

Clinical Trials at the Australian Alzheimer's Research Foundation

Clinical trials remain at the heart of investigating new therapies that may slow or stop the progression of Alzheimer's disease.



As research continues into this disease, new therapies are being developed which may offer real hope for the future.

The Foundation is proud to be involved in many ground breaking clinical trials and provide the opportunity for people in Western Australia to gain access to potential new therapies into Alzheimer's disease. New drugs go through years of extensive testing before they are tested in clinical trials on humans and every volunteer is assessed by a qualified doctor to make sure it is safe for them to participate.

We are seeking volunteers who:

- have been diagnosed with mild cognitive impairment or early Alzheimer's disease



March
2019

- are between 50-90 years of age
- If you are interested in participating in one of our clinical trials, or would like to know more about our trials, please contact Sarah Ho on 9389 6433 or email AARFCTD@alzheimers.com.au. Our current clinical trials can also be viewed on our website: www.alzheimers.com.au, go to What We Do and Participate in a Clinical Trial.

The Foundation is extremely grateful to everyone who generously gives their time to participate in our trials. Your involvement is greatly appreciated.

Message from the CEO



Your support is helping fund ground breaking research into Alzheimer's disease. The work we do is only possible because of you.

Thank you for sharing our vision of an Alzheimer's free world.

As the second leading cause of death in Australia, Alzheimer's disease requires our urgent attention. The research we support is focused on better and earlier diagnostics, prevention and treatment solutions.

Your support enables us to continue to fund this vital research and the next generation of researchers into Alzheimer's here in Western Australia. Every little bit helps.

If you would like to talk to us about how you can support our work, please call 6457 0253 or visit www.alzheimers.com.au

We'd love to hear from you!

Liza Dunne
CEO, Australian Alzheimer's
Research Foundation

*Thank
You!*

Wine and Horses in Perth Hills

Wine and Horses in Perth Hills are hosting a two day ride to Northam and we're delighted that they have chosen to support the Australian Alzheimer's Research Foundation with their fundraising efforts this year.

The event will be held over the weekend of 12 and 13 October 2019 and will involve approximately 70 horses trekking to Northam from either Clackline (25km per day) or from Wooroloo (50km per day) riding along the CY O'Connor Pipeline and Kep Trail into Northam then returning the following day.

They would love to welcome any members of the public that would

like to be involved as a volunteer supporter. Volunteers are needed to let riders know when the streets are clear of traffic and safe to cross plus provide riders and/or horses with drinks and refreshments along the journey. Anyone who volunteers is sure to have a great time and no horse experience is necessary.

Riders, family, friends and volunteers are all welcome to camp at the Avon Equestrian Centre in Northam on the 12 October, where they will hold their annual Fundraising Event with dinner, live music plus a fundraising stall and auction. The donation of salads and desserts for the evening fundraising event would also be greatly appreciated.



Please visit www.northamride.com for information about volunteering and the event in general, or contact Maryanne on wineandhorses@bigpond.com or 0439 957 237.

Retinal Imaging for Alzheimer's Diagnosis

One of the biggest challenges with Alzheimer's disease is having an early, non-invasive and low cost diagnosis.

The Foundation is currently investigating whether retinal imaging could potentially provide a solution with a new research-only camera. Previous work has shown that the protein which forms plaques in a brain affected by Alzheimer's is also

present in the eye. The tissues in the retina are an extension of the brain and research has shown a correlation between brain amyloid and the retina.

The camera uses light of different wavelengths to highlight various features on the retina. So far we have imaged about 40 participants and each participant will also undergo a brain scan so the retinal image and

brain image can be compared.

The study is a collaboration between the Australian Alzheimer's Research Foundation and Edith Cowan University, together with Macquarie University in Sydney. The ultimate goal of the study is to develop this further into a reliable, inexpensive and non-invasive diagnostic tool for Alzheimer's disease in the future.

Congratulations Team Hobbits

On the 19th November 2018 Team Hobbits (Peter and Gareth) set out to complete Australia's longest kayak race, the Massive Murray Paddle.

They had one goal in mind and that was to win the race. Not only did they win but they also set a record for the event!

The Massive Murray Paddle is 404km over 5 days. Starting in Yarrawonga and finishing in Swan Hill, in Victoria.

Peter and Gareth raised money for the Foundation - we thank you for your support!

