

# The Alzheimer's & Dementia Resource Directory



Compiled by

The Alzheimer's & Dementia Resource Center of NYC

Sandy & Ira Asherman, Founders

[www.adrcnyc.org](http://www.adrcnyc.org)

[contact@adrcnyc.org](mailto:contact@adrcnyc.org)

212-243-0782

Updated: March 06, 2019

# The Alzheimer's and Dementia Resource Directory

## Table of Contents

About this Directory .....	3
About the Founders.....	4
Programs .....	5
Museum-based Programs:.....	5
Social Programs: .....	10
Music, Dance, and Arts Programs:.....	11
Multi-Purpose Organizations .....	13
Government Agencies.....	15
Clinical Trials.....	16
Directories: .....	16
Researchers: .....	17
Technology .....	18
Publications & Media .....	21
Collections:.....	21
Individual Publications & Media: .....	22

Note: Because of the frequency with which program schedules change, they are not included in this version of the directory. Please refer to the Event Calendar in our website for current program schedules.

# The Alzheimer's and Dementia Resource Directory

## About this Directory

The new **Alzheimer's and Dementia Resource Center of NYC** is compiling this directory of recreational, educational, and therapeutic Alzheimer's and dementia resources available in the Metro-NYC area. We do not provide resources, we only publish information about them.

**The Alzheimer's & Dementia Resource Directory** is a work in progress. Should you know of other organizations or programs that we should list, please email us at: [contact@adrcnyc.org](mailto:contact@adrcnyc.org) or call us at: 212-243-0782.

The Directory is not intended to include medical resources from hospitals, clinics, or private medical practices.

The Resource Center maintains the Directory on our website and makes it available for free download in PDF format. This downloadable version of the Directory is only updated approximately quarterly. Please refer to the website for the most current information.

Please note that the links to resources are only operative when viewing this directory on-line.

We welcome new resource listings from NYC-Metro area organizations. Listings can be submitted through an interactive form on our website.

# The Alzheimer's and Dementia Resource Directory

## About the Founders

**Sandy and Ira Asherman** are the founders of the Alzheimer's and Dementia Resource Center of NYC. They are retired management consultants who spent much of their professional life consulting to the pharmaceutical industry. Sandy is currently dealing with an Alzheimer's diagnosis while Ira works to be a competent caregiver. In addition to developing this web site they have continued their interest in the theatre and dance. They are also taking advantage of the many programs available to Alzheimer's patients and their caregivers. Sandy was so excited by the Tea dance run by Rhythm Break Cares that she persuaded Ira that dancing lessons should be their next adventure and they are now arguing over who is the better dancer. Sandy has had Type One - Diabetes for over sixty years and is also a Breast Cancer survivor. Sandy has written an article about the years after her Diabetes diagnosis and Sandy and Ira have collaborated on an article about Breast cancer from a husband's perspective. They have written a number of professional articles and books on negotiation and edited a book of readings on the topic. With all that writing and working together, many of their friends are amazed that they still talk to each other.

The design, construction, and maintenance of the website and directory are proudly contributed by **Gary and Marcy Garb**.

# The Alzheimer's and Dementia Resource Directory

## Programs

### Museum-based Programs:

Organization: The Met Cloisters  
Address: 99 Margaret Corbin Drive, New York, New York 10040  
Phone Number: 212-650-2280  
Email: [cloister.programs@metmuseum.org](mailto:cloister.programs@metmuseum.org)  
Website: [Sights & Scents at The Met Cloisters](#)  
Contact Name: The Met Cloisters Education Department

#### Program Provided:

Sights & Scents at The Met Cloisters: Enjoy the serenity of the enclosed gardens and peaceful views at The Met Cloisters with this specially designed gallery program for visitors with dementia and their care partners. Be transported to the world of the Middle Ages by treasures from medieval manors and sacred spaces. Connect through discussion, drawing, and multisensory exploration of the beauty of medieval artwork and gardens. Sights & Scents is a monthly program offered free of charge, but places are limited and reservations are required. To make a reservation, or for more information, call 212-650-2280 or email [cloister.programs@metmuseum.org](mailto:cloister.programs@metmuseum.org). You may also request to be added to the mailing list.

