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ALSO INCLUDING ADDITIONAL SANDERS-BROWN RESEARCHERS

Registration and addition information coming soon so follow us



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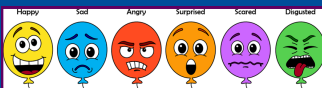
14th Annual Markesbery Symposium, Community Program on September 28th, 2024 (pg 1)



Second anti-amyloid treatment approved by FDA (pg 1)

ELI LILLY ALZHEIMER DRUG KISUNLA
Slowed cognitive decline by 22% after 18 months

Emotions & stress can be key risks for dementia (pg 2)



Brain health academy can help you discover new ways to stay active (pg 3)



Brain teasers for brain health that will challenge and entertain you (pg 3)

Can you find the the mistake?

1 2 3 4 5 6 7 8 9

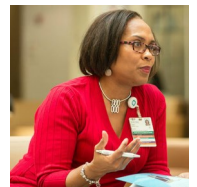
Got an idea for the newsletter? Call 859-323-5550

Join us Live or On-Line for the 14th Annual Markesbery Symposium 8 AM to Noon on September 28, 2024!

Understand the latest discoveries for healthy brain aging and our efforts to move closer to cures for all types of dementia!

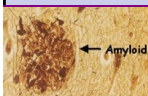
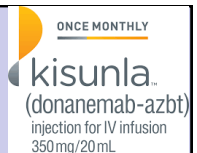
You won't want to miss this year's exciting program! This year we will be hosting the program live at the Campbell House on Broadway (corner of Mason Headley) in Lexington and also providing an on-line hybrid option using ZOOM for those that may not be able to attend in person. You can join us for the on-line program over your smart phone or any device connected to the internet.

Our Keynote Speakers include Dr. Lisa Barnes, PhD, Professor of Gerontology & Geriatric Medicine at Rush University in Chicago & Dr. Charlie DeCarli, MD, Professor of Neurology at the University of California, Davis. Dr. Barnes will present on **Factors that Shape Brain Health and Risk of Alzheimer's Disease in Older Adults**, informed by a combination of the Religious Orders Study & the Memory and Aging Project (ROS-MAP) cohorts. Dr. DeCarli will present on **Life's Essential 8: What You Can Do to Improve Your Brain Health** focused on risk factors for cerebrovascular & Alzheimer's disease.



Next up, Dr. Shannon Macauley, PhD & Dr. Greg Jicha, MD-PhD will present briefly on research at Sanders-Brown Center on Aging. We're also very excited this year to host a panel of community members that are engaged in clinical research at the center to share their perspectives on what it means to be a research volunteer. The program will wrap up with everyone's favorite part, an expert panel, to answer all your questions directly. (cont. on pg 4)

Lilly's Donanemab (Kisunla®) Gains Full FDA Approval for the Treatment of Mild Cognitive Impairment and Mild Alzheimer's Disease



Similar to Lecanemab (Leqembi®) this new option removes amyloid plaques from the brain and slows disease progression!

On July 2, 2024 the FDA approved Donanemab (Kisunla®) after months of review and a unanimous vote by an external panel of experts in June. Kisunla® can help the body remove the excessive buildup of amyloid plaques and slow the decline that may diminish people's ability to remember new information, important dates, and appointments; plan and organize; make meals; use household appliances; manage finances; and be left alone. A year ago in July the FDA approved Lecanemab (Leqembi®) for the same indication. Both medicines are antibody infusions that target Alzheimer plaques. They both slow the disease process, but it is important to understand that they will not improve memory. (cont. on pg 2)

Lilly's Donanemab (Kisunla®) Gains full FDA Approval (cont. from pg 1)

Both Donanemab and Lecanemab target amyloid leading to similar plaque removal and slowing of future decline by about 22%-40%. Serious adverse events were similar between the two drugs. The studies that led to approval of these two agents were a little different from each other so direct comparisons of the two drugs are lacking. There are some important differences, including cost, timing of infusions, speed at which amyloid may be removed from the brain, and risks which can include swelling and or bleeding in the brain.



