# BU ADC Bulletin

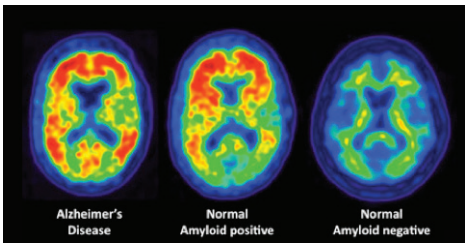
Winter 2017

Boston University Alzheimer's Disease Center

Funded by the National Institute on Aging


## Putting a Stop to Alzheimer's Disease (AD) Before It Even Starts: NOW IS THE TIME

**A nationwide study titled *Anti-Amyloid treatment in Asymptomatic AD* (the "A4 study") may be the secret to preventing AD.**




PAST RESEARCH has helped us understand how to detect AD before it even starts. Scientists now understand that amyloid is a protein normally produced in the brain, but amyloid can build up in some older people, forming amyloid plaque deposits. Scientists believe this buildup of deposits may play a key role in the eventual development of AD-related memory loss. Scientists can now detect "elevated" levels of amyloid plaque in the brain by using advanced neuroimaging techniques. Although an individual may be amyloid positive, meaning that amyloid has been detected in the brain, that doesn't mean that they will develop AD; it just means they're at increased risk. The AD Neuroimaging Initiative (ADNI), one of the largest observational studies of AD ever initiated, has the goal of detecting the pathology of AD—including amyloid—in the brain before symptoms of memory loss and trouble thinking even begin. Now that we are able to better detect AD at the earliest stages through these types of neuroimaging techniques, researchers are able to investigate drug therapies that may be able to prevent the disease before symptoms even begin.

*"Participation in clinical trials like this one is what makes prevention of diseases like AD a real possibility," says Dr. Andrew Budson, Associate Director of the BU ADC and Professor of Neurology at BUSM. "We need your help to stop AD."*

The nationwide study, titled *Anti-Amyloid treatment in Asymptomatic AD* (the "A4 study" for short), uses amyloid imaging techniques to investigate a new drug therapy that might be able to reduce the amount of plaques in the brain in individuals between the ages of 65 and 85 with normal thinking and memory function. Only if a potential participant has evidence of plaque buildup—detected by special amyloid PET scans—are they eligible for the study. Assigned at random, participants will receive either the investigational drug called solanezumab or a placebo and are monitored monthly over the course of the three years. Scientists are hoping that the medication will stop the amyloid from increasing and prevent the memory loss caused by AD.

The A4 study is being conducted at the BU ADC in addition to locations throughout the United States, Canada, and Australia. We are actively recruiting participants.

**The A4 study is a landmark public-private partnership, funded by the National Institute on Aging, Eli Lilly and Company, and several philanthropic organizations. The A4 trial is coordinated by the Alzheimer's Disease Cooperative Study.**

**Please call 617-414-1077 or email JoinADC@bu.edu for more information about participating.**

## In This Issue

**"Through my personal passion for running, I was inspired to research the effect of aerobic exercise. I started running seriously in my early to mid-30s and found it to be exciting and invigorating. I then started to think about how it affects the human brain and cognitive memory."**

***— Dr. Karin Schon, Clinical Core Investigator at the Boston University Alzheimer's Disease Center*** . . . . . 6

**Karin Schon**

# Together We Fight to Find a Cure for Alzheimer's Disease

## Wingate Residences Partners with BU ADC

Wingate Residences is a leading senior living community located in Needham, Massachusetts. On October 5th, 2015, the BU ADC officially announced our partnership with Wingate. This partnership aligns with Wingate's *Memory Care 360°* program mission to enhance the lives of seniors coping with Alzheimer's and dementia-related diseases. The partnership establishes the Wingate Residences as the primary external site for conducting HOPE research study visits for existing participants and recruitment of new participants. Dr. Robert Stern's affiliation with Wingate will introduce leading research and expertise to Wingate's *Memory Care 360°* program, which provides person-centric, dynamic care for residents living with Alzheimer's and memory-related diseases.