---

Organization: The Metropolitan Museum of Art  
Address: 1000 Fifth Avenue, New York, NY 10028  
Phone Number: 212-650-2010  
Email: [access@metmuseum.org](mailto:access@metmuseum.org)  
Website: [Met Escapes](#)  
Contact Name: Accessibility

#### Program provided:

Take a break from the everyday with handling sessions, discussions about art, art making, and other interactive and multisensory activities in the galleries and classrooms.

- Met Escapes - Gallery Tour
  - Met Escapes - Exploring Works of Art through Touch
  - Met Escapes - Art-Making Workshop
-

# The Alzheimer's and Dementia Resource Directory

## Museum-based Programs, cont'd:

Organization: The Rubin Museum of Art  
Address: 150 West 17th Street, New York, NY 10011  
Phone Number: (212) 620-5000 x319  
Email: [Access@rubinmuseum.org](mailto:Access@rubinmuseum.org)  
Website: <http://www.rubinmuseum.org>  
Contact Title: Manager of Docent and Access Programs  
Contact Name: Laura Sloan

### Program Provided:

Mindful Connections is our program for visitors with Dementia and their care partners. Every month trained guides facilitate a gallery experience designed to promote engagement with works of art and each other. Our program meets the third Friday of every month. The tour is from 2:00-3:00pm and visitors are welcome to arrive early at 1:30pm to meet in our cafe for complimentary tea and conversation. The program and admission is free for participants.

RSVP is required for the program. Participants are welcome to complete our online registration form: <http://rubinmuseum.org/form/mindful-connections-registration/>.

For any questions, please contact: [access@rubinmuseum.org](mailto:access@rubinmuseum.org).

---

Organization: The Jewish Museum  
Address: 1109 5th Avenue (Entrance on 92nd Street), New York, NY 10128  
Phone Number: 212-423-3289  
Email: [access@thejm.org](mailto:access@thejm.org)  
Website: [www.thejewishmuseum.org](http://www.thejewishmuseum.org)  
Contact Title: Director of Operations  
Contact Name: Access Team

### Program Provided:

Visitors with memory loss and their care partners are invited to make personal connections with original works of art through discussions, art making, and multi-sensory activities facilitated by educators in the galleries and art studio.

# The Alzheimer's and Dementia Resource Directory

## Museum-based Programs, cont'd:

Organization: Brooklyn Museum  
Address: 200 Eastern Parkway, Brooklyn, NY 11238  
Phone Number: 718-501-6520  
Email: [access@brooklynmuseum.org](mailto:access@brooklynmuseum.org)  
Website: [www.brooklynmuseum.org](http://www.brooklynmuseum.org)  
Contact Title: Access Programs Coordinator  
Contact Name: Lindsay Reuter

### Program Provided:

One Tuesday per month, the Brooklyn Museum hosts Brooklyn Afternoons: Individuals with memory loss and their care partners are invited to experience our collection together when our galleries are not open to the public. Each program offers an opportunity to enjoy conversation, works of art, and one another's company. Light refreshments are provided, and assistive listening devices and wheelchairs are available.

---

Organization: American Folk Art Museum  
Address: 2 Lincoln Square, New York, NY 10023  
Phone Number: 212-265-0605  
Email: [education@folkartmuseum.org](mailto:education@folkartmuseum.org)  
Website: [folkartmuseum.org](http://folkartmuseum.org)  
Contact Title: Director of Education  
Contact Name: Rachel Rosen  
Contact Phone: 212-265-0605  
Contact Email: [rrosen@folkartmuseum.org](mailto:rrosen@folkartmuseum.org)

### Program Provided:

First Thursday of every month, 2:30-3:30 pm. This interactive and discussion-based program for individuals with Alzheimer's and their family members or care partners brings the world of folk art to life through conversation. Museum admission and program are free. Registration is required. Stools are provided.

