



— **WORLD** —
ALZHEIMER'S
— **DAY** —

September 21



September
2018

September is World Alzheimer's Month

World Alzheimer's Month is the international campaign held every September to raise awareness of this challenging and debilitating condition. Over 50 countries take part in this event to raise awareness and raise funds for research.

Every 3 seconds someone in the world develops dementia - 70% of dementia sufferers have Alzheimer's disease.

There is currently no cure.

What will you do to help this September?

Message from the CEO



September is World Alzheimer's Month and a time to raise awareness about Alzheimer's disease and the enormity of the challenge confronting us. World Alzheimer's Month provides a global voice on the disease to ensure action is taken to improve awareness, care and the science of understanding, preventing and treating this disease.

I encourage you to take the opportunity in September to talk about dementia and Alzheimer's with friends, family and colleagues and show that you, or your organisation, care and are part of a growing number of people working to improve the lives of people with Alzheimer's and their families.

The global voice of thought leaders, researchers and scientists are asking the leaders of the world's wealthiest nations to put Alzheimer's disease at the top of the 2019 G20 Agenda. As the host of the 2019 G20, Japan is ideally positioned to focus global attention on the economic, health, and human impact of the disease with 27% of its population 65 or older, and therefore at increased risk. 50 million people are currently living with dementia around the globe and as the world's population rapidly ages, this number is expected to nearly triple, reaching 152 million with dementia by 2050.

Australia also faces the challenges of an aging society. In 2016, approximately 15% of the Australian population was 65 or older. By 2056, it is projected that 22% of the Australian population will be over 65.

So I invite you to **get informed and involved** during World Alzheimer's Month. Find out more about Alzheimer's disease, what you can do to reduce your risk of developing the disease and please, help raise much needed funds to continue our research work. Please visit our website www.alzheimers.com.au to find out more.

Liza Dunne

CEO, Australian Alzheimer's Research Foundation

Getting a good night's sleep?

A new study will aim to examine whether improving sleep, in older adults who report being 'poor sleepers', can modify the risk of developing Alzheimer's disease.



Alzheimer's disease, the most common form of dementia, is set to place considerable social and financial burden on society in the coming decades. We know that the toxic protein, beta-amyloid, plays a significant role in Alzheimer's disease, and we also know that the accumulation of this protein leads to the death of brain cells and, thus, shrinkage of the brain. Nevertheless, we don't know how to slow or stop the progression of this disease, nor why beta-amyloid accumulates in some individuals, but not in others.

With no cure available, it is essential to identify factors that could delay or prevent the onset of Alzheimer's. Research has identified sleep as one such factor. Previous research into sleep and the disease has been limited, with the field requiring further vital research to understand how improved sleep in older adults may influence the risk of developing Alzheimer's disease.

This new project will implement a non-pharmacological intervention to improve sleep in older adults who are 'poor sleepers'. In doing so, we will examine whether improved sleep (better and longer) contributes to better memory and thinking, slowed beta-amyloid build up in the brain and slowed shrinkage of the brain.

Should this study confirm a link between improved sleep and decreased risk of Alzheimer's disease, specific strategies aimed at improving sleep could be used to reduce the prevalence of Alzheimer's disease.

We are looking for older adults (60 years and over), who are 'poor sleepers' but otherwise well, to participate in a study aimed at improving sleep. Study participants will undergo a course of cognitive behavioural therapy to improve their sleep.

For more information about the Sleep Study, or for information on how to get involved, please contact Research Assistant Manja Laws via email: m.laws@ecu.edu.au or phone: 08 6457 0264.



Testosterone Study screening has commenced

On the 16th April, 2018 screening for potential participants commenced for the Australian Alzheimer's Research Foundation sponsored Testosterone Study. To date 47 participants have attended the clinic and a further 170 have expressed interest to be booked in the future. 200 men who are concerned about their memories but do not have a diagnosed memory condition will be recruited into this study in Perth and Sydney.

Participants will attend regular visits for blood tests, testosterone or placebo treatment and safety assessments. They will also be asked to take a fish oil or a placebo daily.

To measure the effect of the treatment interventions, participants will be required to have brain scans, memory tests and a lumbar puncture before and after entering a 56 week treatment period.

Participation from the start to finish is expected to last no longer than 18 months.

For further information please call the Foundation's clinical research facility on 6304 3966 or email Shane Fernandez at s.fernandez@ecu.edu.au

Alzheimer's Association International Conference

Highlights from the 2018 Alzheimer's Association International Conference

In July, the bustling and vibrant city of Chicago in the United States, played host to this year's Alzheimer's Association International Conference (AAIC). This is the largest and most influential meeting dedicated to advancing dementia science. It convenes the world's leading researchers, clinicians and care communities to share research discoveries that will lead to methods of prevention and treatment, and improvements in the diagnosis for Alzheimer's disease.