**Christina DiTerlizzi, BU ADC Assistant Director of the Education Core, along with BU ADC Community Action Council Members, takes part in the Dementia training experience during a BU ADC Community Action Council Meeting.**

## Senior Living Residences' Dementia-Friendly Communities Initiative

During the month of February, Senior Living Residences came to the BU ADC's Community Action Council Meeting to present their Dementia-Friendly Communities Initiative and their interactive sensitivity training, The Dementia Experience. The program is aimed toward creating Dementia-Friendly neighborhoods by providing meaningful education opportunities for both community members and professionals. "We believe it's time for a better understanding of dementia and we are committed to do our part to help people recognize the outward signs of memory loss and to combat the stigma of dementia," says Robert Larkin, president of Senior Living Residences. "Basic education will go a long way toward helping all of us to better respond, communicate, engage and support those around us living with dementia." All trainings are free and open to the public. If you or your organizations are interested in participating in a Dementia-Friendly Communities training, including their train-the-trainer program, please email Pamela Maloney (pmaloney@slr-usa.com).

# Concussion Legacy Foundation

The Concussion Legacy Foundation (formerly the Sports Legacy Institute) was founded in 2007 by Chris Nowinski and Robert Cantu, MD. The Foundation is dedicated to advancing the study, treatment and prevention of the effects of brain trauma in athletes and other at-risk groups through education, policy and research. The Foundation collaborates with Boston University's CTE Program and serves as the outreach and recruiting arm of their joint Brain Bank with BU and the VA Boston Healthcare System. Mr. Nowinski and Dr. Cantu serve on the BU ADC executive committee. Lisa McHale, the Concussion Legacy Foundation's Director of Family Relations, supports Legacy Donor families through the brain donation process and beyond.

## About Us

The Boston University Alzheimer's Disease Center (BU ADC) aims to reduce the human and economic costs of Alzheimer's disease through the advancement of knowledge. We conduct cutting-edge Alzheimer's research and provide education about aging and dementia to professionals and communities in Boston and beyond.

The BU ADC Education core publishes the *BU ADC Bulletin* twice per year. It includes stories about research findings, new studies, and more.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# Can Alzheimer's and Memory Loss Be Prevented? *Live Healthy!*

Everyone wants to know if AD and memory loss can be prevented. Dr. Maureen K. O'Connor has prepared this table based on her new book with Dr. Budson, ***Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It***. (See the back cover for more information, and check out the BU ADC prevention studies on page 4!)

**This is what researchers know about prevention.** ***(NOTE: Always consult your doctor before changing your diet or exercise routine.)***

| Mind-Brain Connection | Power of Exercise | Healthy Living = Healthy Brain | Staying Mentally Active | Staying Socially Connected |
|---|---|---|---|---|
| **WHAT RESEARCH HAS SHOWN!** | | | | |
| Negative emotions like depression, anxiety, and stress can interfere with our memory. In fact, when severe, mood disorders can actually mimic dementia in many ways! Similarly, the way we think about ourselves and the world around us—our mental mindset—can also significantly impact our ability to remember and think clearly. | Many diseases or illnesses can be either prevented or improved by exercising regularly...these include: *heart disease • high blood pressure • diabetes • stroke • heart attacks • osteoporosis*<br>Exercise may directly benefit brain cells by increasing blood and oxygen flow in the brain. Because of its known cardiovascular benefits, a medically approved exercise program is a valuable part of any overall wellness plan. | Eat healthy! What is good for the heart is good for the brain! A Mediterranean diet has been proven to prevent memory loss and keep our minds sharp. | In addition to physical activity, mental activity is important for maintaining cognitive health as you age. Mentally stimulating activities strengthen the existing connections between neurons and even form new connections. The more neuronal connections there are in your brain, the more "cognitive reserve" you have. | Research suggests that the simple act of talking to other people is good for your brain. |
| **WHAT CAN YOU DO?** | | | | |
| • Minimize stress<br>• Engage in pleasant activities | ***How much exercise is enough?***<br>The CDC recommends that older adults get:<br>• 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week<br>• Muscle-strengthening activities that work all major muscle groups 2 or more days per week<br>***Here are some definitions you should know:***<br>• Moderate-intensity exercise: your level of exertion is a 5 or 6 (on a scale where 0=sitting and 10=working as hard as you can); example is brisk walking.<br>• Vigorous-intensity exercise: your level of exertion is a 7 or 8 (using the same scale as above); example is jogging or running.<br>• Aerobic activity: any activity that gets you breathing harder and your heart beating faster. It could be anything from pushing the lawnmower to dancing to riding your bike. | Research suggests that eating large amounts of bad fats increases the risk of developing Alzheimer's disease. Eating large amounts of good fats decreases the risk! An example of a good fat is unsaturated fat. These good fats can be found in foods such as fish (especially wild salmon), nuts, avocado, and olive oil.<br>Eat vegetables...the brighter the better, because they have more vitamins! | Although crosswords, puzzles, and playing cards are all excellent examples of mentally stimulating activities, the list of activities that could provide similar benefits is endless!<br>Some additional examples include: *Reading • Listening to music • Attending cultural events • Surfing the Internet • Learning a new language • Playing a musical instrument • Dancing • Gardening • Taking a class or learning something new* | To sum it up, if your social circle is small or you don't have much interaction with people, GET OUT THERE! Find a club, organization, or volunteer activity that will allow you to interact with others on a regular basis! |

