

Healthy Brains Together

The Community Newsletter of the Duke-UNC Alzheimer's Disease Research Center



Duke-UNC Alzheimer's Disease Research Center (ADRC)

Our mission is to engage with our community to promote awareness and community advocacy for brain health and encourage participation in research for Alzheimer's disease and other dementias. We need people like you to get involved in brain health research to identify effective tools for prevention and early treatments for these diseases. We hope to have a positive impact on the health and well-being of your local community.

Duke-UNC and Wake Forest ADRCs join forces

Duke-UNC ADRC and Wake Forest ADRC gathered together on February 14th to learn from one another while forming future opportunities for collaboration between the ADRCs.

By working together on long-term projects, the North Carolina sister ADRCs hope to reduce the burden of Alzheimer's disease and other dementias in all of North Carolina.



Duke-UNC ADRC engages with UNC Pembroke

Dr. Marianne Chanti-Ketterl had great conversations about Alzheimer's disease research with UNC-Pembroke students and staff at a Job & Volunteer Fair on January 11 at the UNC-Pembroke Student Center.



Dr. Chanti-Kerrel also met with Victoria Huggins, who is an advocate for Alzheimer's disease awareness, journalist, former Miss North Carolina, and member of the Ore Core's Community Leader Advisory Board (pictured left).

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Community Spotlight

Current & Emerging Treatments for Mild Cognitive Impairment (MCI) and Dementia

Dr. Daniel Parker, a geriatrician at Duke addressed the current FDA-approved treatments and newly approved anti-amyloid therapies for MCI and dementia. Dr. Parker described the difference between “symptomatic” and “disease modifying” treatments. Link to video: <https://www.youtube.com/watch?v=H2fY865QSCA>

Triangle walk to De-feet Dementia

Join us, the ADRC BlueHeels Walkers, for a walk to support the work of the Dementia Alliance of NC. The Walk to De-feet Dementia will be a day of celebration and remembrance as we take action and provide hope to those living with dementia. Event Information: Sunday, April 16th from 1:30 pm – 4:30 pm at Fred Fletcher Park in Raleigh.

To register: click/scan the QR code



Spring Chicken Festival



Join us at the 5th annual Spring Chicken Festival on May 6th from 10:00am – 6:00pm in Downtown Siler City, NC. The festival features live music, a variety of vendors and lots of fun attractions for festival patrons and guests to enjoy and the Duke-UNC ADRC will be there with a brain health table.

The Longest Day Riders

Join us and the Alzheimer's Association for a bike ride to support programs and services for those living with Alzheimer's disease. Our ADRC Program Coordinator Rev. Henry Edmonds participates in this ride annually to honor his father-in-law who lived with this disease. Event Information: June 24th between 8:00AM to 1:00PM, at Anderson Point Park, 20 Anderson Point Drive in Raleigh.

To register: click/scan the QR code



Spring Forward on Brain Health!

Do you participate in spring cleaning in your home every year? Do you feel happier and healthier with a fresh start?

Getting started with a few changes in healthy lifestyle activities this spring can help you feel better and also delay or prevent the onset of dementia. See below for some easy tips.



Try to exercise every day. Try walking, bicycling, dancing or even gardening.



Increase fresh fruits and vegetables into your diet daily. Limit sugar, processed foods and saturated fats. Limit alcohol consumption.



Socialize and connect with others as we know spending time with others is important to keep your brain healthy.

For more reading on effective ways to prevent or delay dementia, please refer to a recent news article for UNC Health Talk called "**8 Ways to Prevent or Delay Dementia.**"

This article was written by Emily Cetrone, MD, who is a geriatrician at the UNC Geriatrics Specialty Clinic and an Assistant Professor of Geriatrics at the UNC School of Medicine.

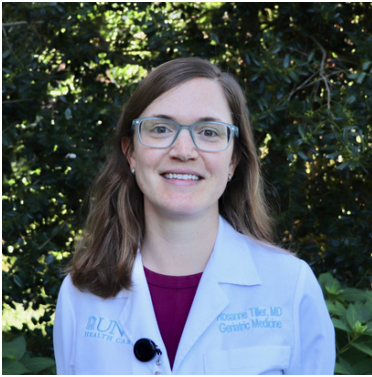
Is Brain Health Research Right for Me?

- The risk of developing Alzheimer's disease is higher among both Black and Hispanic individuals compared to White individuals, yet brain health research studies have historically not included diverse populations.
- To better understand the biology of Alzheimer's disease and dementias and newer treatments we need diverse representation. We also need to identify factors that contribute to racial, ethnic, and geographic differences in risks for developing dementia.
- Becoming involved in brain health research will help people in your community and family members who are at risk for developing Alzheimer's disease.



Get to know us!

Rosanne Tiller, MD is a faculty member for the Outreach, Recruitment & Engagement (ORE) core for the Duke-UNC ADRC



Dr. Rosanne Tiller is an assistant professor in the Division of Geriatrics in the Department of Medicine at the University of North Carolina in Chapel Hill.

After completing her residency training at UNC, she went to work in a rural community health center in Chatham County. In this position, she learned the importance of engaging with the community and the value of effectively communicating and interacting with people from different cultures.

She found her passion was caring for medically complex older adults and returned to UNC for a fellowship in geriatrics. She is passionate about caring for older adults and supporting their caregivers. She values providing comprehensive primary care to patients and helping older adults age in place. She credits her ability to provide high quality care to the amazing interdisciplinary team she works with in the UNC Geriatrics Specialty Clinic.

Memory & Aging Study Updates

The Duke-UNC Alzheimer's Disease Research Center's Memory & Aging Study works to identify the biological factors involved in normal brain aging and disease with the help of a diverse group of young and older people with and without memory impairments.

Target enrollment

Our goal is to enroll 100 people per year over 5 years. We need 420 participants (ages 45-80) who will be seen every year and 120 participants (ages 25-44) who complete a one-time evaluation. We aim to include 20% African American and 30% rural participants.

Current enrollment

105 participants
18% African American
20% Rural

If you know someone who is interested in participating, please share our contact information: **Phone: (919) 668-0281 | Email: DUKEUNC-ORECore@duke.edu**