ADRC PARTNERS WITH PITT CLINICAL AND TRANSLATIONAL SCIENCE INSTITUTE TO DEBUT

New Community Education Initiative

Strategies for boosting brain health seem to be making more news headlines than ever before, and the idea of brain fitness is quickly becoming a national obsession. While brain fitness is an exciting concept, keeping up with the constant flurry of media reports and advertisements about brain health can be a real challenge.

As part of its education and outreach mission, the University of Pittsburgh Alzheimer Disease Research Center (ADRC) has partnered with the University of Pittsburgh Clinical and Translational Science Institute (CTSI) to address this challenge and increase public awareness about healthy brain aging and how to adopt lifestyle choices that might help to fight Alzheimer’s disease.

Directed by ADRC consultant Dr. Judith Cameron, CTSI’s Science Outreach Program operates the Pitt Mobile Science Lab, which brings science experiments to community events throughout the region in an 80-foot tractor trailer equipped as a state-of-the-art science laboratory. Along with another ADRC collaborator, Dr. Rena Robinson, Dr. Cameron and her staff worked with the ADRC for several months to develop programming specific to brain health. Known as Brain Fitness Boot Camp, this interactive program shows how Pitt researchers are exploring ways in which physical activity and cognitive stimulation may protect the brain.

The boot camp program highlights the research of ADRC neuropsychologist Dr. Beth Snitz as well as studies by Pitt researchers Dr. Kirk Erickson and Dr. John Jakicic. It also features a “test your own cognition” computer station as well as an interactive computer station on Pittsburgh

Continued on page 3
### Food for Thought

If you follow the news on Alzheimer’s disease research, you may have noticed that new findings on the relationship between nutrition and cognition seem to be reported every day. This section of *Pathways* is designed to help you keep pace with this rapidly expanding area of research.


**WHAT THEY DID:** Dr. Morris’ research team at Rush University in Chicago, Ill., developed a way to score people according to how closely their dietary habits matched the eating habits recommended in the popular Mediterranean diet and another approach called the Dietary Approaches to Stop Hypertension (DASH). They labeled the hybrid Mediterranean/DASH diet MIND, which stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. As that description suggests, MIND scores give special consideration to elements from both the Mediterranean and DASH diets that have been suggested to be protective for the brain. The researchers scored 960 adults in a memory and aging study based on how closely they reported following the MIND diet and then evaluated the extent to which following that diet affected their performance on tests of memory and thinking over a 4–7-year period.

**WHAT THEY FOUND:** The MIND diet lowered the risk of developing Alzheimer’s disease (AD) by 53 percent in people who followed it perfectly or almost perfectly. The MIND diet also had benefits for those who followed it less closely. Specifically, the researchers found a 35 percent reduced risk of AD in people who followed the diet moderately.

**WHY IT MIGHT WORK:** The MIND diet is relatively easy to follow. MIND focuses on eating “brain-healthy” foods, like leafy green vegetables, nuts, berries, beans, fish, olive oil, and wine, while emphasizing the need to avoid foods like red meat, fried foods, pastries, butter, and cheese.

**THE BOTTOM LINE:** Following a brain-healthy diet over a period of several years may help to protect the brain against AD.

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### What Steps Does a Person Go through to Enroll in a Clinical Trial?

Here are the steps that a participant follows when enrolling in a clinical trial.

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>The study staff members explain the trial in detail and gather more information from you.</td>
</tr>
<tr>
<td>2</td>
<td>Once you have had all your questions answered and agree to participate, you sign an informed consent form.</td>
</tr>
<tr>
<td>3</td>
<td>You are then screened to make sure you qualify for the trial.</td>
</tr>
<tr>
<td>4</td>
<td>If accepted into the trial, you then schedule a first visit (called the baseline visit). The researchers conduct cognitive and/or physical tests during this visit.</td>
</tr>
<tr>
<td>5</td>
<td>You are randomly assigned to a treatment or control group.</td>
</tr>
<tr>
<td>6</td>
<td>You and your family members follow the trial procedures and report any issues or concerns to the researchers.</td>
</tr>
<tr>
<td>7</td>
<td>You may visit the research site at regularly scheduled times for new cognitive, physical, or other evaluations and discussions with staff members. At these visits, the research team collects information about effects of the intervention and your safety and well-being.</td>
</tr>
<tr>
<td>8</td>
<td>You continue to see your regular physician for your usual health care throughout the study.</td>
</tr>
</tbody>
</table>
compound B, the revolutionary technology used to visualize changes in the brain due to Alzheimer’s disease that was codeveloped by Drs. William Klunk and Chester Mathis.

