



## Alzheimer's Facts

Alzheimer's is the second leading cause of death in Australia<sup>1</sup>

**244** Australians are diagnosed with dementia every day<sup>1</sup>

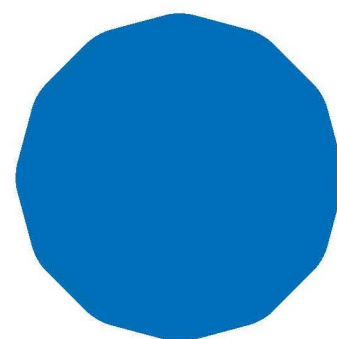
**413,106** Australians currently live with dementia and Alzheimer's disease<sup>1</sup>

**1,100,890** Australians will develop the disease by 2056 if we do not find a medical breakthrough<sup>1</sup>

**50%** of residents in Australian Government subsidised aged care facilities have dementia<sup>4</sup>

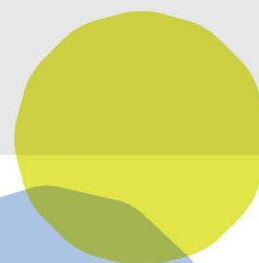
<sup>1</sup>The National Centre for Social and Economic Modelling NATSEM (2016) Economic Cost of Dementia in Australia 2016-2056

<sup>4</sup>Australian Institute of Health and Welfare (2012) Residential Aged Care in Australia 2010-2011: A Statistical Overview (cat. No. AGE 68. Canberra)



## The Research You Support

Your support is driving the research that is advancing the diagnosis, treatment and preventative measures of Alzheimer's disease.



## World Alzheimer's Month

World Alzheimer's Month is the international campaign held every September to raise awareness of this challenging and debilitating condition. World Alzheimer's Month was launched in 2012 and includes World Alzheimer's Day, held on 21 September each year. Over 70 Alzheimer organisations took part in World Alzheimer's Month in 2016.

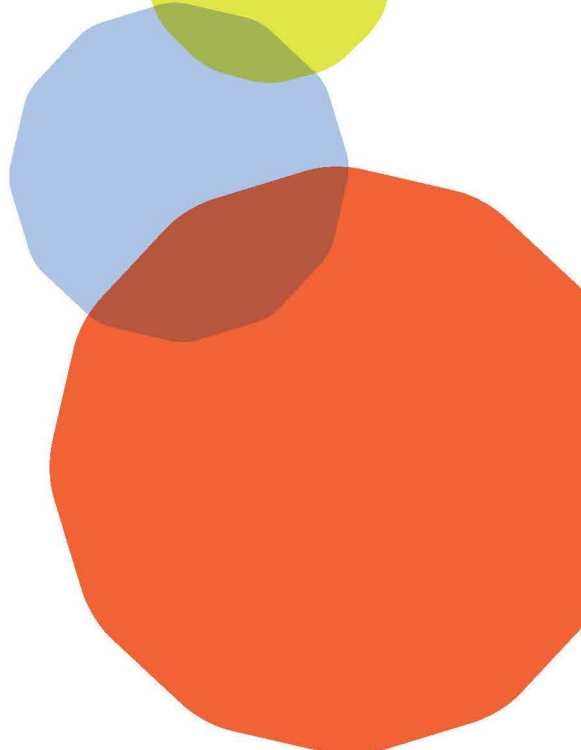
It is a time when we ask the community to reflect on who they may know has Alzheimer's and to think about what they can do to support them and, importantly, their family and caregivers. It is also a time when we highlight the research being conducted to put an end to this condition which affects over 413,000 people in Australia.

The only way to beat dementia is through research. Our researchers want to create a world free from the fear, harm and

heartbreak of Alzheimer's. Research takes time, a great deal of time - and also a great deal of money.

During this important month you might consider:

- Making a special effort to spend time with a friend or family member who has Alzheimer's
- Offer some respite time to a carer
- Run your own fundraising event for us - there are lots of 'how to' tips on our website <https://alzheimers.com.au/support/fundraise/>
- Make a donation at <https://alzheimers.com.au/support/donate/>
- Consider leaving a gift in your will
- Advocate





## Our Partnership with Wesfarmers

We are delighted to announce that long term supporters Wesfarmers will be with us for another three years. Wesfarmers make a significant financial contribution to our research; their Community Partnerships Manager, Jo Williams, said:

“Wesfarmers has supported organisations involved in medical research programs over a long period of time, recognising that investing in innovation now provides the wider community with long-term benefits. One of our key partners since 2005 is Australian Alzheimer’s Research Foundation. In 2017, we extended our partnership for a further three years, with an increased funding commitment. Wesfarmers is pleased to support Australian Alzheimer’s Research Foundation in its quest to discover more about this disease including early diagnosis, symptom relief and treatments.”