## Chronic Traumatic Encephalopathy Continuing Medical Education Course

**Date:**
**November 3rd & 4th, 2016**

**Location:**
**Boston University, Metcalf Trustee Center, 1 Silber Way, Boston, MA 02215**

The Boston University Alzheimer's Disease and Chronic Traumatic Encephalopathy Center held a successful Continuing Medical Education Course on November 3rd and 4th focusing on Chronic Traumatic Encephalopathy. During this two-day course, participants learned about all aspects of Chronic Traumatic Encephalopathy (CTE), including its pathology, pathophysiology, genetics, biomarkers, imaging, clinical syndromes, clinical criteria, differential diagnosis, implications for the family, and what it is like to live with the disease. We were joined by distinguished presenters from our center and from around the world.

**Dr. Andrew Budson (at podium), Dr. Robert Stern, Dr. Martha Shenton, Dr. Ann McKee, Dr. Thor Stein, Dr. Jesse Mez, Dr. Diaz-Arrastia, and Dr. Lee Goldstein.**

***Presenters not in this picture: Dr. Steven Rowson, Dr. Robert Cantu, and Dr. Kaj Blennow.***

# Actively Recruiting Studies

AD = Alzheimer's Disease; MCI = Mild Cognitive Impairment

| STUDY TITLE | CURRENTLY RECRUITING | STUDY DESCRIPTION |
|---|---|---|
| Health Outreach Program for the Elderly (HOPE) | **Healthy adults, MCI, AD** | HOPE is the main registry of participants. People who join HOPE attend a yearly visit in which their memory and thinking abilities are evaluated. They also participate in other BU ADC-affiliated studies. Interested volunteers may join this important registry if they can attend a yearly visit with a study partner and are 65 or older with or without memory concerns or 50 or older with memory concerns. |
| Anti-Amyloid in Asymptomatic Alzheimer's Disease Study (A4) | **Healthy adults** | This clinical trial is examining the effects of Solanezumab in patients who have not been diagnosed with AD, but have concerns about their memory. Patients are asked to come to the BU ADC once a month for 3 years. Interested volunteers may be eligible if they are between 65 and 85 years old and are able to attend monthly visits with a study partner. |
| Memory in Alzheimer's Disease and Mild Cognitive Impairment | **Healthy adults, MCI, AD** | This study seeks to better why patients with AD and MCI frequently remember things that never happened and to find ways to reduce false memories in patients with dementia. Subjects between 65 and 90 years old may be eligible to participate. |
| Aerobic Exercise, Neurotrophins, and fMRI | **Healthy adults** | This study is investigating the effects of exercise and cardiovascular fitness on cognitive processes, brain function, and levels of certain proteins in the blood. Eligible participants will be randomized to either an aerobic or non-aerobic exercise program for 12 weeks. You may be eligible if you are a healthy, sedentary adult aged 18-35 or 55-85. |
| The Light Study | **Healthy adults, MCI, AD** | This study is looking to detect changes in the brain associated with aging and cognitive impairment using near infrared spectroscopy (NIRS). Volunteers may be eligible if they are between ages 65 and 85 years old. |
| Subjective Complaints | **Healthy adults** | This study is examining the role that subjective memory complaints play in evaluating the risk of future cognitive decline due to Alzheimer's disease. Subjects will be asked to complete various cognitive tests during the 2-hour study visit. Interested volunteers between ages 45 and 85 may be eligible. |
| Subclinical Paroxysmal EEG Abnormalities in Alzheimer's Disease | **Healthy adults, MCI, LD** | The purpose of this research study is to find out if patients with early Alzheimer's disease have periods of abnormal brain activity, such as seizures, that might explain some of their memory problems. |
| Eli Lilly/Amaranth | **MCI, Mild AD** | The purpose of the Amaranth study is to assess the effects of AZD3293 in patients with a diagnosis of MCI or Mild Alzheimer's disease. Individuals are asked to come into the clinic about once a month for two years with a reliable study partner. Healthy volunteers between the ages of 55 and 85 are encouraged to participate. |
| Biogen/Emerge/Engage | **MCI** | This study examines the effectiveness of aducanumab in patients with MCI. Patients are asked to come to the Boston Center for Memory every month for 18 months, with the option of extending their treatment for an additional 24 months. Interested volunteers may be eligible if they are between 55 and 85 years old, have a reliable study partner, and have recently begun noticing problems with their memory and cognition. |
| Axovant | **Dementia with Lewy Bodies** | This clinical trial is examining the effects of RVT-101-2001 in patients who have been diagnosed with dementia with Lewy bodies (DLB). Patients are asked to come to the study site once a month for 6 months. Interested volunteers may be eligible if they are between 50 and 85 years old and are able to attend monthly visits with a study partner. |
| TTP488-301 | **Mild AD** | The vTv Pharmaceuticals trial, TTP488-301, is an 18-month study analyzing the efficacy and safety of a disease-modifying compound, Azeliragon or TTP488, in volunteers 50 years and older with mild AD. Study visits take place every 3 months. |