So far, the boot camp program has been a big hit at various public events. It debuted at the Alzheimer’s Association Walk to End Alzheimer’s on Pittsburgh’s North Shore in October 2015 and made its second appearance at the high-profile Pitt vs. University of Notre Dame football game tailgate event on November 7. More than 200 people have participated in the boot camp program to date. Going forward, the Pitt Science Outreach Program will continue to run Brain Fitness Boot Camp at an array of public events that include more Pitt football games, senior health fairs, and various neighborhood community days. For information on how to book the Pitt Mobile Science Lab at an event in your community, contact scirocks@pitt.edu.

ADRC Taking Part in Pioneering Collaborative AD Study at Washington University School of Medicine in St. Louis

The University of Pittsburgh Alzheimer Disease Research Center (ADRC) is taking part in a collaborative Alzheimer’s disease (AD) trial that involves academic institutions and industry members working together to evaluate two drugs to determine whether the drugs are capable of slowing or preventing AD.

The trial is being conducted by the Dominantly Inherited Alzheimer Network Trials Unit (DIAN TU) at Washington University School of Medicine in St. Louis, Mo. The trials unit is supported by DIAN, a National Institutes of Health-funded collaboration of world-leading Alzheimer’s research centers; the Alzheimer’s Association; and the DIAN Pharma Consortium, which is composed of 10 pharmaceutical companies that have been advising DIAN researchers planning the trial.

“This trial is the result of a groundbreaking collaboration between academic institutions, pharmaceutical companies, and patient advocacy groups, with key support from regulatory groups,” says principal investigator Randall Bateman, MD, the Charles F. and Joanne Knight Distinguished Professor of Neurology at Washington University School of Medicine. “We are excited that this diverse portfolio of drugs and approaches will accelerate the discovery of an effective treatment for Alzheimer’s.”

The pioneering trial is focusing on investigational drugs that counter the effects of amyloid beta, the primary component of cerebral plaque in Alzheimer’s patients.

In people with inherited mutations that cause early onset AD, the study seeks to identify whether the drugs can improve AD biomarkers and effectively prevent the loss of cognitive function.

The investigational drugs are gantenerumab, an antibody made by Roche that binds to all forms of aggregated amyloid beta and helps to remove them from the brain, and solanezumab, a monoclonal antibody in Phase III clinical trials that binds to soluble forms of amyloid beta after they are produced, allowing amyloid beta to be cleared before it clumps together to form plaques.

David Holtzman, MD, the Andrew and Gretchen P. Jones Professor and chair of the Department of Neurology at Washington University School of Medicine, is listed on a patent related to solanezumab that is co-owned by Washington University and Eli Lilly and Company.

“Trying to prevent Alzheimer’s symptoms from ever occurring is a new strategy,” says John C. Morris, MD, principal investigator and program director of DIAN and the Harvey A. and Dorismae Hacker Friedman Distinguished Professor of Neurology at Washington University School of Medicine. “We are most appreciative of the support this approach has received.”

The trial will involve approximately 200 people who have inherited mutations that mean they are almost certain to develop AD at a young age, typically in their 30s, 40s, or 50s. The trial also will monitor the health of 80 DIAN participants who did not inherit the AD mutations. All participants will be within 10–15 years of the forecasted age at which AD symptoms such as dementia and cognitive decline are expected to present—a point at which DIAN studies have shown that those with Alzheimer’s mutations are most likely to present biological indicators marking the beginning of the disease in the brain. The researchers will monitor these markers to determine whether the treatments can slow or stop AD.

The first part of the trial is slated for two years, with plans for it to be expanded and extended if either of the drugs is effective in slowing or stopping AD indicators.
Gift Benefits Center

The University of Pittsburgh Alzheimer Disease Research Center (ADRC) is pleased to announce the receipt of a generous bequest from the estate of David J. Levidow.

Levidow, the son of Russian immigrants, lived his entire life in New York, N.Y. He grew up in the borough of Queens, near the pharmacy of his father, Asa Levidow. David Levidow and his brother, both attorneys, established their own practice and built successful careers specializing in employment law.

