



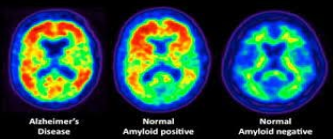
Volunteer News

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Find out if the anti-amyloid clinic open now at the UK Memory Clinic is right for you or your loved one (page 1)



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SBCoA Geriatric Fellowship is growing the next generation of dementia care specialists (page 4)

Registration for the 16th Annual Mind Matters Health Fair is open! Visit the link or Scan the QR code below, to register today!



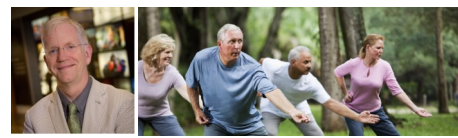
<https://bit.ly/SBCoA2024HealthFair>

Got an idea for the newsletter?
Call 859-323-5550

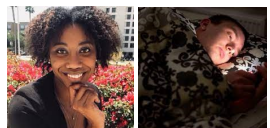
Spring into Healthy Brain Aging at our 16th Annual “Mind Matters” Health Summit

Save the date for this May 20, 2024 from 10am-3pm at the Marriott Griffin Gate, Newtown Pike, Lexington, KY

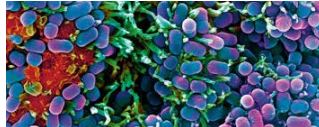
Do you want to “Spring into Healthier Brain Aging”? Do you want to fight back against your future risk for Alzheimer’s disease and related disorders? Of course you do, we all do! This year’s event focuses on personal empowerment with engagement in Tai Chi/Xi Gong exercises (Dr. Robert Slocum), tips for better sleep without medicines (Dr.



Lauren Whitehurst), and the mysterious gut microbiome (Dr. Greg Jicha). Learn how you can increase your brain health and reduce your risk for Alzheimer’s Disease and related dementias.



for Alzheimer’s Disease and related dementias.



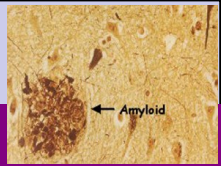
The “Mind Matters” Health Summit is modeled after the Children’s Explorium, including hands-on activities and educational programs focused on helping you learn how to “Spring into Healthy Brain Aging”!



The event this year will be held at the Marriott Griffin Gate Newtown Pike, Lexington, KY on May 20th from 10am to 3pm. This event is absolutely free of charge and a complimentary lunch and refreshments are provided for all attendees for a day of adult fun and learning. (Cont. on pg 4)

Anti-Amyloid Plaque Alzheimer Treatment Available at Our Center Now!

Find out if this treatment is right for you...



We have been working for the past two decades on disease modifying treatments for Alzheimer’s and related dementias and finally have broken through in the last year with full FDA approval of a medicine that can completely remove the amyloid plaques from the brain of a person with AD. This medicine is now available at UK by prescription with approved Medicare coverage. While not the cure we were looking for, Leqembi® can slow the progression of disease by 27-40% and allow extra years to enjoy family, retirement, and avoid total dependence.



You should understand that this medicine is not for everyone. It is only for those with Mild Cognitive Impairment (MCI) and or those in the early stages of AD. This is not a medicine that will be helpful later in the disease when daily function and activities are impaired. If you are concerned about yourself or (Cont. on pg 2)

Anti-Amyloid Clinic Open at UK (cont. from pg 1)

a loved one and are considering evaluation for this treatment option, there is a lot to understand so please read on. To be eligible for this medicine you must:

- Have MCI or be in the very early stages of AD where the medicine works best. (There are other approved and experimental medicines that may be available to you if you do not have MCI or early AD.)
- Be less than 90 years of age and have evidence for amyloid plaque buildup in your brain by either spinal fluid testing or amyloid-PET scan results
- Have no signs of prior bleeding in the brain that might increase risks for another bleed with this medicine
- Be able to have regular MRI scans (no pacemakers, pumps or other implantable devices that are not MRI safe, although standard orthopedic joint repairs and stents are fully MRI compatible in most cases)
- Be willing to undergo genetic testing so that your personal risks for treatment with Leqembi® will be known to you prior to receiving the medicine
- If you want to learn more or arrange an appointment to see if this medicine is right for you, please call our Nurse Navigator, Angie, now at (859) 218-8733.