Annual drug costs for Donanemab are estimated at about \$32,000 compared to Lecanemab at about \$26,500. Both are covered by Medicare although standard co-pays may vary depending on Medicare and/or other insurance plans. One advantage of Donanemab is that infusions are only needed once a month, whereas

Lecanemab dosing is every two weeks. For those that have significant travel time and costs, or who have busy lifestyles, this may be an important consideration. Donanemab may also remove plaques at a faster rate with about 60% of treated participants reaching an “amyloid-negative status” by about 6 months, although such 6 month data is not available for Lecanemab. The risks of swelling and/or bleeding in the brain is almost twice as high with Donanemab compared to Lecanemab, but the majority of persons with such side effects remain without symptoms of these effects irrespective of medication choice.

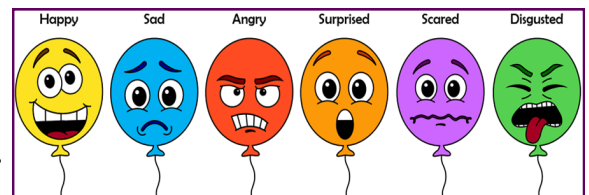
Overall, the ultimate decision on which medicine might be right for you may be determined by your Medicare and/or insurance plan. You should discuss these options with your care provider and make the decision together as to which may be right for you. We at Sanders-Brown welcome these new medicines that increase the choices available to our patients. Meanwhile we continue to develop and test new medicines every day, pushing for greater slowing of disease progression and ultimately a way to completely stop progression. Many new experimental drugs can be accessed and given to patients while they receive these therapies.

If you are interested in being evaluated for anti-amyloid therapy, or would like to explore the possibility of other new experimental treatments in combination with these medicines and/or as an alternative to these medicines, please call us at the Sanders-Brown Clinic today at (859) 323-5550.

Emotions & stress impact us all as we age, but they are also critical factors related to our future risk for memory & thinking problems!

Much past and ongoing research has taught us that emotions and the stress we encounter regularly in our lives can be a major risk factor for dementia. While acute stress can hyperactivate the brain and body allowing us to function at even a “superhuman” level (examples include time slowing down during an accident, or the news stories of a mother lifting a car to free her trapped children), chronic stress and an inability to manage our emotions can begin to damage the brain. This is especially true of the hippocampus, where we make our memories and where Alzheimer’s disease first starts.

It is also true that Alzheimer’s disease and all other causes of dementia heavily hit our emotional control centers in the brain such as the amygdala and anterior cingulate gyrus. This can often lead to problems managing emotions and stress, that might accelerate the dementia process leading to further brain injury.



Brain donations to the Center over the past 40 years have enabled research, led by our own Dr. Peter Nelson, showing that the amygdala (a key emotional control center in the brain) is the primary site for the development of pathologic protein aggregation including the plaques and tangles of Alzheimer’s, the Lewy bodies associated with Parkinson’s and DLB, the TDP-43 aggregates associated with frontotemporal dementia and LATE, as well as several other unidentified pathologies we are newly discovering. (cont. on pg 4)

Brain Health Activities Launches after Years of Filming & Production!



Brain

HEALTH ACTIVITIES



Educational Entertainment
Activities to stimulate body and mind. Programming designed for those with cognitive impairment and those who care about them.

Brain Boost for those living with Mild Cognitive Impairment and early dementia and Brain Health 101 for those with early to moderate dementia and those who care for them.



Most if not all of us would like to know what more we can do to increase our brain health. We often resort back to doing crossword puzzles, working out at the gym, and trying to eat a healthier diet. These are all great options, but doing the same things all the time lessen the brain health effects of these activities. Brain Health Activities has been developed especially for finding new, exciting ways to promote brain health for those with memory concerns. Brain Boost is the program for you if you are able to carry out all your daily activities alone.

Equally challenging is finding activities for those with mild to moderate dementia to do with their loved ones that help provide for their care. Sitting in front of the TV all day is simply not going to help! Brain Health 101 is a program designed to provide ideas for activities that can be done together, even for those with more advanced dementia.

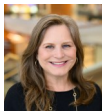
Each Brain Boost & Brain Health 101 episode is centered around a theme, and contains several different activities along with tips for brain health and safety. Each also has an accompanying program guide to help you understand and work through the activities presented.

dementiacaregiver.createukey.net/brain_health/

The programming also includes video shorts, which are just a few minutes long allowing you to select your individual activities, caregiver tips and strategies, and tools for maximizing your brain health and security as you age, with or without dementia. These programs are the first of their kind anywhere to our knowledge and are absolutely free to use in any way that may benefit you or others. Use the QR code or web site address in the infographic to access these programs free of charge.