**Interested? Contact the BU ADC recruitment coordinator at 617-414-1077 or joinADC@bu.edu.**

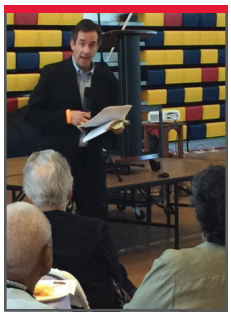
# BU ADC Student Ambassador Program

2015-2016 Ambassador students with Dr. Maureen K. O'Connor, Associate Director of the Outreach, Recruitment & Education Core, and Christina DiTerlizzi, Assistant Director of the Core.

Selected Boston University students are provided the opportunity to join the BU ADC Student Ambassador Program, a Student Learning Service Program at BUSM.

This program: **(1)** educates students about AD and related cognitive impairments; **(2)** improves students' communication skills with elders and cognitively impaired individuals; **(3)** educates students about culturally diverse communities; and **(4)** educates students about health disparities.

If you're interested in learning more about the Student Ambassador Program, please contact our Education Department, 857-364-2140.



## Community Events & Programs

The BU ADC holds many educational events and programs for community members, and its faculty speak at a variety of community education events throughout Massachusetts and southern New Hampshire. We also conduct numerous educational activities for health care professionals and researchers.

**Dr. Andrew Budson, Associate Director of the BU ADC and Director of the Outreach, Recruitment & Education Core, speaks to community members at the 2016 Alzheimer's Association Community Forum.**

**To request a speaker for a community education event, get in touch!**

E: **JoinADC@bu.edu** | P: **857-364-2140**

# Research Updates

## National Institute of Health (NIH) Grant Winner – Chronic Traumatic Encephalopathy (CTE): Detection, Diagnosis, Course, and Risk Factors

Robert Stern, PhD, Clinical Core Director of the BU ADC and Professor of Neurology, Neurosurgery, and Anatomy and Neurobiology at BUSM, was awarded a multi-million-dollar, 7-year, multicenter NIH grant entitled "CTE: Detection, Diagnosis, Course, and Risk Factors." This new study follows up on his earlier DETECT study, also funded by NIH, and will include collaborators from across the country, with the ultimate goal of developing methods of diagnosing CTE during life as well as examining genetic and other risk factors for the disease. Stern and his colleagues will be examining hundreds of former NFL players and college football players using cognitive tests, blood-based markers, and state-of-the-art neuroimaging. It is expected that the results of this project will not only aid our understanding of CTE and the long-term consequences of repetitive brain trauma, but will also advance our knowledge of AD and related disorders.