If you do not yet have memory loss with a diagnosis of MCI or AD, but are worried about your future risk for AD and are over the age of 60 years, this medicine may be available to you if you join a clinical trial looking at whether earlier intervention, prior to symptoms of memory loss, may be even more beneficial in slowing or stopping Alzheimer's disease before it starts to impact your life. Call now at (859) 323-5550.

Challenge yourself with these Brain Teasers!



Brain Teasers

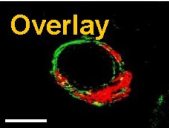
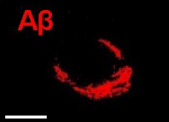
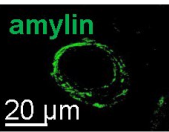
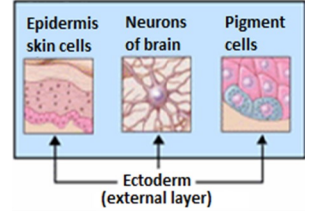
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Tricky Common-sense Questions with Answers

1. What can you hold in your right hand but never in your left hand?
Answer: Your left elbow
2. What is it that when you take away the whole, you still have some left?
Answer: Wholesome
3. What is the one thing that you can never eat for breakfast?
Answer: Lunch or dinner
4. What belongs to you but is used by others more than you?
Answer: Your name
5. If there are three apples and you take away two, how many apples do you have?
Answer: Two. You took two apples, so you have them.
6. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet. How did the dog do it?
Answer: The river was frozen.
7. What is the one thing that increases the more you share it?
Answer: Knowledge

What can your skin tell us about your brain health?

According to National Geographic, the average adult carries around 8 pounds and 22 square feet of skin on their body, making it the largest organ in your body. It is made from ectoderm, the same cell type that forms the brain. As such, your skin may be able to tell us a lot about your brain's health.



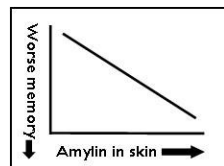
Amylin and Alzheimer's amyloid (Aβ) damage the blood vessels in your brain.

We are currently working on a project that takes a small skin biopsy and examines the blood vessels in your skin to tell us if you are developing problems with the blood vessels in your brain. The culprit affecting both your brain and your skin may be amylin, a small protein made by the pancreas that may hold the mystery as to why diabetes, especially Type 2 diabetes, is a major risk factor for memory loss and dementia.

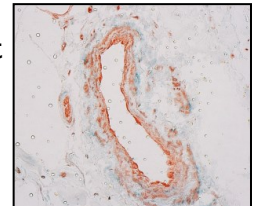
Groundbreaking work from Dr. Florin Despa at the Sanders-Brown Center on Aging and the Kentucky Neuroscience Institute at UK has begun to unravel this mystery. As we develop insulin resistance due to diet, lack of exercise, and obesity, the pancreas works harder to produce even more insulin. Unfortunately, this leads to an increase in the production of amylin that wraps around the blood vessels in your skin and brain, preventing the passage of oxygen and energy that slowly leads to dementia caused by "hardening of the arteries", and possibly even stroke. Amylin also interacts with Alzheimer's amyloid in the brain, accelerating dementia caused by amyloid plaques and blood vessel problems called cerebral amyloid angiopathy.



While there is currently no way to tell if you are building up amylin in your brain, short of a brain biopsy that would require neurosurgery, we are working on developing blood tests and using skin biopsies to actually see the amylin wrapping around the blood vessels in your skin. The more amylin we measure in your blood tells us if you have "hardening of the arteries" in your brain, and the more amylin we see in your skin, is directly related to



the amount of memory difficulties you may have. So don't be surprised if you are asked at your next visit to donate a small skin sample. This is a simple procedure that takes a small plug of skin to help us move this research forward. The skin sample is about the size of this "O" and heals with a band-aid covering in about one week. If you have diabetes, pre-diabetes, and/or are



Amylin damages the blood vessels in your skin and tells us a lot about what is happening in your brain.