In 2007, Levidow contacted the ADRC after reading an article in The New York Times about the groundbreaking amyloid imaging research being conducted at the University of Pittsburgh. ADRC administrator Leslie Dunn referred Levidow to the Medical and Health Sciences Foundation of the University of Pittsburgh and UPMC.

Meetings, phone calls, and correspondence between foundation staff members and Levidow continued until his passing in November 2013. “David’s interest in supporting Alzheimer’s research,” recalls foundation major gifts officer Jim Olsen, “was inspired by his love for his mother, Lulu Levidow. David formalized his charitable plans as he witnessed his mother’s gradual decline and eventual death from complications of Alzheimer’s disease. He wanted this gift to be his legacy and a tribute to his mother—his way of making some sense of this personal tragedy.

Although Levidow was unable to visit Pittsburgh, he met Dr. William Klunk in New York in 2009. Dr. Klunk, codirector of the ADRC along with Dr. Oscar Lopez, was presenting on the amyloid imaging work of the Pittsburgh team at a meeting organized by the Medical and Health Sciences Foundation. “Foundation staff had invited him to attend an event for local alumni and friends of Pitt,” recalls Dr. Klunk. “Levidow clearly had a deep interest in—and seemed well-informed about—our research. It was a great pleasure to make his acquaintance.”

Levidow also was assisted and encouraged by his estate attorney, Raymond Schragg. “David was very clear about his desire to benefit Alzheimer’s research through his estate,” explains Schragg. “He carefully researched potential beneficiaries and was clearly impressed with the University of Pittsburgh.”

The ADRC gratefully acknowledges the thoughtful philanthropy of Levidow and all those whose vision and generosity help us to better understand and treat dementia. We are thankful for every donation, large or small.

To learn about smart ways to support Alzheimer’s disease research, please contact Jim Olsen at 412-647-7781.

Welcome, Heart SCORE Volunteers!

The University of Pittsburgh Alzheimer Disease Research Center (ADRC) faculty and staff are pleased to welcome nearly 40 new research participants who have committed themselves to advancing our understanding of how the brain changes with age.

These new volunteers are participating as a result of a new and exciting partnership between the ADRC and a large Pitt research study called Heart Strategies Concentrating on Risk Evaluation, or Heart SCORE for short. Led by cardiologist Dr. Steven Reis, Heart SCORE is a multiyear study to find ways of better identifying and intervening with people who are at the highest risk for cardiovascular disease.

Now in its 13th year, Heart SCORE is an outstanding example of how people in Pittsburgh and its surrounding areas can work together to make progress in combating our community’s most serious health problems.

We are delighted that so many Heart SCORE participants have committed to adding an annual ADRC visit to their busy schedules. We thank you for joining the fight against Alzheimer’s disease and look forward to working with each of you!

JAA Offers Overnight Care Program

The Jewish Association on Aging (JAA) offers its Nighttime Memory Care Program for people with Alzheimer’s disease and other forms of dementia whose restlessness at night is a danger for them as well as a stressor for their caregivers at home.

This innovative program, the first of its kind in Pennsylvania, is open on Sundays, Tuesdays, and Thursdays from 9 p.m. to 7 a.m. The program takes place in the JAA’s Anathan Club suite. Participants are engaged in stimulating activities in a safe and secure environment while their caregivers are given time for a much-needed good night’s sleep so that they are more able to care for their loved ones during normal waking hours. The Nighttime Memory Care Program mirrors the existing Anathan Club adult day program, but the services are provided during nighttime hours and are adapted to meet the needs of each participant.

“The goals of the Nighttime Memory Care Program are to delay institutionalization of those who participate, relieve caregiver stress and prevent burnout, and provide families with the ability to stay together in their homes,” says Deborah Winn-Horvitz, JAA president and CEO.

JAA worked closely with the University of Pittsburgh Alzheimer Disease Research Center to establish initial evidence of the program’s potential to impact the identified aspects of caregiver well-being (e.g., quality of life, sleep quality, etc.).

For more information on the program or to schedule an interview, contact Lori O’Brien at 412-422-9454. Families may qualify for financial assistance.
AARN Holds Annual Charity Auction

The Alzheimer's Assistance and Referral Network (AARN) held its annual Valley Memories charity auction at Avion on the Water in Canfield, Ohio, on Saturday, November 14, 2015.