As Peter has a family member suffering from Alzheimer's disease, supporting the Foundation was important to him. Peter and Gareth are looking forward to the day when we can prevent Alzheimer's disease affecting any more families.



(L to R) Lidija Milicic (PhD Student), Madeline Peretti (MSc Student), A/Prof Simon Laws, Dr Tenielle Porter



New and exciting research

People in the early stages of Alzheimer's disease may one day have access to personalised treatment advice, tailored to their genetic profile, to help slow the progression of this debilitating condition.

A team led by Edith Cowan University's Associate Professor Simon Laws has received funding from the National Health and Medical Research Council (NHMRC) to examine the interplay of genetic and lifestyle factors impacting the rate of memory decline among Alzheimer's sufferers.

Genetics has been well established as a key contributor to Alzheimer's disease risk, but 20 years ago few thought lifestyle factors had much to do with the condition. There is now evidence that both genetic and lifestyle factors can impact Alzheimer's risk. The aim of this research is to determine how genetic and lifestyle factors interact with each other, which may determine the rate at which people in the early stages of Alzheimer's disease suffer cognitive decline and changes in the brain.

Understanding this interaction could lead to the development of personalised advice for early-stage sufferers about which specific lifestyle changes would provide them with the

most benefit and help delay the onset of symptoms. One person's genetic profile may mean that they should focus on modifying their diet, whereas another person should perhaps focus on exercise or sleep.

This comprehensive study will build on previous research from fellow researchers, including Drs. Stephanie Rainey-Smith, Belinda Brown and Hamid Sohrabi that identified important lifestyle factors influencing the risk of developing Alzheimer's disease, such as diet, sleep and depression. Moreover, it particularly builds on the developing evidence that their interaction with genetics is key.

In a truly collaborative effort Associate Professor Laws and his team in the Collaborative Genomics Group in Perth, will work with colleagues at ECU as well as from the University of Melbourne, Macquarie University, University College London and CSIRO Health and Biosecurity. The research program will also provide significant opportunities to develop the next wave of researchers through offering PhD research projects. One such student is Ms Lidija Milicic who has been awarded an Australian Alzheimer's Research Foundation top-up scholarship to help further her studies.

Researcher Profile



Lidija Milicic

I began working as a research assistant for the Collaborative Genomics Group in 2015, which is when my interest in genetics and dementia research flourished.

Alzheimer's disease is the second leading cause of death in Australia and has devastating consequences to the sufferers and their families. Being part of a small team focused on understanding the integral role that genetics plays in defining risk for Alzheimer's disease, I began to appreciate the complexity of this disease and realised that I wanted to be one of the scientists contributing to make a difference.

In 2017, I did my honours degree and I am currently commencing my PhD, under the supervision of Associate Professor Simon Laws at Edith Cowan University. In recent years, there has been a heightened interest surrounding the potential role of methylation patterns (the attachment of a molecule to DNA, which changes the expression of a gene) in many diseases, including Alzheimer's disease. My PhD thesis will focus on examining the role methylation may play in defining Alzheimer's disease risk. Specifically, we hope to identify individuals within the population at risk of the disease and determine how those methylation patterns may influence disease symptoms and progression.

Eating a Mediterranean diet could delay the onset of Alzheimer's disease by years.

A team of researchers from Edith Cowan University (ECU) found that eating a Mediterranean diet could delay the onset of Alzheimer's disease by years.

The build-up of Amyloid beta is linked to the development of Alzheimer's. Dr Rainey-Smith said one of the most exciting aspects of the research was that you don't have to be lifelong adherent to the diet to get the benefits.

"We found that following a Mediterranean diet for just three years reduced the build-up of Amyloid beta by up to 60 per cent. This tells us that eating a Mediterranean diet could potentially delay the onset of symptoms of Alzheimer's disease by years."



If you would like more information about this research please visit our website www.alzheimers.com.au then go to About Us and News and Events.

Save the date HBF Run for a Reason

Mark the 19 May 2019 in your calendar and join the HBF Run for a Reason.

The Australian Alzheimer's Research Foundation is very excited to be one of the participating charities at this year's HBF Run for a Reason.

The Australian Alzheimer's Research team has been registered and we'd love to have you join us.