## Alzheimer's Association Award Winner — "Most Impactful Study in the Last Two Years."

Tsuneya Ikezu, MD, PhD, BU ADC Faculty Member and Professor of Pharmacology and Experimental Therapeutics and Neurology at BUSM, recently received the Alzheimer's Association's Inge Grundke-Iqbal Award, an award granted to the senior author of the most impactful study published in AD research during the past two calendar years. The award was presented at the Alzheimer's Association International Conference® 2016 in Toronto. Ikezu received the award for research that found that brain immune cells called microglia might play an adverse role in transporting toxic tau protein during the early stages of AD. Researchers had known that tau—the protein that forms the tangles of AD—spreads from one part of the brain to another, but they didn't know how. Ikezu's research helps to answer that question. The findings were detailed in the paper "Depletion of microglia and inhibition of exosome synthesis halt tau propagation," published in the journal *Nature Neuroscience* in November 2015.

## $1.49 Million from NIH for Prof's AD Start-Up

Carmela Abraham, PhD, BU ADC Faculty Member, and Professor of Biochemistry & Medicine and Professor of Pharmacology & Experimental Therapeutics at BUSM, was awarded $1.49 million for a small business innovation research grant (SBIR) from the NIA/NIH to help fund Klogene Therapeutics, Inc., which will develop novel therapeutics for AD. Dr. Abraham, along with her husband, Mr. Menachem Abraham, an entrepreneur since the mid-1980s, and Kevin Hodgetts, a medicinal chemistry collaborator and Director of the Harvard Medical School-affiliated Laboratory for Drug Discovery in Neurodegeneration (LDDN) at Brigham and Women's Hospital, founded Klogene Therapeutics, Inc. Klogene grew out of Abraham's work on Klotho, a large, multi-functional protein produced in the kidneys and brain that circulates in the blood and cerebral spinal fluid and may protect against AD and other neurodegenerative diseases. In a collaboration that spanned years, Abraham, Hodgetts and their team have developed novel small molecule compounds that boost Klotho levels in the brain. This intellectual property is being licensed from BU by Klogene and is the initial basis for its drug development program.

## Alzheimer's Association Award Winners

Jesse Mez, MD, Clinical Core Associate Director of the BU ADC and Assistant Professor of Neurology at BUSM, has recently received funding from the Alzheimer's Association to study the genetics of CTE. While all CTE cases have exposure to repetitive head impacts, not all individuals exposed to impacts develop CTE, suggesting that impact exposure is necessary, but not sufficient for development of CTE. Therefore, it is critical to identify additional CTE risk factors, including genetic factors. Mez and his research team will use genome-wide association and targeted sequencing together with measures of impact exposure to identify genetic variants associated with CTE.


**From left to right: Dr. Jesse Mez , BU ADC Faculty member and Associate Clinical Core Director; Dr. Robert Stern, BU ADC Clinical Core Director; Mr. Jim Wessler, CEO of MA/NH AD Association Chapter; and Dr. Andrew Budson, BU ADC Associate Director and Director of the Outreach, Recruitment & Education Core.**

Katherine Turk, MD, Instructor in Neurology at BUSM and Physician Scientist pursuing fellowship training at the Veterans Affairs (VA) Boston Healthcare System, has been awarded the Alzheimer's Association Clinical Fellowship Award under the mentorship of Dr. Andrew Budson. Her study investigates the use of event-related potentials to diagnose AD in the clinic. The funding of $150,000 over three years allows extension of the project to include amyloid PET scans for participants as well as quantitative MRI techniques. Ultimately the project will compare the diagnosis of AD using event-related potential techniques to amyloid PET techniques as a gold standard.

## Testing Your Language, Attention, and Memory Can Help Improve Thinking

Andrew Budson, MD, Director of the BU ADC Outreach, Recruitment & Education Core, Director of the Center for Translational Cognitive Neuroscience at the VA Boston Healthcare System, and Professor of Neurology at BUSM, has been awarded a Boston University Grant titled "Home-Based Electronic Cognitive Rehabilitation." This study examines whether repeated training on tests of language, attention, and memory on an iPad can help improve thinking in patients with mild cognitive impairment or mild AD dementia. Tasks are administered on an iPad device over the course of several months. During this time, lead technician Ala'a El-Shaar and the team will monitor performance on the tasks. All sessions for this experiment will be completed in the home.

Our Center supports a wide variety of AD-related research. **If you are interested in participating in one of our studies, please call 617-414-1077 or email joinADC@bu.edu for more information.** You can also check out our website to learn more about actively recruiting studies: **bu.edu/alzresearch**.

