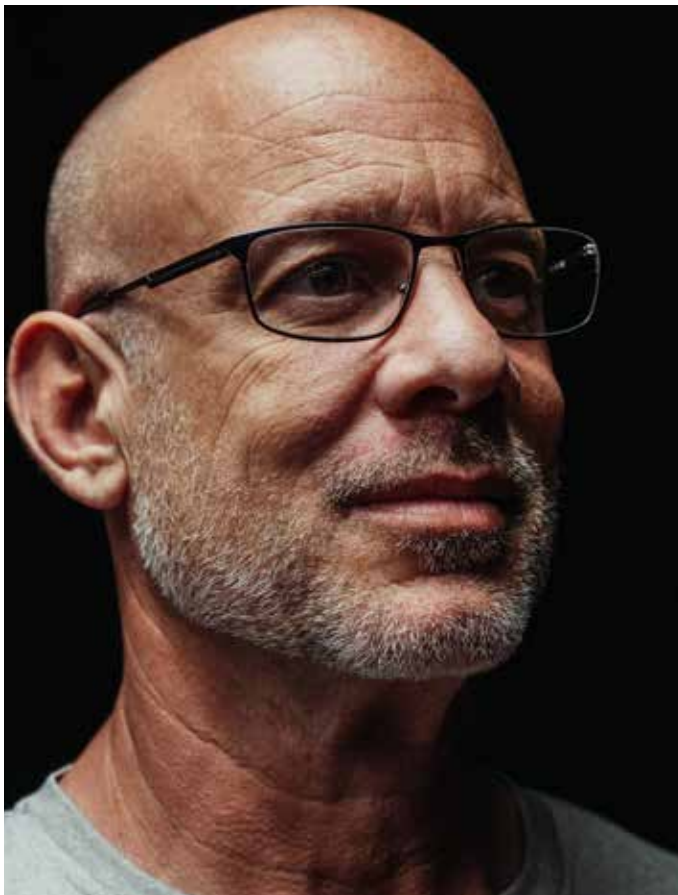
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👉 butler.org/POINTER

Achieving Earlier Detection of Alzheimer's for Better Treatment Outcomes

What We're Doing for the Future, What You Can Do Right Now

If you could find out if you're at high risk for developing Alzheimer's or are already showing signs of the disease, would you want to know?



Up until now the answer to this question for many was, “No – why would I want to know if I'm likely to develop a disease I can do nothing about?” But recent advancements in

available treatment and research mean that you have more power than ever before to do something about it. And the promise of even more exciting breakthroughs on the not-too-distant horizon mean that power will likely only grow in the years ahead.

But the ability to take the greatest advantage possible of those breakthroughs hinges on early detection. That's why the Memory and Aging Program is involved in multiple research studies focused on various methods of potential low-cost, easy-to-administer tests for early detection of Alzheimer's Disease (AD).

You don't have to wait for the future of research to unfold to be proactive about your brain health, though.

What You Can Do: Talk to Your Doctor

If you have any concerns about your memory or thinking, don't hesitate to talk about them with your primary care provider. He or she can help you to determine if what you are experiencing is normal or if it is something that should be examined further.

Everyone experiences memory lapses and forgetfulness from time to time and some decline in memory is a normal part of aging. For example, as an individual approaches middle age, his or her ability to recall newly learned information, such as recalling people's names or specific words, may begin to slip. These memory problems do not get worse over short periods of time and do not interfere much with the ability to do daily activities. People may compensate for these normal memory

changes by repeatedly going over things to be remembered, linking them in their mind with something already well known, or keeping lists of things to do.

In contrast, the memory loss in AD is much greater than expected for age. The memory lapses are more frequent and severe and interfere with the ability to manage daily activities.

If it seems like this is what you are experiencing, your doctor can refer you for a neuropsychological evaluation, which is like a physical for the brain. The evaluation involves meeting with a psychologist who specializes in assessing brain functions, such as memory. The appointment usually takes two to three hours and starts with a short interview about your memory or other thinking problems, medical history, and family history. Usually, a family member or close friend will be invited to the interview to provide information about how you are doing at home.

After that, you will take a series of memory and thinking tests. Some are paper-pencil tasks like copying a design and writing a sentence, others may require you to remember a story or some words. Sometimes you may also take a computer test that measures your reaction time and attention. The psychologist will then give you feedback and discuss the next steps.