AARN is an all-volunteer nonprofit organization serving families dealing with Alzheimer’s disease in the Mahoning and Shenango valleys, a region that includes Columbiana, Mahoning, and Trumbull counties in Ohio and Mercer County in Pennsylvania.

AARN fundraisers have supported the University of Pittsburgh Alzheimer Disease Research Center (ADRC) for the past several years. To date, AARN has donated more than $22,000 for ongoing research projects at the ADRC. In addition to funding research, AARN provides support services for patients, family members, and caregivers.

AARN is led by Dorothy Barto. Board officers are attorney Robert Fulton, president; M. Kathryn Fynes, vice president; Mary Lou Parisi, secretary; and Carol Yarab, treasurer. Board members Stacey Adger, Velma Crawley, William George, Nancy Grabowski, and Suzanne Shaffer, as well as many others, greatly contributed to the success of the auction. The ADRC staff is especially grateful for all the hard work and contributions that this dedicated volunteer network provides. Thank you, AARN!

ADRC Expands Warhol Tour and Artistic Expression Program to the General Public

The University of Pittsburgh Alzheimer Disease Research Center (ADRC) has expanded its program that brings ADRC participants with dementia to the Andy Warhol Museum to tour the museum, take part in a studio art activity, and foster discussions about art. Now, any local adult who is suffering from dementia may be eligible to take part in the program.

The original program for ADRC participants began in 2010 with activities surrounding a visit from Brazilian artist José Rufino, whose work deals with memory and the concept of interpersonal loss. The following year, the Warhol/ADRC partnership was solidified through the creation of the A HA! (Art, Health, and Alzheimer’s Disease) initiative, which seeks to explore ways in which the worlds of art and Alzheimer’s disease research can come together to promote creativity, raise public awareness of the disease, and sustain or improve the well-being of persons and families affected by dementia.

For more information about the program, please contact MaryAnn Oakley at 412-692-2721 or oakleym@upmc.edu.
In Memoriam

The University of Pittsburgh Alzheimer Disease Research Center thanks the following individuals and organizations for their generous donations received between May 7, 2015, and November 9, 2015.

In Memory of Theodore Balzer Sr.
Edward and Rosemarie Cernic
Anna Marie Kocak
Carrie Opaska
Peter and Joann Perla

In Memory of Clifford A. Barton
Jane Burton
Robert and Jacquelyn Capretto
Dean Dairy
Greg and Ann Frost
Lawrence and Ina Gumberg
David and Nancy Klasnick
David Kromer
Kurtz Sales-Real Estate
John and Martha Martin
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Thomas Reinecke
Mr. and Mrs. James E. Rohr
Clifford and Diane Rowe
Susan Schavolt
Laura Schroder
Patricia Stewart
Hal and Diane Waldman
The Richard Yurasko Family

In Memory of Jeffrey J. Busko
Mira Busko
Nicholas Dunlap
Zoe Forsythe
Anthony Giacomo
Kappa Delta Rho IA
Alumni Association
William and Marcia Kosslow

In Memory of Rosemary D’Cunha
Valentino Bianco III
Christine Regan Carey
Angela Gallagher
Luigi Lagazzi Garros
Gregory Lovas
Laura Waugaman
Rachelle Zomak

In Memory of Ann Dickerson
James and Linda Bennett

In Memory of Dr. Dorothy Gordon
Daniel and Alice Linta
Peggy Reed
Donna Rodick

In Memory of Judy Gousepohl
Jane Graham

In Memory of Alvan Harakal
Joy Cone Co.

In Memory of Mr. and Mrs. Milford Huslander
Ronald and Bette Riley

In Memory of Katherine Klenes
Harry and June Exley
Diane Kunz
Todd and Megan Zerega

In Memory of Elvira Kramer
Katherine Schuetz

In Memory of Ann Kukta
Dennis Stanko

In Memory of Jane Stonerod Lauterbach
Marsha Lauterbauch VanKirk

In Memory of George Malencia
Joanna Malencia

In Memory of Julia Marko
Darlene Marco Anselmo

In Memory of Bonnie L. Martin
Karen Costello
Matthew Galando
Joseph Kocinski
Jean Muth
Marnie Schock
Thomas Snopek and Margaret Telscher
Jane Yanosick

