Alzheimer’s Association TrialMatch® Program

TrialMatch is a free, easy-to-use clinical study matching service that connects individuals with Alzheimer’s disease, caregivers, healthy volunteers and physicians with current clinical studies. Alzheimer’s Association TrialMatch only lists trials and studies that have Institutional Review Board (IRB) approval. This is a committee that approves, monitors and reviews research involving humans to protect the rights and welfare of the research subjects. You can sign up for TrialMatch in several ways. You can go to the Alzheimer’s Association website, www.alz.org, call the TrialMatch toll-free number 1-800-272-3900, or fill out a TrialMatch card available from the Alzheimer’s Association. Signing up doesn’t obligate you, but merely gives you the option to participate in a clinical study.

Get to know your IAADR Faculty, Staff, and Students

Meharvan Singh, PhD*

Rhonda K. Roby, PhD, MPH and Nicole Phillips, MS

Robert Barber, PhD, MS, BS

Sid O’Bryant, PhD

Chang Su, PhD

Ran Liu, MD

Nicole Phillips, MS

Tori Como

Dr. Barber’s research focuses on identifying biomarkers and genetic variants that mediate a variety of complex human diseases including immune response to traumatic injury and Alzheimer’s disease. As the Scientific Manager for the Texas Alzheimer’s Research and Care consortium Dr. Barber is working to ensure that Consortium researchers are making progress toward the goal of identifying biomarkers that influence the risk for and progression of Alzheimer’s disease and how this may vary among ethnic groups.

Dr. Roby and her student, Nicole Phillips MS, are focusing their research efforts on the role of mitochondrial DNA in Alzheimer’s disease. It is possible that mutations and deletions in mitochondrial DNA may be indicators of age-related diseases. Funding for this research was received from the Alzheimer’s Association in 2012.

Research Appreciation Day 2013 - an annual UNTHSC tradition

Research Appreciation Day is a UNT Health Science Center tradition showcasing medicine, public health and basic science. The annual program:

- allows students, faculty and staff to share their research with the campus community and the public
- encourages joint research projects
- increases community awareness of the quality and range of UNTHSC’s research

More than 900 people attended this year’s Research Appreciation Day, which was highlighted by a standing-room-only keynote address by Nobel Laureate Stanley Prusiner, MD. Dr. Prusiner is responsible for the discovery of prions and implicating them in neurodegenerative disease. More impressive numbers from the event:

- 250 abstracts
- 236 poster presentations
- 14 oral presentations
- 107 scientific judges from throughout the community

Recent IAADR Grants and Funding Achievements

<table>
<thead>
<tr>
<th>Author</th>
<th>Title</th>
<th>Funding Agency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chang Su, PhD</td>
<td>The Role of MicroRNA in Regulating Progesterone-Induced Synaptogenesis in a Mouse Stroke Model</td>
<td>American Heart Association, National Scientist Development Grant</td>
</tr>
<tr>
<td>Janice Knebl, DO, MBA*</td>
<td>Next Steps in Physicians’ Training in Geriatrics, funded by the Donald W. Reynolds’s Foundation.</td>
<td>Stand-Alone Discharge Planning for Medical Eligible Elders, funded by the Centers for Medicare and Medicaid Services.</td>
</tr>
<tr>
<td>Ran Liu, MD</td>
<td>Methylene Blue for Ischemic Stroke Therapy, funded by American Heart Association, National Scientist Development Grant.</td>
<td>Community-Based Primary Care for the Elderly, funded by the Centers for Medicare and Medicaid Services.</td>
</tr>
<tr>
<td>Mehharvan Singh, PhD*</td>
<td>Novel Mechanistic Targets of Steroid Hormones in the Brain, funded by the National Institute on Aging.</td>
<td>Training in the Neurobiology of Aging, funded by the National Institute on Aging.</td>
</tr>
</tbody>
</table>

*Named “Top Doc” in the April issue of Fort Worth, Texas magazine. *Honored as “HealthCare Hero” and was awarded the Research in Medicine award by the FortWorth Business Press.
Commit to be Fit

Regular exercise may very well be the “miracle cure” we’ve all been waiting for. It’s free, easy to take, has both an immediate and long-lasting effect and you don’t need a prescription from your physician to get some. Exercise can reduce your risk of major illnesses, such as heart disease, stroke, diabetes and cancer, and it may lower your risk or delay the onset of dementia and Alzheimer’s disease. Following a regular exercise program is a great way to manage stress, fatigue, improve sleep patterns and have an overall better quality of life.

How can you stay fit after 50 years of age? Check with your medical provider to ensure you have no underlying medical condition which will impact the choice and intensity of exercise appropriate for you. If you have specific questions, consult a physical therapist. As the movement experts, physical therapists can design exercise programs to improve your odds for healthy aging and tailor the programs for people with a variety of health conditions.

In general, a well-rounded exercise program should include: Aerobics (walking, hiking, dancing, stair-climbing). Aim for at least 30 minutes per day, 5-7 times per week, with an intensity that will increase your heart rate and breathing rate. It should make you sweat but still allow you to carry on a conversation.

Resistance exercises using weights to strengthen major muscle groups. Aim for 2-3 times per week, performing 10-15 repetitions per muscle group.

Flexibility exercises to maintain free movement around the joints. Aim for 3-5 times per week, stretching all major muscle groups to the point of feeling resistance and maintain that position for 30 seconds.

Balance exercises involving both dynamic movements and single leg standing. Aim for 3-5 times per week, progressively challenging your balance to decrease your risk for falls.

Remember: consistency and integration of regular physical activity into your daily life is the key to long-lasting health benefits and improved quality of life.

Because we are living longer, we need to better understand the diseases of aging and how to treat them. Your participation will aid in this effort.

Currently Enrolling IAADR Research Studies:

Exercise and NT-020 (NutraStem) Effects on stem cells
Healthy adults age 50 to 70 are needed for a clinical research study investigating the effect of light exercise and an investigational dietary supplement on your blood stem cells. Participants will be compensated for their time.

Genetic and Biomarkers Study of Alzheimer’s Disease
Participants age 50 and older who have been diagnosed with Alzheimer’s disease are needed to participate in this study. The purpose of this study is to better understand the causes, presentation, and treatment of Alzheimer’s disease.

Health & Aging Brain Among Latino Elders (HABLE)
The HABLE study places an emphasis on studying aging among Mexican Americans in Texas. Studying healthy and unhealthy aging in the Mexican American culture will hopefully allow us to create better interventions and treatment programs. Participation may include a blood draw, medical record review, and interview. Current enrollment is limited to those age 50 and older.

Health & Aging Brain Study
The Health and Aging Brain Study is a new research project at UNT Health Science Center to help us better understand the biological and lifestyle factors that influence memory and thinking as we age. We are making special efforts to find community members with Alzheimer’s disease, memory complaints, or diabetes to participate in our research. Participation may include a blood draw, medical record review, and interview. Current enrollment is limited to people age 50 and older.

UNT Health Science Center Brain Bank
The Brain Bank is seeking both healthy individuals and individuals with memory loss who are willing to donate their brain after death in order to assist researchers in the battle against dementing illnesses such as Alzheimer’s disease.

For more information about IAADR clinical research studies, please contact Kim Brown at 817-735-2694 or kim.brown@unthsc.edu.