What We're Doing: *The Future of Early Detection Could Already Be Here – And You May Be Able to Be Part of It*

Here at the Memory and Aging Program, we're conducting a multitude of studies focused on identifying means of non-invasive, convenient and cost-effective methods of Alzheimer's screening and early detection. You may be able to participate in these studies and learn more about your own risk while helping to move this critical research forward for everyone.

Here are just a few of the methods of Alzheimer's screening and early detection that we're studying now and in the near future...

Screening at Your Eye Exam

The Atlas of Retinal Imaging in Alzheimer's Study (ARIAS) is evaluating retinal screening processes that could help clinicians detect AD two or more decades before life-altering symptoms develop. The findings from this study will be used to create a gold standard reference database of structural, anatomic and functional imaging of the retina that would enable optometrists and ophthalmologists to screen for biomarkers associated with AD as part of your yearly eye exam. You can learn more and see if you qualify to participate at butler.org/studies/atlas-of-retinal-imaging-in-alzheimers-arias.

A Digital Test at Your Doctor's Office

The DigiCog AD Study is testing the feasibility of using app-based smart phone brain games to assess subtle memory and thinking changes that may occur before the start of major AD symptoms. The study will also compare this approach against other digital and paper-and-pencil tests to determine their relative accuracy for distinguishing cognitive functioning in normal aging and early AD. You can learn more and see if you qualify to participate at butler.org/studies/digicog-ad-study.

A Simple and Affordable Blood Test

We are working with the Brown University Center for Alzheimer's Disease Research and a renowned translational research team led by Dr. Oskar Hansson of Lund University in Sweden to develop a fully-staffed fluid biomarker facility. At this laboratory, the teams at Brown and Lund will study a cohort of 500 asymptomatic individuals to identify early biomarkers of cognitive impairment and ultimately, Alzheimer's disease. This research could lead to a readily available, low-cost blood test to diagnose AD.

PROGRAM NEWS

MAP Researchers Awarded National Institute on Aging Grants for Studies Aimed at Early Alzheimer's Detection

Two Memory and Aging Program researchers were recently awarded R21 Exploratory/Developmental research grants from the National Institute on Aging (NIA), which is part of the National Institutes of Health (NIH). R21 grants support exploratory and developmental research projects that may lead to a breakthrough in a particular area, or have a major impact on a field of biomedical, behavioral, or clinical research. Both studies are aimed at evaluating the effectiveness of low-cost, simple tools designed to provide early detection of Alzheimer's Disease (AD) or high AD risk.



Dr. Jessica Alber Studying Retinal Imaging as a Predictor of Alzheimer's Risk

MAP Cognitive Neuroscientist Jessica Alber, Ph.D. has been awarded a grant to conduct a two-year, multi-center study that will evaluate the use of retinal imaging as a tool to predict risk for future development of Alzheimer's disease. The retina may provide biomarkers that can detect the earliest signs of Alzheimer's, even decades before the first symptoms become apparent.

Dr. Alber is partnering with the University of Pittsburgh, Macquarie University in Australia, and the Dominantly Inherited Alzheimer's Network (DIAN) at Washington University at St. Louis School of Medicine for the study. DIAN is an international research effort focused on individuals who have Dominantly Inherited Alzheimer's Disease (DIAD), a rare form of Alzheimer's caused by an inherited gene mutation.

DIAN follows adult children of people who carry the genetic mutation beginning at age 18 and conducts biomarker testing every two years to learn more about the potential biomarkers that may be used to predict future development of AD.

"This study will add retinal imaging to that bi-annual testing to see if changes in the retina do indeed reflect changes in the brain before symptoms become apparent," Dr. Alber says. "Our goal is to see if a simple and affordable eye exam can be used to detect Alzheimer's risk in the general population."



Dr. Louisa Thompson Evaluating DCTclock™ for AD Screening

MAP Research Scientist Louisa Thompson, Ph.D. has been awarded a grant to study the effectiveness of the DCTclock™ as a screening tool for cognitive impairment. The DCTclock™ is a digitized pen that records the motions participants make when creating a drawing of a clock. The tool seems to be sensitive to certain markers related to early symptoms of Alzheimer's disease. But until now, no one has studied how those markers may coincide with other cognitive measures and neuropathology over time.

See more news and resources at: butler.org/memoryandaging

Dr. Thompson is leading a team of researchers at Butler Hospital, Boston University, Rowan University and the Framingham Heart Study (FHS) to do just that. The FHS is an ongoing study that began in 1948 and has followed multiple generations of participants to identify common factors or characteristics that contribute to cardiovascular disease. But along the way, the FHS has also collected decades of data on cognitive function. Over a period of two years, the DTCclock™ study will analyze that data to determine how changes in performance on the DTCclock™ test might vary between individuals with normal cognition and those with Alzheimer’s disease.