In Memory of Marjorie McCaskill
Alice Kindling

In Memory of Charles A. Miller Jr.
Peter and Twila Miller

In Memory of Agnes Paesano
Norma Schweibinz

In Memory of Paul Poff
Andrew and Meadow Fallon-Dora

In Memory of Charles Rauzan
Evan Neel

In Memory of Karl Schimmel
Vincent and Lisa Cannillo
Erik Compello and Pilar Palmer
James Gartner
Mary Hennessey and Richard Doolin
Kings College Campus Ministry
Michael and Mary Kranack
Ron and Susan Kuis
The George Palmer and Darby DiSabatino Family
Mark Palmer
Dean and Nancy Patterson
John and Marilyn Ryan
Nancy Schepis
Myrna Stein
David and Patricia Vaughn
Reverend E. Philip Wilson

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John and Marilyn Ryan
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Myrna Stein
David and Patricia Vaughn
Reverend E. Philip Wilson
In Memory of Wayne Schuetz  
Katherine Schuetz  
Joel Rubin  

In Memory of Dr. Matthew Frank Sevcik  
Heritage Valley Beaver  
Kobra Karimkhani  
Clarence and Margaret Koon  
David Lackner and Lynn Steffan  
Leach, Tishman, Fuscaldo and Lampl  
James and Maxine Loyer  
George and Lois Lutz  
Joel Rubin  

In Memory of Shirley Shiflet  
Leonard and Sandra Browdie  

In Memory of Thomas Smith  
Mark Findrick and Andrea Dodasovich  

In Memory of Gail Summers  
Mt. Pleasant U.P. Church Deacon’s Fund  

In Memory of William J. Wachter  
Richard Kaplan  

In Memory of Albert and Vaughn Warren  
The Warren Family  

In Memory of James Willis  
Ruth Foltz  

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Jack Markowitz  
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Teresa McElrath  
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Darrin and Susan Miller  
Warner’s Homes and Improvements, Inc.  

In Honor of Doris Papke  
Hugh Papke  

In Honor of Judith Pearlman  
Richard and Judith Pearlman  

In Honor of Pat Schimmel  
Ronald and Susan Kuis  

Research Donations  
Guy Paul Bauman  
Ruth Ewald  
Barbara Gleeson  
William Howley  
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Betty Manes  
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Theodore and Lisa Zierden  
United Way of Butler County  
United Way of Greater Philadelphia and Southern New Jersey  
United Way of Indiana County  

Additional Research Donations  
Bernard and Ethel Lazar Research Fund  
In Honor of Alex and Shari Nicholas’ Daughter’s Wedding  
Dale and Lynn Lazar  
Mr. and Mrs. Joseph C. Muscari  
Betty Lou Yount Trust  

Thank you!  
Your contributions are greatly appreciated and help to support research and education in the area of Alzheimer’s disease. You can remember or honor a loved one by using the envelope enclosed in this newsletter to send in your donation.  

If you no longer wish to receive issues of Pathways, please contact MaryAnn Oakley at 412-692-2721 or oakleym@upmc.edu.
The 2015 Walter Allen Memorial Seminar Series continued on October 29, 2015, at the Hill House Association’s Kaufmann Center and featured a screening of the award-winning documentary Alive Inside, a film about the ability of music to activate memory and reawaken the spirits of patients with Alzheimer’s disease and dementia.

The film, which won the Audience Award (for U.S. Documentary) at the 2014 Sundance Film Festival, was followed by a panel discussion with Beth Snitz, PhD, Alzheimer Disease Research Center (ADRC) neuropsychologist; Suzanne Weessies, family services coordinator at the Pittsburgh office of the Alzheimer’s Association Greater Pennsylvania Chapter; and Jennie Dorris, director of education for the Pittsburgh New Music Ensemble and research associate at the Carnegie Mellon University School of Music. Each speaker contributed wonderful insights into the positive effects of music on cognitively impaired individuals as well as her own experiences with music therapy. The event had a great turnout of community supporters, university faculty members, and health professionals.

If you would like information on upcoming ADRC seminars and/or other outreach events, please contact the ADRC at 412-692-2700.

ADRC Hosts Screening of Award-winning Documentary

The Rhythm Experience and Africana Culture Trial Study Set to Begin

The University of Pittsburgh and the University of Pennsylvania will jointly conduct an Alzheimer’s Association-funded research study—the Rhythm Experience and Africana Culture Trial (REACT!)—that will examine whether taking an African dance class or participating in an education/discussion group could actually improve brain health, fitness levels, and quality of life in older adults.