Program development was made possible by a generous philanthropic donation to the Sanders-Brown Center on Aging and we would like to thank those that made this possible while acknowledging their request for anonymity. We would also like to thank the many community members and professionals that volunteered their time and expertise to educate us all on the brain health activities that are part of this programming. Thank you, thank you, thank you! These programs are making a world of difference for us all!

If you would like to know how you might support programs such as these or other efforts at the Center, please contact Beth Wells at (859) 319-6886.



Put your Mind to the Test!



Can you find the
the **mistake?**

1 2 3 4 5 6 7 8 9

1 Get it Get it Get it	2 Jack	3 Somewhere 	4 FOOD
5 	6 Blood Water	7 Beeeeee	8 CANCELED

**HOW MANY
NUMBERS
DO YOU SEE?**



Which is
the top view?



Start to Finish

Brain Teasers

DIRECTIONS: For each clue, find a corresponding word that starts and finishes with the same letter. There is one word for each letter of the alphabet except for i, j, q, u, v and z.

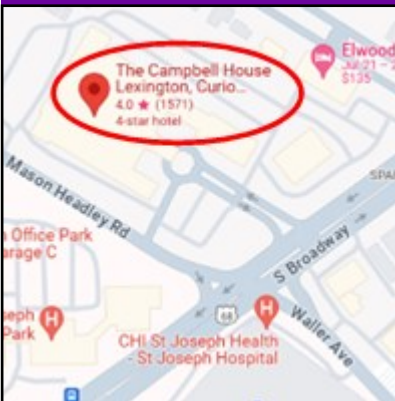
Spend time in front of the mirror.	PRIMP
Intuitive inkling.	
Pioneer in photocopying.	
Bitterly sarcastic.	
Gas in some signs.	
Inuit transportation.	
Chinese medicinal root.	
Where a rubber duckie lives.	
Roll in the mud.	
Pleasure traveller.	
Temporary loss of memory.	
Deadly.	
Pizza herb.	
Very knowledgeable.	
Forty-eight hours before tomorrow.	
The mast.	
Excessive.	
Feudal land.	
Trepidation	
Water storage area.	

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Sanders-Brown Center on Aging
2199 Harrodsburg Road
Lexington, KY 40504

Join us Live or On-Line for the 14th Annual Markesbery Symposium 8 AM to Noon on September 28, 2024!

Markesbery Symposium
on Aging and Dementia



There is abundant free parking at the Campbell House. Feel free to arrive early as the program opens for a free breakfast at 8am followed by presentations beginning at 8am and ending by noon. This is one of our premiere community events each year and we hope to see you there in-person or on-line. You don't want to miss this one, so save the date and please register in advance to ensure ample space and on-line connectivity is available.

To register for this event please visit:

<https://tinyurl.com/2024-register-Markesbery> or scan the QR code.



Emotions & Stress are Risk Factors for Memory Decline (cont. from pg 2)

Given our understanding of the relationship between loss of emotional control and chronic stress, it is important for us to develop ways to better manage our emotions and reduce our chronic stressors. Some of us may need medications to help us better control our emotions and you should seek out care with your doctor or ask us during your annual visit if this does not come up during your evaluation. Others may benefit more from stress relieving activities such as meditation, Tai Chi, or other stress reduction techniques that are part of our Brain Health Academy Program featured on page 3 of this newsletter.

Other programs for those with dementia that have emotional control problems such as apathy (lack of desire to interact or engage with the world around them) or problematic agitation/aggression have been developed at UK and are available. One such program, called Harmony, involves caregiver training to support emotional regulation by creating home environments matched to the unique sensory preferences we each have. This program is led by our own Dr. Elizabeth Rhodus at the Center. For more information, please reach out to Dr. Rhodus and her team at (859) 257-5562.

Other programs are designed for those with normal memory & thinking, such as those led by the UK Department of Psychology in the Emotion, Stress, and Health Lab. While not a part of the Center, they are a valuable resource for research that may help us better manage our emotions and stress as we age. If you are interested in learning more about this opportunity, please feel free to email ukemotions1@gmail.com or call the lab at 859-218-7014 and ask for Jess. Remember, managing your emotions & stress is under your control!