“Our main research interest is in finding better screening tools that can be easily deployed in a range of settings, from the primary care office to community health clinics, to specialized neurological and research settings,” Dr. Thompson says. “The DTCclock is exciting because it’s easy to administer. So we’re hoping to see that the performance on the clock over time will be associated with changes in imaging data and performance on other cognitive measures over time and perhaps related to genetic risk for Alzheimer’s. This would allow us to validate the DTCclock as a screening tool so that it could be used more widely.”



Outreach Manager Tara Tang and Brown University Psychiatry Fellow Matthew Howe, MD, PhD Selected to 2021 Class of IMPACT-AD

Memory and Aging Program Outreach Manager Tara Tang and Dr. Matthew Howe were among just 34 Alzheimer’s research professionals across the country to be selected to participate in the second annual IMPACT-AD course in AD Clinical Trials for emerging leaders in AD research.

IMPACT-AD is an Alzheimer’s Disease and related disorders (ADRD) course offered by the Institute on Methods and Protocols for Advancement of Clinical Trials in ADRD. It aims to educate and promote diversity among research professionals and future principal investigators in the field of ADRD research.

Ms. Tang was selected to participate in the Professional Track, which is focused on helping individuals in a variety of roles within AD research to further their knowledge and advance their careers in ADRD trials. Dr. Howe was selected to the Fellowship Track, which provides training for individuals to serve as Principal Investigators in ADRD trials and offers mentored training in protocol development.



Staff Spotlight:

Meet Meghan Riddle, MD

Memory and Aging Program Associate Director

In August the Memory and Aging Program added a vital new role to its team when Meghan Riddle, MD became the program's first Associate Director. A geriatric psychiatrist with a decade of professional experience and a lifetime of passion for the field, Riddle brings both a high level of expertise and a lot of heart to the role.

Dr. Riddle completed her residency and geriatric psychiatry fellowship training at Vanderbilt University in Nashville, TN. She received her medical degree from the University of Texas Health Science Center and completed the Executive Healthcare Leadership Program at the University of Kentucky. In addition to serving as the Associate Director of MAP, she continues to see patients clinically with a focus on late-life mood disorders and neuropsychiatric symptoms in dementia.

Here, she shares the touching key moments that have shaped her career thus far and the driving forces behind the future she hopes to see unfold at MAP and in the field of Alzheimer's.

What sparked your interest in geriatric psychiatry?

I've known I wanted to work with the elderly since I was young. I come from a small town in Kentucky and a close-knit family where we spent a lot of time with both sets of grandparents. I also volunteered at the local nursing home when I was in high school.

I've always loved spending time with older people, but there was one experience in particular that led me to want to be a geriatric psychiatrist. When I was in medical school, one of my first clinical rotations was in psychiatry at a veterans' hospital. I have a very poignant memory of a gentleman there whom I worked with every day.

He had metastatic prostate cancer to his brain which caused him to become very impaired and psychotic. He received a course of electroconvulsive therapy and it worked to bring his brain function and behavior back to normal. He got to go home with his wife on their anniversary. They were ballroom dancers, and they danced for us on his last day there to say thank you.

To see that kind of impact on someone and their family was powerful, and I thought, "I want to help people like that." And from there on that interest just grew.



What has been the most satisfying accomplishment of your career thus far?

Well, I'm only about a decade in, but there have been distinct periods of my growth as a physician that I've found very rewarding. One of the things I'm most proud of is establishing the first fellowship in Geriatric Psychiatry at Vanderbilt University Medical Center.

Initially when I applied for my residency, I only applied to places that had an existing Geriatric Psychiatry fellowship, because I knew that is what I wanted to do. However, Vanderbilt was located close to my hometown, I fell in love with the program, and I really wanted to work in my own community. They allowed me to help create the fellowship, working alongside the geriatric attending physicians there.

I became Vanderbilt's first Geriatric Psychiatry fellow, and ultimately became the program director, which allowed me to shape the training for future residents

and fellows. It was really rewarding to have a passion for something and be able to pass it on to others in that way.

More recently, I worked at a state psychiatric hospital in Kentucky. I was the attending physician for a 28-bed geriatric medical unit where approximately half the patients had various types of late-stage dementia. Many of these people had no resources and nowhere else to go and we cared for some of them until they passed away. This was also during the height of the COVID-19 pandemic.