Research teams at Pitt and Penn, led by Dr. Kirk Erickson, PhD, and Dr. Kathy Jedrziewski, PhD, respectively, will recruit African Americans between the ages of 65 and 75. Half of the participants in the REACT! study will attend a one-hour African dance class three days per week for six months. The other half of the participants will attend a one-hour education/discussion group class three days per week for six months.

At the beginning and end of the study, participants will take an exercise test, complete challenging tasks, and fill out surveys about their health. The researchers will determine whether participants perform any better on these tasks after the study than they did before the study started. This study will test whether these dance and education classes are ways to stay healthy in late adulthood.

People who exercise regularly are less likely to develop diseases like obesity, type 2 diabetes, and high blood pressure. Even people already experiencing serious health conditions can find exercise to be helpful in relieving symptoms and reducing pain and stress. Research also has shown that people who continue to learn new things later in life have healthier brains.

For more information, please contact Mariegold Wollam, Pittsburgh project coordinator, at 412-302-6679.
ADRC Faculty and Staff Celebrate the Center’s 30th Anniversary

This year, the University of Pittsburgh Alzheimer Disease Research Center (ADRC) marked its 30th year as one of the nation’s premier centers for dementia research. Faculty and staff of the ADRC celebrated this achievement at the Pittsburgh Pirates’ evening play-off game against the St. Louis Cardinals on September 30, 2015. Although the game did not end in the Pirates’ favor, ADRC faculty and staff had a great time and look forward to continuing their efforts and mission to fight Alzheimer’s disease.

Walk to End Alzheimer’s Provides Opportunity to Debut NEW OUTREACH INITIATIVE

On October 24, 2015, faculty and staff from the University of Pittsburgh Alzheimer Disease Research Center (ADRC) showed their support for the vision of a world without Alzheimer’s disease (AD) by participating in the Alzheimer’s Association Walk to End Alzheimer’s on Pittsburgh’s North Shore. This walk is the world’s largest event to raise awareness and funds for AD care, support, and research.

As walkers were assembling at the starting point, ADRC’s Dr. William Klunk and Dr. Jennifer Lingler took to the stage to offer information about AD research and highlight local efforts by the center to combat AD. The ADRC would like to express its thanks to community advisory board member Aynia Dorsey for chairing the ADRC walk team.

New to this year’s walk festivities was an appearance by the Pitt Clinical and Translational Science Institute Mobile Science Lab, which brings science experiments to community events like the walk with an 80-foot tractor trailer equipped as a state-of-the-art science laboratory. Specifically for the walk, the mobile lab debuted Brain Fitness Boot Camp, an interactive program that shows how Pitt researchers are exploring ways that physical activity and cognitive stimulation may protect the brain. Close to 200 walkers stopped by the mobile lab and participated in the boot camp program (see related article on page 1).
Volunteers Needed for Research Studies

Get involved! We are in constant need of participants for several research studies and invite anyone with interest to call the Alzheimer Disease Research Center at 412-692-2721 or e-mail oakleym@upmc.edu.

STARBEAM Study

DESCRIPTION
The primary objective of this study is to establish the efficacy of an investigational medication (Lu AE58054) as an adjuvant therapy to donepezil for symptomatic treatment of participants with mild to moderate Alzheimer’s disease (AD).

STUDY LENGTH
Eight months

STUDY REQUIREMENTS
• 50 years of age or older with mild to moderate AD
• Not currently taking memantine
• Stable treatment with donepezil
• A study partner who will accompany you to all study visits

CONTACT
MaryAnn Oakley at 412-692-2721 or oakleym@upmc.edu

Connect Study

DESCRIPTION
This study will determine the safety and efficacy of the experimental drug AZD0530 (saracatinib) in older adults with mild Alzheimer’s disease (AD). Researchers want to know if the drug can slow disease progression by inhibiting the protein kinase Fyn. AZD0530 was previously developed as a cancer therapy.

STUDY LENGTH
One year (approximately)

STUDY REQUIREMENTS
• 55–85 years of age
• A diagnosis of mild AD
• A study partner who will accompany you to all study visits

CONTACT
MaryAnn Oakley at 412-692-2721 or oakleym@upmc.edu
## A4 Study
**DESCRIPTION**
The Anti-Amyloid Treatment in Asymptomatic Alzheimer’s (or A4) study is among a new generation of clinical trials being developed to test therapies that might prevent, or at least delay, the onset of Alzheimer’s disease in cognitively normal people who may be at risk, as evidenced by a PET scan.