---

# The Alzheimer's and Dementia Resource Directory

## Museum-based Programs, cont'd:

Organization: The Museum of Modern Art  
Address: 11 West 53 Street, New York, NY 10019  
Phone Number: 212-408-6447  
Email: [accessprograms@moma.org](mailto:accessprograms@moma.org)  
Website: <http://www.moma.org/access>  
Contact Title: Access Programs/ Meet Me at MoMA Program  
Contact Name: Numerous staff are available to answer questions

### Program provided:

Please join us for The Museum of Modern Art's monthly program for individuals with dementia and their family members or caregivers. Meet Me at MoMA provides a forum for dialogue through looking at and making art. Specially trained Museum educators highlight themes, artists, and exhibitions during an interactive program in the Museum's galleries and classrooms. FM assistive listening devices (headsets and neck loops) are available. Meet Me at MoMA is free of charge. Space is limited and preregistration is required. For more information or to register, please call Access Programs at (212) 408-6447 or (212) 247-1230 (TTY), or email [accessprograms@moma.org](mailto:accessprograms@moma.org). Programs for groups of visitors with dementia can also be arranged. Choose a one-hour private gallery tour, a two-hour private gallery tour and art-making studio, or a multi-visit private program which includes an educator visiting your organization for a pre- and post-visit as well as a visit to the Museum. Group size: Up to 15. All participants receive one family pass (admits up to five visitors), good for one free visit to MoMA. These visits are free of charge but require advance planning and registration. They include a pre-arranged and dedicated arrival-time slot for your group. You can schedule these programs all year. To book a program, please contact the Museum's Group Services department four weeks in advance of your desired visit date. You can contact Group Services via email at [groupservices@moma.org](mailto:groupservices@moma.org) or via phone at (212) 708-9685.

---



# The Alzheimer's and Dementia Resource Directory

## Museum-based Programs, cont'd:

Organization: Queens Museum  
Address: New York City Building, Flushing Meadows Corona Park, Queens, NY  
11368  
Phone Number: 718-592-9700  
Email: [mitra@queensmuseum.org](mailto:mitra@queensmuseum.org)  
Website: [www.queensmuseum.org](http://www.queensmuseum.org)  
Contact Title: Manager of ArtAccess and Autism Initiatives  
Contact Name: Mitra Dejkameh

Program provided:

Art Workshops

---

Organization: Intrepid Sea, Air & Space Museum  
Address: One Intrepid Square, 46th Street & 12th Avenue (Pier 86), New York , NY  
10035  
Phone Number: 646-381-5158  
Email: [access@intrepidmuseum.org](mailto:access@intrepidmuseum.org)  
Website: [intrepidmuseum.org](http://intrepidmuseum.org)  
Contact Title: Museum Educator  
Contact Name: Brigid Tuschen

Program provided:

The Intrepid Museum offers Stories Within for individuals with dementia and their care partners. Educators lead small groups on a multisensory experience, including historic photographs, handling objects, singing songs and sharing stories. Limited funding is available for NYC-based organizations to arrange a customized group program. Stories Within programs are free but registration is required. To register, please contact [access@intrepidmuseum.org](mailto:access@intrepidmuseum.org) or call **646-381-5158**.

---

# The Alzheimer's and Dementia Resource Directory

## Social Programs:

Organization: Beginnings  
Address: 247 E 53 St, New York, NY 10022  
Phone Number: 212-498-9600 x703  
Email: [Randi@renewalcare.org](mailto:Randi@renewalcare.org)  
Website: [Beginnings](#)  
Contact Title: Program manager  
Contact Name: Randi Schwartz

### Program Provided:

"Beginnings" is a social gathering for older adults with early or mid-stage Alzheimer's disease, dementia, and other neurocognitive disorders. Each meeting offers social, intellectual, and physical engagement in an uplifting and safe environment. Our goal is for each of our members to experience authentic joy and connection with others whenever they join us.

---

Organization: Sweet Readers  
Address: 115 East 92nd Street, New York, NY 10128  
Phone Number: 917-828- 2970  
TTY Phone Number: 917-828-2970  
Email: [info@sweetreaders.org](mailto:info@sweetreaders.org)  
Website: [www.sweetreaders.org](http://www.sweetreaders.org)  
Contact Title: Founder  
Contact Name: Karen Young

### Program Provided:

Sweet Readers pairs adults with early to mid-stage Alzheimer's with trained middle school students who care passionately about older adults. During our programs (five - six 1-hour weekly session) 1 -2 Sweet Readers are paired with and adult (and their care partners when appropriate) in an intimate group setting and together they explore and create art, music, poetry and stories as they discover each other. All session are led by trained Sweet Readers Facilitators utilizing a customized Sweet Reader Curriculum. The Sweet Reader programs surround and support participants, empowering each with renewed purpose and creating a warm, engaged community. Over the course of a program cycle the adults and student Sweet Readers together create a collaborative work and build lasting bonds with each other. Programs are held in schools and/or museums. For more information please visit us at [www.sweetreaders.org](http://www.sweetreaders.org).