To be able to care for these people during that time of fear and vulnerability, especially people that did not have all their faculties and could not even visit with family due to the pandemic – that was very powerful and something I will always carry with me. It made me a better physician and a better person.

continued on next page



with these new disease-modifying treatments that are coming online is truly transformative.

Most of my clinical practice up to this point has been with patients as they progress through the later stages of the disease and until they die, and most of the care during that time is primarily symptom management. It is more focused on maintaining quality of life and helping individuals and families meet their goals for care. Those are very different conversations than I'm having now here at the Memory and Aging Program.

Here, I'm focused on early diagnosis and early intervention. We have the opportunity to make a change early on to try and slow the progression of disease, help maintain living a full life, making memories with their families. It is simply amazing, and to be a part of that during this incredible time in the field, you cannot help but have excitement for what is to come.

It is wonderful to work in a program that is as well established as this one. It is an opportunity to grow and learn from colleagues and see how my own expertise fits into the overall picture, and how I can contribute to this field and its work.

It is also a place that feels like a family, which I enjoy.

It has been so rewarding to start meeting the families who are participating in research, some of whom have been involved for years. I am really looking forward to getting acquainted with more of the families who are already part of this experience.

And if anyone out there is thinking about getting involved but is unsure, I would love to talk with them. The access to new ideas and potential treatments available is incredible. I could not ask to be part of a better organization or community.

What do you enjoy doing when you're not at work?

When I'm not here, I'm with my two children, Jack who is 7 and Clara who is 4. They are the joy of my life. They are so much fun and have had a great transition since we moved from Kentucky in August.

My husband and I really enjoy camping as a family, so we've spent the past few months exploring the northeast, camping and hiking and taking advantage of all that's available here.

I also enjoy exercising on the Peloton, and since COVID, I've discovered painting. I find it is a nice way to escape and a challenge to do something new.

What are your goals and hopes for your work at the Memory and Aging Program?

It's an incredible time in our field. The amount of energy, excitement and hope

RESOURCES



Join the

Brain-Healthy Holiday Challenge

Follow our lead each week to form new habits for a healthier brain and body by the new year!

Research suggests there are things you can do as you age to help maintain memory and thinking – and many of them will also help to keep your body healthy, too. These healthy habits have been formed into what’s called the “8 Pillars of Brain Health.” During the Brain Healthy Holiday Challenge, we’re focusing on one of the 8 Pillars of Brain Health each week through the end of the year (but you can start with week 1 at any time). Follow along on our Facebook or Twitter page, or by checking our blog each Friday for a new week full of insights, tips and resources to get to a healthier you in 2022!

Week 1: Stay Active

Get tips for getting more movement into your everyday life, plus exercise resources and more.

Week 2: Eat Well

Learn about MIND diet recipes that are delicious, nutritious and shown to support brain health.

Week 3: Sleep Well

Learn habits and environmental tweaks to help you get more restful sleep.

Week 4: Exercise Your Brain

Get ideas for simple and fun ways to keep your mind limber.

Week 5: Stay Social

Get insights into how and why you should stay well-connected with friends, family and others.

Week 6: Relax and Reduce Stress

Find ways to bring more rejuvenating relaxation into your life.

Week 7: Control Risk Factors

Learn more about the physical factors that can negatively affect brain health, and what you can do about them.

Week 8: Participate in Research

Want to keep up your momentum after the challenge? Find out about research opportunities that can help.

Join in at: butler.org/memoryandaging

IN THE COMMUNITY

It's been a fantastic fall – in the community and on the air!

It's been a busy few months of outreach, education and fun in the community. Here's a look at just a few of the events our team has been involved with recently

Want to arrange an in-person or online presentation for your own organization or community group? Contact us at (401) 455-6402 or memory@butler.org.



Talking Alzheimer's with Age Friendly RI

In September MAP Outreach Manager Tara Tang and Outreach Coordinator Lulu Saraiva talked with Age Friendly RI on WPRV AM-790 about the signs of Alzheimer's, prevention, and the opportunity to incorporate healthy lifestyle changes through participation in the US POINTER trial.

You can listen to the show online now at: omny.fm/shows/wprv-programming



Brain Health Talk and A Healthy Walk

On October 1, our clinicians and outreach team set up along the walking path on Blackstone Boulevard in Providence. It was a great day filled with good conversation as the team met with walkers to share tips on brain health along with opportunities to get involved in research.



Fall Festival at Wingate Residences

On October 21, our outreach team had a great time gathering with seniors for a brain-health-themed Fall Festival at Wingate Residences. Participants left with much more knowledge about Alzheimer's signs and prevention as well as how to get involved in the US POINTER prevention study – and even a free pumpkin or apple pie.