**STUDY LENGTH**
Three years

**STUDY REQUIREMENTS**
- 65–85 years of age
- Normal thinking and memory abilities
- A study partner who will accompany you to all study visits
- Willingness and ability to receive intravenous infusions of the investigational treatment (solanezumab) or a placebo every four weeks for three years

**CONTACT**  MaryAnn Oakley at 412-692-2721 or oakeym@upmc.edu or Katy Zorich at 412-692-2730 or orchowskik3@upmc.edu

## Biogen (Engage-Emerge) Study
**DESCRIPTION**
This study will evaluate the efficacy and safety of an investigational drug (aducanumab) in individuals with early, mild Alzheimer’s disease (AD) or certain types of mild cognitive impairment (MCI). Study medication is administered by a once-a-month infusion.

**STUDY LENGTH**
18 months

**STUDY REQUIREMENTS**
- 55–85 years of age
- A diagnosis of AD or certain types of MCI
- A study partner who will accompany you to all study visits (once a month)

**CONTACT**  MaryAnn Oakley at 412-692-2721 or oakeym@upmc.edu or Carolyn Rickard at 412-692-2707 or mishlercj@upmc.edu

## AMBAR Study
**DESCRIPTION**
The purpose of this study is to determine whether short-term followed by long-term low-volume plasma exchange (a process of blood filtering) is able to modify Alzheimer’s disease (AD) patients’ cognitive, functional, and behavioral symptoms.

**STUDY LENGTH**
14 months (six weekly plasmapheresis sessions followed by 12 monthly plasmapheresis sessions)

**STUDY REQUIREMENTS**
- 55–85 years of age
- A diagnosis of mild to moderate AD
- A study partner who will accompany you to all study visits

**CONTACT**  MaryAnn Oakley at 412-692-2721 or oakeym@upmc.edu or Donna Simpson at 412-692-2717 or simpsondm@upmc.edu
Q: How is dementia with Lewy bodies different from Alzheimer’s disease?

A: Dementia with Lewy bodies (DLB) is a type of degenerative brain disorder similar to Alzheimer’s disease (AD). Like AD, it affects thinking abilities such as memory, attention, problem solving, and especially visual reasoning. But, unlike AD, the cognitive symptoms of DLB initially occur together with Parkinson’s disease-like symptoms (such as shakiness, poor balance, and falls), hallucinations (such as seeing visions), or both. DLB also often involves rapid changes in alertness and ability to pay attention (called fluctuations). There is currently no cure for DLB. Rather, symptoms are treated by using available medications that are prescribed for other diseases, such as those used to treat the Parkinson’s-like symptoms, psychiatric medications for hallucinations or mood symptoms, and memory medications similar to those used for AD.

The brain changes found in autopsy in DLB overlap with those seen in AD and Parkinson’s disease. How the biologies of these different dementias overlap as well as how they differ are important research questions at the University of Pittsburgh and elsewhere. The hope is that answers to these questions will soon lead to effective treatments.

Media attention to DLB has increased recently in connection with the death of well-known and beloved actor and comedian Robin Williams. Williams died in 2014 by suicide, and at the time it was reported that he had been diagnosed with Parkinson’s disease. However, his wife, Susan Williams, has recently said that his autopsy revealed that the disease was not Parkinson’s disease but rather DLB. Radio celebrity Casey Kasem also died of DLB, though doctors initially diagnosed his illness as Parkinson’s disease. These celebrity cases are bringing increased awareness to DLB, which is the third leading common cause of dementia in aging (after AD and vascular dementia).

Depression is a common symptom in people with DLB, Parkinson’s disease, and AD. Why? This is another important research question. A 2006 study led by Alzheimer Disease Research Center (ADRC) director Dr. Oscar Lopez reported that DLB-like brain changes (Lewy bodies) in a specific brain area called the amygdala are associated with depression in patients with AD. This study was the first to discover the relationship between Lewy bodies in the brain and depression. Regardless of whether depression occurs in the context of dementias or in otherwise healthy people, it is important for patients, families, and health care providers to work together to identify and treat depression symptoms.

To learn more about DLB, call the ADRC at 412-692-2700, visit the Lewy Body Dementia Association (LBDA) at lbda.org, or call the LBDA Caregiver Link at 1-800-539-9767.