# Get to know our new faculty: Dr. Rhoda Au and Dr. Karin Schon

Dr. Rhoda Au completed her undergraduate degree at Pomona College in California. She earned her PhD from the University of California, Riverside, and an MBA from Boston University. Joining BUSM in 1986, she is currently a Professor of Neurology. Dr. Au served as the Acting Deputy Director for the VA Medical Research Service (1992-1993), and throughout her career has collaborated with many organizations such as the BU AD & CTE Center, Framingham Heart Study, Massachusetts Institute of Technology, and Evidation Health in Silicon Valley. She is currently working with the BU School of Public Health on the Aging Well Initiative, which looks at ways to prevent chronic disease and keep an aging population healthier longer. Dr. Au's research interests are focused on aging and dementia, and include relating cardiovascular risk factors, brain MRI measures, and neuropathology to cognitive performance. She is also interested in merging research and technology as the path toward innovative science.

**Dr. Rhoda Au, PhD**

Dr. Karin Schon received a joint BA/MA degree in Psychology from the University of Hamburg in Germany in 1998, and her PhD from the Department of Psychology at Boston University in 2005. Her dissertation focused on functional neuroimaging studies of working memory and long-term memory formation under the mentorship of Prof. Chantal Stern. She then continued her work with Prof. Stern as a research postdoctoral, collaborating with BU ADC Associate Director Dr. Andrew Budson. Through her personal passion for running, Dr. Schon became inspired to research the effect of aerobic exercise on brain health. "I started running seriously in my early to mid-30s and found it to be exciting and invigorating. I then started to think about how it affects the human brain and cognitive memory." In 2010, she received a K99/R00 Pathway to Independence Career Development Award from the National Institute on Aging to investigate the effects of cardiorespiratory fitness and exercise on the function and structure of the medial temporal lobe memory system. In May 2013, she joined the Department of Anatomy & Neurobiology at BUSM as an Assistant Professor. Dr. Schon's research interests are centered on brain plasticity, cognition, and aging in humans. Currently, her research focuses on the role of aerobic exercise and cardio-respiratory fitness as a modulator of cognitive function and brain integrity across the lifespan. She uses functional and structural MRI, behavioral and exercise physiology methods, and biomarker assays. Dr. Schon is actively recruiting for the study "Aerobic Exercise, Neurotrophins, and fMRI." This study is investigating the effects of exercise and cardiovascular fitness on memory and thinking, brain function, and levels of certain proteins in the blood. You may be eligible for the study if you are between 18 and 35 or 55 and 85 years old and are a healthy, sedentary adult. Results of this study will help us to better understand the impact of lifestyle factors on brain aging.

**Dr. Karin Schon, PhD**

# BU ADC Happenings

## Welcome

The Boston University Alzheimer's Disease Center (BU ADC) and its affiliate, the Chronic Traumatic Encephalopathy Center (CTE Center), would like to extend a warm welcome to new interns and employees:

Christina DiTerlizzi, Assistant Director of the Outreach, Recruitment & Education Core, has worked as the Education Programs Manager for the BU ADC for the past three years. She has recently been promoted to Assistant Director. Bobak Abdolmohammadi, Research Assistant, received a BA in Neuroscience and Psychology from Boston University in 2015 and shortly after joined the BU ADC and CTE Center. Michael Alosco, Post-Doctoral Fellow and BU ADC Researcher, earned his PhD in clinical psychology, with an emphasis in neuropsychology, from Kent State University in August 2015. His primary interest is in clinical biomarkers in CTE and other neurodegenerative disorders. Dawn Jacobs, Clinical Research Coordinator, began her nursing education at Boston Children's Hospital School of Nursing. She then earned a BSN from Excelsior College in Albany NY and a Master's Degree in Public Health from Boston University. Prior to joining the BU ADC, she coordinated a multi-site epidemiologic study of risk factors for birth defects in addition to working on several vaccine trials for children and HIV. Nicole Gullotti, Assistant to Dr. Stern and Recruitment Coordinator, graduated from UMass Amherst in 2015 with a Bachelor of Science in Psychology with a concentration in neuroscience, focusing her research on the impact of brain stimulation as a therapy for mild traumatic brain injury, with a particular focus on concussions. Rose Healy, Psychometrician for the Health Outreach Program for the Elderly (HOPE) Study, earned a Bachelor of Arts in English and completed her premedical requirements at Amherst College, graduating in May 2015. She then worked as a medical assistant and scribe for a year getting hands-on clinical experience, and joined the BU ADC in July of 2016. Jason Miller, CTE Center Administrative Assistant, received his Bachelor's Degree in Business Administration, majoring in Finance, from Suffolk University in 2011. He is also currently pursuing his Master's in Business Administration in the Health Sector Management program at Boston University. Christian Puzo, Psychometrician for the HOPE Study, graduated from Boston College in 2016 with a BS in Psychology with a concentration in neuroscience. During his time as an undergraduate student, he was a member of two cognitive neuroscience laboratories, where he worked on research studies examining how structural differences in the brain correlate with performance on cognitive tests. Shannon Conneely, DETECT and LEGEND Coordinator, completed her BA in the History of Science, History of Medicine at Yale University in May 2016 and joined the BU ADC in August of 2016. Fiona Rice, DIAGNOSE Project Manager, received her BS in education at Northeastern University and a Master's Degree in Public Health from Boston University. She joined the DIAGNOSE CTE Research Project as the Project Manager in January 2016. Taylor Platt, DIAGNOSE Recruitment Coordinator, completed her BA at Boston University in 2012 and started at the BU ADC in May of 2016. Claire Thomas, Research Assistant for BU ADC clinical trials, graduated Boston University in 2016 with a major in health science and a minor in biology. She currently attends Boston University School of Public Health, working towards an MPH with a concentration in epidemiology.

# BU ADC Happenings *continued*

## Goodbyes

Many thanks and best wishes to departing BU ADC and CTE Center staff:

Meenakshi Venkata Chivukula, BU ADC Research Coordinator, relocated to India. Hanaan Bing-Canar, Psychometrician for the HOPE Study, relocated to her home state of Chicago. James Burgess, LEGEND Intern, successfully completed his one-year internship. Johnny Jarnagin, DETECT Research Assistant, left to pursue his medical school degree at UMASS Medical School in Worcester, MA. Diane Essis, Recruitment Coordinator, left to pursue her medical school degree at Wayne State University in Detroit, Michigan. Kimberly Chapman, Psychometrician for the HOPE Study, left to pursue a PsyD at Kent State University in Ohio. Lauren Murphy, Administrative Assistant, graduated with her MBA from Boston University and has started a consulting career at Stax Consulting Firm.

# BU ADC joins the Walk to End Alzheimer's

**The BU ADC team supported the Alzheimer's Association at the Greater Boston Walk to End Alzheimer's in Cambridge.**

Friends, faculty, and staff of the BU ADC teamed up with Senior Living Residences to raise awareness and funds for Alzheimer's disease. On Sept. 25th, 2016, more than 20 people joined in, completing the Alzheimer's Association Walk to End Alzheimer's and raising more than $6,000 for research.

## Honorary and Memorial Contributions

The Boston University Alzheimer's Disease Center is involved in a variety of clinical, research and educational activities. Research study participants, families and community leaders often wish to contribute to the fight against Alzheimer's disease. We welcome honorary and memorial donations. These gifts are an excellent way to honor a family member or friend while contributing to the advancement of Alzheimer's research. The BU ADC would also like to recognize the families and individuals who've coordinated innovative events in an effort to fundraise for BU ADC research. **To make a donation, please call Kate DeForest in the BU Development Office at 617-638-4969 or visit us online: www.bu.edu/alzresearch.**

The BU ADC would like to recognize the following private donors for their greatly appreciated contributions, which were made between January 2016 and August 2016. Please note that anonymous donors are not listed.

### In Honor of Ginny Timmons

Aarron Clark
Louis E. Jacob and Glorie L. Jacob
Nelson H. Rolfe and Theresa M. Rolfe
Andy Stephens and Jeanne Stephens
Joan Tessier
Timmons Team Alzheimer's Run

### In Memory of Barbara Freysinger

Patricia L. Freysinger

### In Memory of Esther B. Kahn

Don H. Ross and Carolynn G. Ross

### In Memory of James J. Marcellino

Alma Nove
The Arthur I. Segel Trust
Robert E. Austin and Marjorie F. Austin
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John Necco and Marsha Necco
Mark Pearlstein and Melanie Pearlstein
William T. Pizzi and Leslie A. Pizzi
Stephanie A. Rodgers
Joseph F. Timilty and Elaine F. Timilty
Madeleine Timin