Here are some of the highlights:

- The release of the latest results in the clinical trial, sponsored by pharmaceutical companies Eisai and Biogen, of a new drug candidate for the treatment of Alzheimer's. The results, following 18-months of drug therapy of 856 patients, are very encouraging with reduction of brain amyloid plaques and slowing of cognitive decline seen.

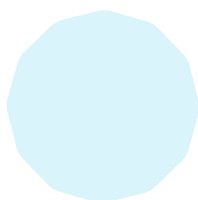
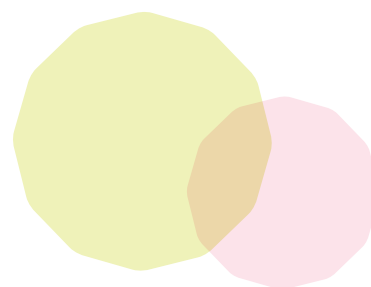
- Reports of a potential link between reproductive history, including the number of children, and dementia risk in women.
- New research results showed that aggressive lowering of systolic blood pressure was associated with significant reductions in the risk of mild cognitive impairment and dementia, supporting the idea that reducing cardiovascular disease risk factors may reduce the risk of dementia.

A number of our researchers travelled to Chicago for the conference. PhD student Rasangi Seneviratne presented a poster on the development of a new measure for evaluating olfactory (smell) memory which may be useful in identifying the early presence of Alzheimer's.

Research Fellow Dr Stephanie Rainey-Smith gave a talk on a possible mechanism between sleep

and Alzheimer's disease. Dr Rainey-Smith reported that individuals with particular genetic variations in proteins, that play a role in our brain's night-time 'housekeeping' system, were susceptible to high brain amyloid beta levels if they experienced poor sleep. This suggests that individuals with these genetic variations might benefit most, in terms of reducing Alzheimer's risk, from an intervention aimed at improving their sleep.

To view this article in more detail go to: <https://alzheimers.com.au/about-us/news-and-events/>



Public Lectures 19 September 2018

Join researchers from the Australian Alzheimer's Research Foundation to hear the latest on Alzheimer's disease research and what strategies you can implement to potentially reduce your risk of developing this disease.

10:00am	State Library
5:30pm for 6:00pm	Harry Perkins Institute of Medical Research, McCusker Auditorium

Both lectures will have the same content.

No cost but RSVP is essential by Friday 14th September 2018. Call Caren on 6457 0253 or email admin@alzheimers.com.au

Nurturing Medical Breakthroughs

The Foundation is working with international pharmaceutical companies to explore therapies that may provide the medical breakthrough we urgently need in Alzheimer's disease. This provides a unique opportunity for people in Western Australia to be a part of ground breaking medical research that may have a significant impact on sufferers of this disease.

If you would like to know more, please contact Sarah Ho on 9389 6433 or email aarfctd@alzheimers.com.au

The Memory Study Journey

The WA Memory Study (WAMS) is a long term study of ageing and how biological, psychological and cognitive abilities decline overtime.

The WAMS started in 1998 by Prof Ralph Martins AO and plays an important role in the WA community by enabling people to have assessments of memory, decision-making, attention and language. We also collect blood samples to examine genetic and other risk factors of dementia. In addition, whenever funding is available, we also offer brain imaging.

The WAMS provides a platform for WA researchers, their students and volunteers to collect data, learn cognitive and neuropsychological assessment skills and to investigate new hypothesis regarding cognitive ageing and Alzheimer's disease. Of critical importance is the ability to track changes over the long term. Some of our participants in the WAMS have been coming in for tests since 1998. This is incredibly important for research into this very complex disease. Due to the quality and longitudinal nature of the data which has been collected, the WA Memory Study has been very successful in attracting collaboration with other researchers in the USA, Asia and Europe.

The study is currently researching the association between hearing loss and cognitive decline and brain function and if indeed age related hearing loss is associated with increased dementia risk.

The Memory Study has also triggered the sleep study research project investigating the relationship between poor sleep and Alzheimer's disease. We are very thankful to those people in the community who participate in the WAMS and enable our research to continue. Following the consent process, we ask volunteer participants to come in and give a fasted blood sample before they have breakfast. They are provided with a light breakfast and then actual assessment starts which may take up to 3 hours and include questionnaires and various memory tests. The assessment will be repeated every 18 months.

Who can be involved?

- People over 40 years of age
- People who do not have a current medical, neurological or, psychiatric condition
- People who have not been diagnosed with dementia

If you would like to know more about the WAMS, please contact Manuela Laws on: Phone: 08 6457 0264 or E-mail: m.laws@ecu.edu.au

Researcher Profile



Sabine Bird

Congratulations Sabine!