# The Alzheimer's and Dementia Resource Directory

## Music, Dance, and Arts Programs:

Organization: Lincoln Center for the Performing Arts  
Address: 165 W 65th Street, New York, NY 10023  
Phone Number: 212-875-5375  
Email: [access@lincolncenter.org](mailto:access@lincolncenter.org)  
Website: [Lincoln Center Moments](#)  
Contact Name: Accessibility at Lincoln Center

Program provided:

Lincoln Center Moments - A free performance and workshop series for adults with dementia and their caregivers.

---

Organization: Rhythm Break Cares  
Address: 1261 Broadway, suite 309, New York, NY 10001  
Phone Number: 646 742 9014  
TTY Phone Number: 646 742 9014  
Email: [rbcare@gmail.com](mailto:rbcare@gmail.com)  
Website: [www.rbcare.org](http://www.rbcare.org)  
Contact Title: Director of Operations  
Contact Name: Stine Moen

Program provided:

Our mission is to provide the restorative power of music, movement, and touch to older adults with dementia. Since 2009, we have utilized our love and knowledge of dance to improve the quality of life for those with all stages of dementia residing in the community or in a memory care facility. Our dance artists are professionally trained Ballroom and Modern dancers who have completed training to work with older adults with dementia.

---

# The Alzheimer's and Dementia Resource Directory

## Music, Dance, and Arts Programs, cont'd:

Organization: The Unforgettables Chorus  
Address: 619 Lexington Avenue on 54th Street, New York, NY 10022  
Phone Number: 347-351-1247  
Email: [unforgettables.chorus@gmail.com](mailto:unforgettables.chorus@gmail.com)  
Website: [Unforgettables Chorus](http://UnforgettablesChorus.com)  
Contact Title: Director of The Unforgettables Chorus  
Contact Name: Tania Papayannopoulou

### Program Provided:

The Unforgettables chorus is a chorus for people with dementia and their family or friend caregiver. They both join together as active members of the chorus singing in rehearsals and concerts prepared by the directors, Tania Papayannopoulou and Dale Lamb.

---

Organization: Arts & Minds  
Address: PO Box 250073, Columbia University Station, New York, NY 10025  
Phone Number: 646-755-3726  
Email: [chalpinhealy@artsandminds.org](mailto:chalpinhealy@artsandminds.org)  
Website: [www.artsandminds.org](http://www.artsandminds.org)  
Contact Title: Program Coordinator  
Contact Name: Nellie Escalante  
Contact Email: [chalpinhealy@artsandminds.org](mailto:chalpinhealy@artsandminds.org)

### Program provided:

Museum based experiences for adults with memory disorders and their care partners. Through gallery discussions and hands-on art activities, Arts & Minds opens a window to creativity and well-being. Programs take place at 5 museums in NYC. All programs are free, but reservations are required.

# The Alzheimer's and Dementia Resource Directory

## Multi-Purpose Organizations

Organization: New York Memory Center  
Address: 199 14th Street, 1st Floor, Brooklyn, NY 11215  
Phone Number: 718-499-7701  
Email: [jbrown@nymemorycenter.org](mailto:jbrown@nymemorycenter.org)  
Website: [www.nymemorycenter.org](http://www.nymemorycenter.org)  
Contact Title: Executive Director  
Contact Name: Josephine Brown

### Resources Provided:

social adult day services, evening services (social adult day), extended hours (social adult day), creative arts based therapies, round-trip transportation, cognitive exercises, cognitive computer training, nutritious meals, caregiver support group, caregiver coaching, caregiver navigation, caregiver education, caregiver wellness classes (yoga, tai chi, nutrition), Memory Arts Cafe.