The Foundation would like to sincerely thank Wesfarmers for their continued support in our quest for a cure for Alzheimer’s.

## We’ve Moved In...

...to the Ralph and Patricia Sarich Neuroscience Research Institute in Verdun Street - and we love it! It is going to be an exciting and productive hub.

This outstanding facility will allow the Foundation the opportunity to place its researchers in a collaborative environment and at the cutting edge of world class Alzheimer’s disease research. The facility will also support the sharing of equipment, methods and outcomes with other internationally recognised researchers. Our neighbours now include the Ear Science Institute Australia, researchers from the University of Western Australia, Curtin University, Edith Cowan University and The Perron Institute.

Our gratitude goes to Ralph and Patricia Sarich, the Government of Western Australia, the Vern and Jo Whatley Family and Lotterywest whose support contributed significantly to the construction of this magnificent building which supports active collaboration in the vital research and research facilities required to work towards our shared mission.

## Rockingham Beach Cup

Australian Alzheimer’s Research Foundation is fortunate indeed to be a beneficiary of a very special event held in Rockingham in November.

It is a truly unique event on WA’s community calendar. The 2016s inaugural event was an overwhelming success **with significant funds being raised for the Foundation.**

And now - the Rotary Club of Palm Beach is planning a bigger and better event for 10 - 12 November 2017.

This year they will have an expanded program taking the event to 3 days including:

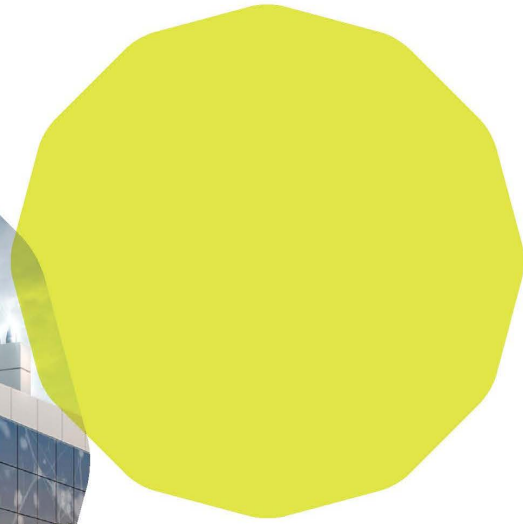
- Corporate Golf Day
- Cycling Criterium
- Elite Foot Race
- Gala Dinner and Auction
- Huge silent auction through Gala Bid app.
- Arts festival
- Street performers, buskers and more
- Family entertainment including kids carnival rides
- The 6 race Rockingham Beach Cup

You can become involved by sponsoring this Rotary event or buying tickets for one of the many events scheduled over three days.

More info here at

<http://rockinghambeachcup.com.au>





## TOMMOROW Study

The TOMMOROW study is the Australian Alzheimer's Research Foundation's largest study and is being carried out by our Clinical Trial Preventative Study Group at our Stirling Highway premises.

The Australian Alzheimer's Research Foundation is one of 50 study centres involved in an exciting international collaboration – the TOMMOROW study. Sites are situated in North America, Europe, Queensland, Victoria and at our Nedlands premises in Western Australia.

The study has two main goals. It aims to evaluate whether an investigational test can predict the genetic risk for developing mild cognitive impairment (MCI) due to Alzheimer's disease (AD) over five years. It examines two specific genes – APOE and TOMM40 - hence the name. A second goal is to explore whether an investigational medication will delay the first symptoms of MCI due to AD in people who are cognitively normal.

Mild cognitive impairment due to Alzheimer's disease refers to the early phase of AD when an otherwise healthy-minded person experiences a gradual, progressive decline in thinking ability. This decline is significant enough to be noticed but not severe enough to interfere with daily life or the ability to function independently.

## Clinical Trials

The Clinical Trials run by our Treatment Study Group focus on the study of potential drugs for the treatment of Alzheimer's. They have had a busy few months with four trials currently recruiting, one ongoing and five trials in the process of approval. Each trial is unique in its design, medication mechanism of action and target population, however they all have one common goal – to treat Alzheimer's disease.