Sabine recently graduated from The University of Western Australia with a **PhD Neuroscience.**

Sabine Bird has been working in Prof Ralph Martins' Alzheimer's disease research group for the last 7 years and has been heavily involved with the well-established Australian Imaging Biomarkers and Lifestyle Study of Ageing (AIBL). In 2013 Sabine commenced a PhD project to investigate the potential role of the recently discovered hormone called irisin as a biomarker of brain health.

Irisin is a hormone released after moderate aerobic exercise and may be involved with neuroprotective pathways and potentially improve cognition and slow the aging process. It was of major interest to investigate this hormone in connection with older adults and also their physical activity levels.

Sabine said "I combined clinical work on older adults and laboratory work on nerve cells to demonstrate that irisin can be protective of brain cells, and that it is worth investigating further in order to understand its role as a potential mediator for the beneficial effects of exercise on the brain".



Calendar of events

World Alzheimer's Awareness Month	September 2018
Public Lecture 10:00am at the State Library	19 September 2018
Public Lecture 5:30pm for 6:00pm at the Harry Perkins McCusker Auditorium	19 September 2018
Seniors Recreation Council Burswood Have a Go Day Come and visit us at Burswood Park	14 November 2018
Dawesville Bridge Swing - Give it a go	1 December 2018

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

Thank you CWA

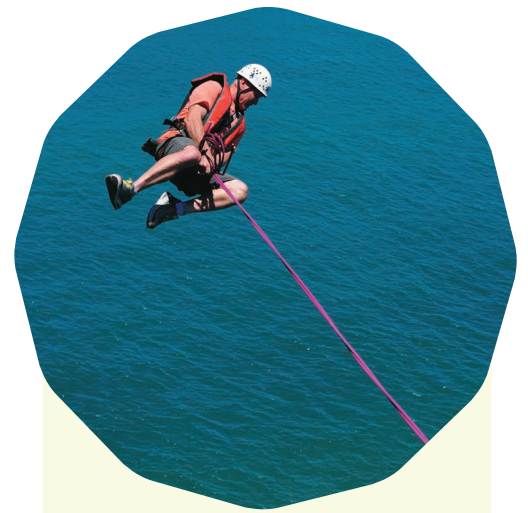
We are delighted to announce that the Country Women's Association of WA have chosen the Australian Alzheimer's Research Foundation as their charity of choice for 2018/2019.

CWA President, Heather Allen said, "The Country Women's Association of Western Australia is extremely pleased to be supporting the Australian Alzheimer's Research Foundation. It is a Western Australian based organisation which focuses on prevention and early detection of this debilitating condition."

Throughout the 2018-2019 financial year branches across the state will be raising much needed funds for our research projects.

The Foundation CEO, Liza Dunne said, "We are absolutely thrilled that the CWA of WA have chosen to support the Australian Alzheimer's Research Foundation. They have an incredible history of fund raising, supporting and advocating for many

worthy causes that affect the whole community. With dementia now the leading cause of death of women in Australia, it's most timely that we have their support. Our work could simply not continue without the support of groups like the CWA who care and want to help and we look forward to working with them through the year."



Western Australia's only bridge swing

Registrations are now open for the 2018 Dawesville Bridge Swing, the only bridge swing in WA! The Foundation will be taking part on December 1.

Sign up now and you will be swinging off the iconic Mandurah Bridge this December and helping raise funds for the Australian Alzheimer's Research Foundation.

Spots are limited, sign up today at <https://urbandescent.org.au/event/dawesville-bridge-swing/> or call Amanda Beardmore on 6457 0253 for more information



With thanks and appreciation to all our partners



HBF Run for a Reason

Congratulations to all the runners who participated in this year's HBF Run for a Reason.

21 participants raised over \$8,500 for The Foundation.

Thank you!

A big shout out to Anne Hickey. Anne participated in the HBF Run for a Reason Half Marathon for her dad who has been diagnosed with early onset Alzheimer's. Anne raised an amazing \$4,700 for the Foundation.

Join Anne and many others on our hero list and participate in an event or organise your own and raise funds to help create an Alzheimer's free world.



Share your story

Sharing your personal experience of an Alzheimer's diagnosis can be a good opportunity to download your thoughts and feelings, and may even help you come to terms with this news.

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

It will also help to break down the stigma around Alzheimer's disease and help us to highlight the challenges and the urgent need for funding to try and find solutions.

If you would like to talk about sharing your story please email us at ilene.aveling@alzheimers.com.au

Thank you

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

Contact us

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

Follow us on Facebook

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:
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Please send me more information on leaving a gift to Australian Alzheimer's Research Foundation in my Will.

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