### In Memory of Rose Turetsky

Joan F. Beer and Dennis J. Beer

### In Memory of Sabatino Sferrazza

Joseph M. Ellis, Jr. and Deborah A. Ellis
Tommie J. Jackson and Patricia M. Jackson
Leo M. McCormick and Karen L. McCormick
Mary Spang

### In Memory of Skip Curtis

Butter Nut Cove

### In Honor of Joan Cohen

Heidi P. Miller and Reuben J. Miller

### In Honor of Gerald J. Kelley and Family

Peter M. Lynch and Kathleen K. Lynch

### In Honor of Deborah Schnipper and Claudia Schnipper Hochberg

Sydra A. Schnipper

### In Honor of Maurine Hayhurst

Sandra Glenn and Mark Glenn

### In Honor of Maria Emilia Hermont

Marina Camelo

### In Honor of Max Wallack

Janice L. Laakko

### In Memory of Arlene Fife

Fife Family Foundation, Inc.

### In Memory of Azatui Seferian

Srbui Seferian

### In Memory of Barbara Lyons Salley

George W. Helwig and Nadine A. Salley

### In Memory of David D. Buell

Christopher P. Martin and Sara Martin

### In Memory of Dr. Gladys Harrison

Arlene S. Grimes

### In Memory of Joan Haas Einhorn

Roy B. Einhorn and Jodi Sufrin

### In Memory of Juliette Sombaert

Helen V. Sombaert

### In Memory of Nicholas Saia

Bruno Rondinelli
Salvatore A. Spada and Anna M. Spada

### In Memory of Peter C. Hotton

Louis Bonaiuto and Maria Bonaiuto

**BU ADC Bulletin**
Boston University Alzheimer's Disease Center

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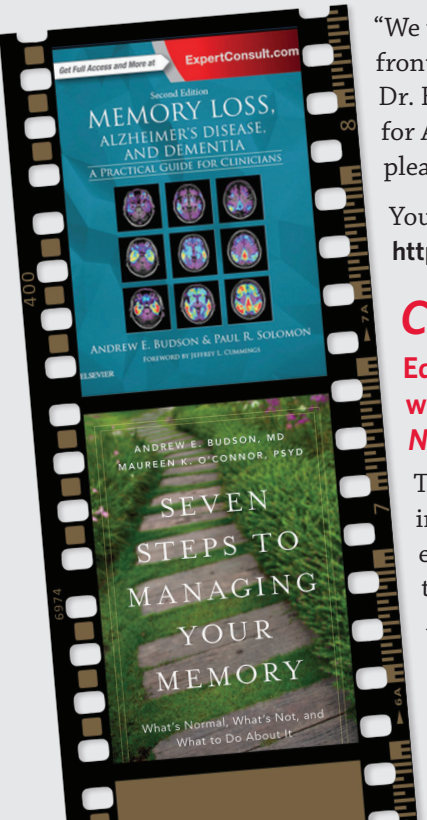
## THE NEWSREEL:

# *Just published!*

**The second edition of *Memory Loss, Alzheimer's Disease, and Dementia: A Practical Guide for Clinicians* by BU ADC faculty Andrew Budson, MD, and Paul Solomon, PhD, has been released.**




"We wrote the first edition of this book because we wanted to help primary care providers as well as the frontline neurologist, psychiatrist, and geriatrician diagnose and treat patients with memory disorders," Dr. Budson explains. "With the explosion of new tests to diagnose Alzheimer's disease and new criteria for Alzheimer's, plus many other disorders, we knew that the time was right for a new edition. We are pleased that this edition is in full color, which makes the figures come alive."

You can purchase the book on Amazon:
**https://www.amazon.com/Memory-Loss-Alzheimers-Disease-Dementia/dp/0323286615/**

# *Coming Soon!*

**Education Core Directors Andrew Budson, MD, and Maureen K. O'Connor, PsyD, have written a book for the public, *Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It*.**

The book, available for pre-order on Amazon, helps the older adult understand whether the changes in memory they are experiencing are normal or not, how to work with their doctor during an evaluation, what diets and exercises can help, which memory aids and strategies are useful, and how they can proactively plan their future.

You can preorder the book on Amazon:
**https://www.amazon.com/Seven-Steps-Managing-Your-Memory/dp/0190494956/**