---

Organization: Alzheimer's Foundation of America  
Address: 322 8th Avenue - Suite 800, New York, NY 10001  
Phone Number: 866-232-8484  
Email: [info@alzfdn.org](mailto:info@alzfdn.org)  
Website: [www.alzfdn.org](http://www.alzfdn.org)  
Contact Title: Director of Educational and Social Services  
Contact Name: Molly Fogel

### Resources provided:

The Alzheimer's Foundation of America, based in New York, is a non-profit organization that unites more than 2,600 member organizations nationwide in the goal of providing optimal care and services to individuals living with dementia, and to their caregivers and families. Its services include a national, toll-free helpline (866-232-8484) staffed by licensed social workers, telephone based support groups, therapeutic community classes, professional training and workshops, free, monthly webinars, educational conferences and materials, a free quarterly magazine for caregivers, the National Memory Screening Program, and "AFA Partners in Care" dementia care training for healthcare professionals. For more information about AFA, call 866-232-8484, visit [www.alzfdn.org](http://www.alzfdn.org), follow us on Twitter, or connect with us on Facebook or LinkedIn.

# The Alzheimer's and Dementia Resource Directory

## Multi-Purpose Organizations, cont'd

Organization: CaringKind  
Address: 360 Lexington Avenue, 4th Floor, New York, NY 10017  
Phone Number: 646-744-2900  
Email: [helpline@caringkindnyc.org](mailto:helpline@caringkindnyc.org)  
Website: [www.caringkindnyc.org](http://www.caringkindnyc.org)

### Resources provided:

We are at the heart of Alzheimer's Caregiving. For over thirty years, CaringKind has focused on equipping New Yorkers with the time, space and skills they need to be able to care with confidence and make today a little bit brighter.

---

Organization: NYU Alzheimer's Disease and Related Dementias Family Support Program  
Address: 145 East 32nd Street, 8th Floor, New York, NY 10016  
Phone Number: 646-754-2277  
Email: [family.support@nyumc.org](mailto:family.support@nyumc.org)  
Website: [nyulangone.org/memorydisordersupport](http://nyulangone.org/memorydisordersupport)  
Contact Title: Community Health Representative

### Resources provided:

We offer consultation and support to families caring for relatives who have trouble with thinking and memory.

---

Organization: Alzheimer's Association, NYC Chapter  
Address: 60 East 42nd Street, Suite 2240, New York, NY 10165  
Phone Number: 646-418-4466  
Email: [NYCinfo@alz.org](mailto:NYCinfo@alz.org)  
Website: [alz.org/nyc](http://alz.org/nyc)

# The Alzheimer's and Dementia Resource Directory

## Government Agencies

**Government agencies at all levels provide information on Alzheimer's and related diseases.**

**Following are a selection from some of those agencies.**

- Federal government - National Institute of Health (National Institute of Aging):
  - [Alzheimer's Disease Fact Sheet](#)
  - [Alzheimer's Caregiving](#)
  - [Free Publications](#)
- [New York State Department of Health: Where Can I Get Help?](#)
- [New York City Department for the Aging - Alzheimer's and Caregiver Resource Center](#)

# The Alzheimer's and Dementia Resource Directory

## Clinical Trials

To learn how clinical trials are designed and conducted, see this [Wikipedia Article](#).

For a comprehensive list of all clinical trials being conducted world-wide, visit: <https://clinicaltrials.gov/>.

New York specific information can be obtained at: [www.centerwatch.com](http://www.centerwatch.com)

### Directories:

Organization: Alzheimer's Association  
Address: 225 N. Michigan Ave., Fl. 17, Chicago, IL 60601  
Phone Number: 800-272-3900  
TTY Phone Number: 866-403-3073  
Website: [Alzheimer's Association TrialMatch](#)

Resource provided:

Alzheimer's Association TrialMatch® is a free, easy-to-use clinical studies matching service that generates customized lists of studies based on user-provided information. You can easily see what studies you may qualify for. Our continually updated database contains more than 250 studies, including both pharmacological (drug) and non-pharmacological (non-drug) studies being conducted at sites across the country and online.

---

Organization: Antidote  
Address: 450 Lexington Ave., New York, NY 10017  
Phone Number: 888-509-1308  
Website: [Antidote Alzheimer's Clinical Trials](#)

Resource provided:

We connect people like you with medical research studies, in the fastest and easiest way possible. All you need to do is answer a few questions, and we'll find the right trials for you.