MAP at The Walk to End Alzheimer's

MAP Outreach Manager Tara Tang and POINTER Study team member Tyler Rosenholm (pictured at left) were at the Newport Walk to End Alzheimer's on September 25 with information about Alzheimer's prevention and research opportunities.

On October 3, even more members of the team were at the Walk in Providence to share information and to help raise funds for the Alzheimer's Association by participating in the Walk themselves, raising more than \$400 for the cause.

Thank You

Thank you to the following individuals and organizations that have recently partnered with us to help raise awareness about Alzheimer's disease and research opportunities:

Age Friendly RI

Alzheimer's Association Rhode Island Chapter

Alzheimer's Association Massachusetts/New Hampshire Chapter

Carney Institute of Brain Health

Community VNA

Cranston Senior Center

Jewish Collaborative Services- Kosher Café

The Jim Vincent Show

Lietutenant Governor Sabina Matos

Progreso Latino

RI Elder Info

RI Ministers Alliance

Senior Soundings

United Way Rhode Island

Dr. Lamonte Williams –

Wake Forest School of Medicine

Wingate Residences

Volunteer Spotlight: **Symone Woodham**

Focused on an Epidemiology Approach to Alzheimer's




Symone Woodham is in a unique position. She's learning about epidemiology (the study of the spread, causes and control of diseases and other health conditions) in the middle of a pandemic.

But her current studies, research and internship work aren't focused on the COVID-19 pandemic. Instead, they're focused on another public health crisis that's been around far longer – Alzheimer's disease.

Woodham, who holds a bachelor's degree in Health Studies from the University of Rhode Island, is just months away from earning a master's degree in Public Health from Boston University.

She's also working as a scheduling coordinator at Butler Hospital in Providence, Rhode Island. That's where she found an internship that combined her educational focus on epidemiology with her personal interest in Alzheimer's.



“Epidemiology is all about improving health outcomes through research, and that’s what I’m hoping to do with my career,” Woodham says.

“It’s definitely been interesting studying that during a pandemic. But when it came time to choose an internship for my master’s degree program, I came across the Memory and Aging Program at Butler Hospital, where I work, and I knew right away that’s what I wanted to do.”

Woodham has previous personal and professional experience with Alzheimer’s. She lost her grandmother to the disease just a couple of years ago. And throughout college she worked as a certified nursing assistant (CNA), mostly at a nursing home focused on caring for individuals with memory impairment.

“After seeing what my grandmother went through and working with my patients in the nursing home, I really grew an interest in Alzheimer’s. I began using it as the focus of my papers and projects in school,” she says.

“Right now, I’m taking a qualitative research course where I’m working on two different research projects related to Alzheimer’s. In one, I’m interviewing healthcare workers who’ve been working with Alzheimer’s patients

during the pandemic to see how things like social distancing and isolation have affected those patients. And in the other, I’m conducting a focus group discussion on caregiver burden.”

Woodham is also a contributor to an academic paper on the topic of caregiver burden, something she worked on with one of her professors.

She’s hoping to be involved in research in her career as well. In the meantime, she says she’s getting great experience during her internship at the Memory and Aging Program.

“I started my internship in August, and it’s been really great. I’ve been able to get involved with a variety of aspects in the program, from helping with administrative work to helping the research assistants to prepare study materials and see if any of the clinic’s patients would qualify for new or ongoing studies. I’ve also helped with outreach events out in the community, which has been fun,” Woodham says.

“Soon I’ll be working on a data entry project, which I’m excited about, and I’m hoping to have an opportunity to interact with the patients and study participants at some point in the future as well. I’m just really looking forward to learning more through the experience I’m gaining here, and getting started in my career after I graduate in the spring.”

MEMORY MATTERS

Thank you!

Without our participants, their families, and caregivers, Alzheimer's research would not advance. The Memory and Aging Program staff is continually inspired by the families who decide to join clinical research studies. We would like to express our deepest gratitude to all of our registry participants and their families for their contribution to the science that will lead to the end of Alzheimer's disease.

You are receiving **Memory Matters Magazine** because of your current or past relationship with Butler Hospital's Memory and Aging Program or with the patients and family members we serve. If you would like to be removed from the mailing list and not receive future editions, please contact us at memory@butler.org or (401) 455-6402.

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Follow online as we focus on one of the "8 Pillars of Brain Health" each week. Incorporate our tips and resources into your life and form new habits for a healthier brain and body by the new year!

*Join in on social media
or check our blog each Friday:*

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