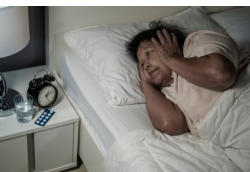
sedentary or overweight, you may be at risk of amylin building up in your brain. Our next step is to test medicines to remove or prevent the amylin from creating or worsening your memory and thinking! We expect these discoveries to help millions of persons worldwide improve their brain health and avoid dementia. If you would like to help by donating a skin biopsy sample call us now at (859) 323-5550.

Why is a good night's rest so important for our brain's health?

Sleep is a time for the body and brain to regenerate and heal. Sleep problems worsen memory and thinking and are a known risk factor for the development of Alzheimer's disease. Science is beginning to help us understand this important issue! Groundbreaking work has demonstrated that during sleep our brain is working hardest at clearing Alzheimer amyloid from our brains, preventing dementia. If you are not sleeping well, you're not getting rid of your amyloid, and your risk for Alzheimer's disease is rising. So, that can you do about it? First off, don't jump the gun and start taking over the counter sleep aids. The

Sleep Hygiene Tips

- Avoid daytime napping and expose yourself to natural light during the day
- Set a fixed bedtime and wake time
- Limit the amount of time spent awake in bed
- Allow at least 1 hour before bedtime to unwind (warm bath, soft music, audiobook). This does not include stimulating activity (computer, electronics, studying)
- Switch off the screen in your bedroom and avoid using a bright alarm clock



most frequently used, like Benadryl or other antihistamines, can worsen your memory despite sleeping well. Instead try these tips for good sleep hygiene, they can make a world of difference! We are studying sleep with actigraphy watches you wear, and will give you a report back on your sleep health!

“Mind Matters” Health Summit: Spring into Healthy Brain Aging (Cont. from pg 1)

In addition to interactive education sessions, there will be almost 30 hands-on activities designed to help us all “*Spring into Healthy Brain Aging*” together!

Our new venue at the Marriott Griffin Gate on Newtown Pike in Lexington has abundant parking as close as 20 feet from the main entrance allowing easy access for those with physical disability. This venue allows us to increase interactive exhibits and amply space out activities for a personalized brain health experience.



Our focus this year, “*Spring into Healthy Brain Aging*”, will educate and engage in ways to keep your brain healthy through free medical screenings, and programs on physical exercise, mental health and well being, art and creativity, among many more. Interactive exhibits can help you maximize your independence and plan for a happy and healthy future.

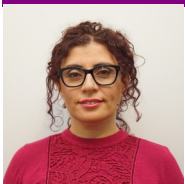
USE IT OR LOSE IT:



Learn about the latest discoveries to maximize your brain health from experts in the field. What you learn and engage in could buy you years of continued independence as we strive to help you “*Spring into Healthy Brain Aging*” together!

So mark the date on your calendar as you won’t want to miss this one. If you have questions or would like to pre-register for the event, please call us now at (859) 323-5550. We can’t wait to see you there!

The Sanders-Brown Center on Aging Geriatric Fellowship is Training the Next Generation of Physicians Joining the Fight Against Alzheimer’s Disease



With over 75,000 persons with Alzheimer’s disease in Kentucky alone, and only one major national Alzheimer center in Kentucky, we need more doctors engaging to diagnose and treat the aging population of the Commonwealth. But finding such professionals and attracting them to Kentucky has been challenging. The solution is to “grow our own”. With that impetus, Dr. Greg Jicha formed a Fellowship training opportunity certified by the United Council of Neurologic Specialties in Geriatric Neurology. Our first Fellow is Dr. Pinar Coskun (photo on left), board-certified in Neurology, with extensive experience in research and in the care of persons with memory loss and dementia. She will be joining us as Faculty this July when her fellowship ends. Our incoming Fellow is Dr. Lauren Bojarski (photo on right), who is currently a resident in Neurology and will be joining us in July. Welcome them when you see them! They are our future! **To learn how you can help support this critical training program call Beth Wells at (859) 319-6886.**