We've built a smart, easy way to organize the world's research information – and transform the way people and researchers connect. You gain access to the latest medical developments and world-class care. Researchers complete their studies even faster. And medical breakthroughs are accelerated for everyone.



# The Alzheimer's and Dementia Resource Directory

## Researchers:

Organization: New York State Psychiatric Institute and Columbia University  
Department of Psychiatry  
Address: 1051 Riverside Drive, New York, NY 10032  
Phone Number: (212) 305-6001  
Website: <https://www.columbiapsychiatry.org/join-study>

---

Organization: Montefiore Medical center, Albert Einstein College of Medicine  
Principal Investigator: Yasmin Mossavar-Rahmani, PhD  
Email: [yasmin.mossavar-rahmani@einstein.yu.edu](mailto:yasmin.mossavar-rahmani@einstein.yu.edu)  
Address: 111 East 210th Street, Bronx, NY 10467  
Phone Number: 718-920-4321  
Website: <http://www.montefiore.org/research>

Clinical Trial:

[Multicultural Healthy Diet to Reduce Cognitive Decline & Alzheimer's Disease Risk](#)

---

Organization: Alzheimer's Disease Research Center (ADRC) at the Icahn School of  
Medicine at Mount Sinai  
Address: One Gustave L. Levy Place, Box 1230, New York, NY 10029  
Phone Number: 212-241-8329  
Website: <http://icahn.mssm.edu/research/adrc>

---

Organization: The NYU Alzheimer's Disease Center  
Address: NYU Langone Medical Center, 145 East 32nd Street (2nd Floor), New  
York, NY 10016  
Phone Number: 212-263-8088  
Website: <https://med.nyu.edu/adc/participate-research/research-opportunities/>

# The Alzheimer's and Dementia Resource Directory

## Technology

Organization: Memory Lane  
Website: [www.openmemorylane.com](http://www.openmemorylane.com)  
Contact Title: CCO SoundMind Intelligence, Inc.  
Contact Name: Andy Kropa  
Contact Phone: 917-561-1324  
Contact Email: [info@openmemorylane.com](mailto:info@openmemorylane.com)

### Resource Provided:

Voice computing application for Alexa-enabled devices

---

Organization: GreyMatters Care LLC  
Website: [www.greymatterstous.com](http://www.greymatterstous.com)  
Contact Phone: 646-734-6093  
Contact Email: [info@greymatterscare.com](mailto:info@greymatterscare.com)

### Resource Provided:

GreyMatters is an interactive life storybook app for the tablet that aims to improve quality of life for people with dementia and their caregivers. Through visual reminiscence, paired with music and games, the app helps patients and families preserve yesterday's memories, as well as share today's joyful moments.

---

Organization: Dementia Mentors  
Address: 17244 Hwy US 41, Spring Hill, FL 34610  
Phone Number: 352-345-6270  
Email: [dementiamentors@gmail.com](mailto:dementiamentors@gmail.com)  
Website: [www.dementiamentors.org](http://www.dementiamentors.org)  
Contact Title: Founder  
Contact Name: Gary Joseph LeBlanc

### Resources Provided:

Helping the newly diagnosed with dementia find their footing and helping remain social. Resources are provided via interactive website.

# The Alzheimer's and Dementia Resource Directory

## Technology, cont'd

Organization: Music & Memory  
Address: 17 West 17th Street 7th Floor, New York, NY 10011  
Phone Number: 212-602-1331  
Email: [rchamberlain@musicandmemory.org](mailto:rchamberlain@musicandmemory.org)  
Website: [www.musicandmemory.org](http://www.musicandmemory.org)  
Contact Title: Director of Development and Operations  
Contact Name: Robin Chamberlain  
Contact Phone: 917-865-6530

### Resource Provided:

Music & Memory offers training and support for caregivers to provide personalized music on digital devices to individuals with Alzheimer's and dementia. Through education and resources we seek to improve quality of life for those living in long-term care and aging in place.