A healthy body is one step towards a healthy brain and the HBF Run for a Reason is the perfect opportunity to get out and support a healthy lifestyle. There are a variety of courses including a 4km leisurely stroll along the Swan River, a 12 km course and a challenging 21 km half marathon!

We are passionate about making a difference in Alzheimer's disease and we need your support. Remember your HBF Run for a Reason registration fee is just that and every fundraising dollar is vital to help research into Alzheimer's.



It's easy to get started.

- Register at www.hbfrun.com.au as an individual, select "I am part of a team" and search for the team Australian Alzheimer's Research.
- Or you may want to fundraise for the Australian Alzheimer's Research Foundation by creating your own fundraising page on Everyday Hero. Once you register for the HBF Run you will be prompted on how to do this. Go ahead - it's easy.
- Start fundraising! Once you have registered we'll email you some tips and tricks to help you make the biggest impact you can on the fight for memories.

If you have any questions before registering, please call us on (08) 6457 0253.

If you can't join us, you can also donate directly to the Australian Alzheimer's Research Foundation at <https://nfp.everydayhero.com/au/australian-alzheimers-research-foundation>

To get in touch with the Foundation about fundraising, please contact us at info@alzheimers.com.au

**hbf run
FOR A REASON**

Personal Story

In March 2018 Vicki's step father Jack passed away after a 6 year battle with Alzheimer's disease. At that moment in time Vicki felt the need to do her bit to help raise funds for Alzheimer's disease research.

On December 1 Vicki took the plunge and participated in the Dawesville Bridge Swing raising over \$1,400 for the Australian Alzheimer's Research Foundation.



Vicki works in a medical centre and every week see's how Alzheimer's disease is affecting families. Her hope for the future is that there are treatments discovered and ultimately a cure is found.

We thank Vicki for her passion and dedication to our cause.



Not just tea and scones

One of the first things that comes to mind when we think of the Country Women's Association, is a peaceful cup of tea accompanied by a delicate scone, topped with homemade jam and a decadent serving of cream.

But their catchphrase, "not just tea and scones", is helping them reach younger generations and buck the downward trend of volunteering in Australia.

The CWA of WA brings together women from all walks of life who want to contribute to their community. And this is exactly what they have been doing this year, holding a variety of events to raise

vital funds for Alzheimer's research in Western Australia.

The CWA is a not-for-profit, volunteer operated, women's organisation aiming to improve the wellbeing of all people, especially those in country areas by promoting courtesy, cooperation, community effort, ethical standards and the wise use of resources. They have rural, remote, regional, and metropolitan branches

who welcome women from all walks of life. If you would like to find out more about CWA membership, please contact their State Office on (08) 9321 6041 or email info@cwaofwa.asn.au

The Australian Alzheimer's Research Foundation is very grateful to have their support and sincerely thanks them for their fundraising efforts.

With thanks and appreciation to all our partners



Have you got a story you would like to share?



Perhaps it is your favourite memory, or a memory of a loved one who has Alzheimer's disease or suffered from the disease.

Sharing your story can also provide hope and encouragement to others who might be going through the same experience.

If you are interested in sharing your story please contact the Foundation on 08 6457 0253 or email info@alzheimers.com.au

2019 Calendar of events

If you are looking for ways to support us, some of the events below provide an opportunity to fundraise for the Foundation.

HBF Run for a Reason	19 May 2019
Chevron City to Surf	August 2019
World Alzheimer's Month	September 2019
Seniors Recreation Council Have a Go Day	13 November 2019

Follow us on Facebook to stay up to date with the latest research and events.

Chevron City to Surf August 2019



Register your interest by emailing info@alzheimers.com.au

Join Team Alzheimer's Research in the Chevron City to Surf and help raise funds for Alzheimer's disease research.

Contact us

Australian Alzheimer's Research Foundation
PO Box 963, Nedlands WA 6909
T: 08 6457 0253
E: admin@alzheimers.com.au

Thank you

Sincerest thanks to all our supporters and donors who share our vision of an Alzheimer's free world.

Yes I will join the fight for memories!

Make a donation by:

- Calling **08 6457 0253**
- Visiting our website: alzheimers.com.au
- Mailing the completed form to:
Australian Alzheimer's Research Foundation
PO Box 963, Nedlands WA 6909

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I would like to make a donation of:

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Thank you! A receipt will be sent to you. All donations over \$2 are tax deductible.