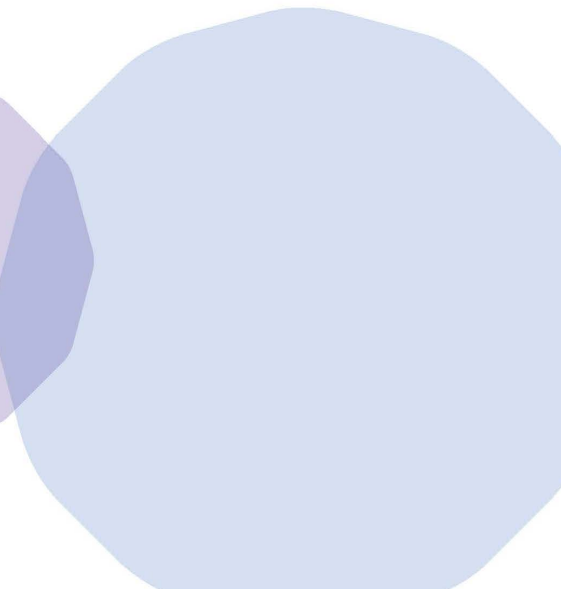
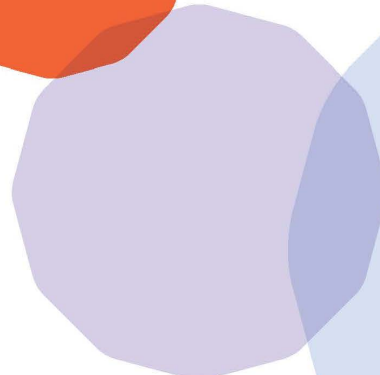
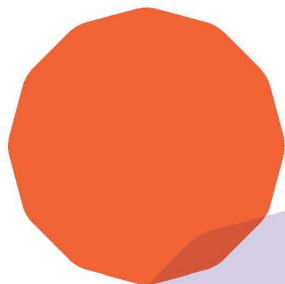
Recently our recruitment of participants has increased exponentially due to publicity for one of our trials in the Sunday Times and on Channel 9 news. Due to this spiked interest, it has become clear that there are many members of the public who do not know what is available to them and their family


members when diagnosed with Alzheimer's disease. Our Clinical Trial Treatment Study Group are actively recruiting participants at all stages of Alzheimer's disease and have a number of trials which target the prodromal (early signs or symptoms which often indicate the onset of a disease before more diagnostically specific signs and symptoms develop) – and mild stages.

As we enter the second half of the year, we aim to continue to grow our activities and awareness of clinical trials available in Western Australia. If you would like to participate in a clinical trial and help make memories last, contact us on (08) 9389 6433.

**REGAN FITZSIMMONS**

*The TOMMOROW study is the Australian Alzheimer's Research Foundation's largest study and is being carried out by our Clinical Trial Preventative Study Group at our Stirling Highway premises.*





This trial began for us in January 2014 when we embarked on a rigorous recruiting and screening program. Because the Foundation had already been involved with various studies, and were preparing for future clinical studies, we had a very successful recruiting campaign using our well-developed data base of potential participants.

We are now half way through this 5 year study. We are very proud of the fact that we have the best retention rate in the world which means we have more people staying with the trial than anywhere else. It could be because of the wonderful team at the Stirling Highway site or it could be the fact that we provide a delicious lunch from the local IGA!

We are extremely grateful to our very dedicated participants and their partners who are involved in this trial and appreciate that is a lot to ask of people as they come every 6 months for a battery of tests.

The study is going well so far but we don't expect to have definitive results for some time yet. We will continue forward with enthusiasm from the participants and the team.

**ANNIE SILBERSTEIN**

## Testosterone and Alzheimer's Disease

Our Stirling Highway Research Centre in Nedlands, which houses our Clinical Trial Preventative Study Group, will soon be home to an exciting new clinical trial looking at testosterone as an intervention strategy for men who are concerned about their memories. The study will investigate whether testosterone injections alone or

together with an omega-3 fatty acid found in fish oil (docosahexaenoic acid, DHA) has an effect on Alzheimer's-related proteins detected in brain scans. Memory testing will also be undertaken before and after 56 weeks of treatment to explore whether any such effects have a measurable practical benefit. The trial is sponsored by the Australian Alzheimer's Research Foundation and will also be running at a Sydney site at Macquarie University. One hundred healthy men aged 60-80 will be recruited for participation at each site.

If you or anyone you know would like more information about this study, please contact Shane Fernandez on 6304 3957 or email [s.fernandez@ecu.edu.au](mailto:s.fernandez@ecu.edu.au).

**SHANE FERNANDEZ**



## International Collaboration

A number of members from Professor Martins' research team travelled to London to attend the Alzheimer's Association International Conference (AAIC) in July 2017. AAIC is the world's largest gathering of Alzheimer's (and other dementia) researchers, and acts as an important catalyst for the generation and sharing of new knowledge and fostering of a collaborative research community.

Our team was well represented at AAIC this year, with a number of oral and poster presentations led by our researchers. The research presented by our team included: reported links between physical activity and brain imaging markers of Alzheimer's disease; the role of the Mediterranean diet in maintaining brain volume; differences in brain volume measures between "super-agers" and "typical agers"; and a number of advances towards the identification of an Alzheimer's disease blood marker.

Overall, the conference had a strong emphasis on clinical and translational research. An example of this was the announcement of a \$20 million US two-year clinical trial (US POINTER study), that will evaluate the potential of a multi-dimensional lifestyle intervention (including nutrition plans, exercise, cognitive training and

medical care) to contribute to reduced cognitive decline and dementia risk in 2500 older adults. This study is building on findings from the Finnish "FINGER" trial, and paves the way for a new era of research in the field.

Numerous presentations at AAIC also showcased the latest advances in brain imaging and blood biomarkers, and it is clear that worldwide collaborative efforts are significantly advancing these fields. Furthermore, there were several updates on clinical drug trials that are currently underway in individuals who have evidence of Alzheimer's disease pathology, yet have not developed symptoms of Alzheimer's disease. Results from such trials are expected to be released within the next few years, and have the potential to completely change the way that Alzheimer's disease treatment is approached in the future.

**BELINDA BROWN**

## Study Participants Required

The Foundation is currently seeking study participants who have early memory problems or early stage Alzheimer's disease to participate in a number of clinical trials. If you are interested please phone 6457 0253 or email [info@alzheimers.com.au](mailto:info@alzheimers.com.au) and your details will be passed to the research team. This support is vital to our work and very much appreciated.





## Fundraising Development Manager

We are happy to welcome Ilene Aveling to the Foundation team. Ilene has over 20 years of business development and fundraising experience in London, Switzerland, the Middle East and Australia. She has worked in a variety of industries including accounting, construction, financial services, education and the arts. For the past 9 years she has consulted with sixteen not for profit organisations in Perth, assisting them to achieve long-term financial sustainability.

Ilene is delighted to be working with Australian Alzheimer's Research Foundation as, sadly, she has first-hand experience with the condition in her immediate family. She says she looks forward to working with the dedicated team at the Foundation and developing sustainable philanthropic and corporate income to support research for an Alzheimer's free future.

## Do We Have Your Email?

You are part of the future significant medical breakthroughs that makes Alzheimer's a distant memory.

We take pride in making sure we are utilising your gifts wisely.

To ensure we continue to strive for efficiency and financial accountability we are moving towards more electronic communication for those that prefer to receive information this way. As we collect more email addresses we get closer to being able to produce an email version of the newsletter - if that's your preference.

Please let us know if we can add your email address to our mailing list. Email us on [admin@alzheimers.com.au](mailto:admin@alzheimers.com.au) with your updated contact details.

### Contact us

Australian Alzheimer's Research Foundation

PO Box 963, Nedlands WA 6009

T 08 6457 0253

E [admin@alzheimers.com.au](mailto: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](http://alzheimers.com.au)**
- Mailing the completed form to:  
**Australian Alzheimer's Research Foundation**  
**PO Box 963, Nedlands WA 6009**

Title \_\_\_\_\_ First Name \_\_\_\_\_

Surname \_\_\_\_\_

Address \_\_\_\_\_

Suburb \_\_\_\_\_ Post Code \_\_\_\_\_

Phone \_\_\_\_\_ Mobile \_\_\_\_\_

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I would like to make a donation of:

\$25  \$50  \$75  \$100 **OR**  \$ \_\_\_\_\_

**OR** I would like to make an ongoing credit card donation of:

\$ \_\_\_\_\_ every \_\_\_\_\_ month/s

Credit Card (Visa/Mastercard)  Cheque

Cheque made payable to Australian Alzheimer's Research Foundation

Card Number: \_\_\_\_\_

Card Holder's Name: \_\_\_\_\_

Expiry:   /   Signature: \_\_\_\_\_

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

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