---

Organization: Pop-doc  
Address: 131 W 33rd St - 12E, New York, NY 10001  
Phone Number: 212-244-4244  
Email: [info@pop-doc.com](mailto:info@pop-doc.com)  
Website: [www.pop-doc.com](http://www.pop-doc.com)  
Contact Title: CEO  
Contact Name: David T. Neuman, MD

### Resource Provided:

Appropriate exercise has been shown to diminish joint pain and slow the progress of cognitive decline. At Pop-doc.com we offer a mobile resource to help those with dementia combat the cognitive decline through exercise. The platform helps preserve joint function, allowing users to be more mobile, have more stability, stay independent and have less pain. These easy-to-follow 'joint preservation' exercises are done from a seated position, and are effective at increasing blood flow to the joints and extremities. In as little as 5-7 minutes a day, the exercise groupings can elevate mood and slow the progress of dementia.

# The Alzheimer's and Dementia Resource Directory

## Technology, cont'd

Organization: The Scent Guru Group, LLC  
Address: 69 Byram Shore Road, Greenwich, CT 06830  
Phone Number: 203-912-2811  
Email: [thescentgurugroup@gmail.com](mailto:thescentgurugroup@gmail.com)  
Website: [www.thescentgurugroup.com](http://www.thescentgurugroup.com)  
Contact Title: Founder  
Contact Name: Ruth Sutcliffe

### Resource Provided:

Essential Awakenings™ Smell & Memory tool kits

# The Alzheimer's and Dementia Resource Directory

## Publications & Media

### Collections:

- [PlayerFM](#) - Extensive library of high-quality podcasts from sources world-wide. Mobile app available.
- [Alzheimer's Weekly](#) - A very comprehensive collection of articles and videos, with a special sections featuring Diet & Nutrition and Books & Technology.
- [Alzheimer's Weekly](#) - A very comprehensive collection of articles and videos, with a special sections featuring Diet & Nutrition and Books & Technology.
- [Alzheimer's Disease Resource Center](#) - Organization serving the greater New York Metropolitan area. Website provides a wealth of information and the organization participates in local events.
- [Alzheimer's Reading Room](#) - Provides a searchable database of over 5,000 articles to answer questions, and provide solutions to the problems that caregivers face in Alzheimer's and dementia care.
- [Being Patient](#) - An editorially independent news site covering the latest research on Alzheimer's disease. Articles and Podcasts
- [The Best Alzheimer's Disease Videos of the Year](#) - More than five million people in the United States are living with Alzheimer's, according to the Alzheimer's Association. For these people and their families, finding resources early on can make the progression of the disease easier to bear. We've rounded up the best and newest videos that offer everything from disease education to heartwarming stories.
- [Video collection from the Northern California and Northern Nevada Chapter of the Alzheimer's Association](#) - The videos provided are short, educational clips of high quality on a variety of topics of interest to the dementia caregiver, early stage person with dementia, family members and professionals.
- [Nine touching movies about dementia and Alzheimer's](#) - Oscar nominations over the years have included multiple nods for performances in movies that deal with Alzheimer's disease and dementia. Here are nine movies you shouldn't miss that handle this difficult subject with grace, dignity, and realism.

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media:

- [Sleep apnea may be linked to higher levels of Alzheimer's biomarker in brain](#)  
People who are witnessed by a bed partner to have stopped breathing during sleep may have higher accumulations of an Alzheimer's disease biomarker called tau in an area of the brain that helps with memory, according to a preliminary study. [03 Mar 2019]
- [Dementia: Could gut bacteria play a role?](#)  
As interest in gut bacteria peaks, they are implicated in yet another condition. Researchers recently identified stark differences in levels of specific gut bacteria in people with dementia. [01 Mar 2019]
- [Keeping active in middle age may be tied to lower risk of dementia](#)  
Keeping physically and mentally active in middle age may be tied to a lower risk of developing dementia decades later, according to a new study. Mental activities included reading, playing instruments, singing in a choir, visiting concerts, gardening, doing needlework or attending religious services. [25 Feb 2019]
- [Alzheimer's: 'Holy herb' extract shows promise as future treatment](#)  
Yerba santa, a plant with a long history of medicinal use in its native California, contains an active compound that could treat people with Alzheimer's disease one day. [22 Feb 2019]
- [The unexpected dangers of gum disease](#)  
Gum disease is common and unpleasant, but, according to a growing body of evidence, it could also play a role in a surprising range of seemingly unrelated health problems. [22 Feb 2019]
- [What are the early signs of dementia?](#)  
Dementia is a term that describes a variety of symptoms affecting a person's cognitive functioning, including their ability to think, remember, and reason. It tends to get worse over time, so there are a few key early warning signs. [21 Feb 2019]
- [Diabetes and Alzheimer's: What's the link?](#)  
New research has shown that impaired insulin signaling in the brain, often a feature of diabetes, may negatively impact cognition, mood, and metabolism - all of which are common aspects of Alzheimer's disease. [17 Feb 2019]
- [Study finds new cognitive decline mechanism in Alzheimer's](#)  
People with Alzheimer's disease experience poor blood flow to the brain, which affects cognitive function. A new study conducted in a mouse model has finally uncovered the reason behind this reduced blood flow. [15 Feb 2019]
- [Brain discovery explains a great mystery of Alzheimer's, Parkinson's](#)  
One of the great mysteries of neuroscience may finally have an answer: Scientists have identified a potential explanation for the mysterious death of specific brain cells seen in Alzheimer's, Parkinson's and other neurodegenerative diseases. [15 Feb 2019]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [Study finds new cognitive decline mechanism in Alzheimer's](#)  
People with Alzheimer's disease experience poor blood flow to the brain, which affects cognitive function. A new study conducted in a mouse model has finally uncovered the reason behind this reduced blood flow. [15 Feb 2019]
- ['Lack of cleaning' in brain cells is central to Alzheimer's disease](#)  
An international research team has created a better understanding of Alzheimer's. They have shown that the cleaning system of the brain cells, the so-called mitophagy, is very weakened in animals and humans with Alzheimer's. And when they improve the cleaning system in the animals, the Alzheimer's symptoms almost disappear. [14 Feb 2019]
- [Another early-onset Alzheimer's gene mutation found, and traced back to Africa](#)  
For some of us, they carry the bright blue of our grandfather's eyes. For others they result in the characteristic cleft chin or the familial tendency toward color blindness. But in some families, the genetic mutations handed down from generation to generation aren't as benign. And for one family in particular, the mutation results in early-onset Alzheimer's disease. [12 Feb 2019]
- [Alzheimer's: How do tau tangles grow?](#)  
New research in the Journal of Biological Chemistry breaks down the process through which tau tangles grow as long as they do. The findings may lead to new therapies that target the formation of tau aggregates in Alzheimer's disease. [12 Feb 2019]
- [How exercise may protect against Alzheimer's](#)  
A hormone called irisin -- produced during exercise -- may protect neurons against Alzheimer's disease. [08 Feb 2019]
- [Blood-clotting protein contributes to Alzheimer's](#)  
It is still unclear exactly what causes Alzheimer's disease, which is a neurodegenerative condition chiefly characterized by memory loss and other forms of cognitive impairment. However, new research is uncovering more of the factors that contribute to its pathology. [07 Feb 2019]
- [Does education really protect against dementia?](#)  
For years, many experts have assumed that spending more time in education protects against dementia. The latest study may overturn this long-held theory. [07 Feb 2019]
- [Hibernating hamsters could provide new clues to Alzheimer's disease](#)  
Syrian hamsters are golden-haired rodents often kept as house pets. Cold and darkness can cause the animals to hibernate for three to four days at a time, interspersed with short periods of activity. Surprisingly, the hibernation spurts of these cute, furry creatures could hold clues to better treatments for Alzheimer's disease (AD), according to a recent study. [06 Feb 2019]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [A new culprit in cognitive decline in Alzheimer's disease](#)  
Study finds blood protein destroys memory storage sites in the brain and may lead to new treatments. [05 Feb 2019]
- [Biggest ever map of human Alzheimer's brain](#)  
A study of the differences between healthy brains and those with Alzheimer's disease has produced largest dataset of its type ever. And the data is now freely available online for any scientist to use. [04 Feb 2019]
- [Hearing loss and cognitive decline: Study probes link](#)  
Recent research adds to a growing body of knowledge that links hearing loss with cognitive decline, which is a hallmark of dementia and often precedes the disease. [30 Jan 2019]
- [How gum disease could lead to Alzheimer's](#)  
In a new study, researchers have found that a bacterium largely responsible for gum disease also contributes to the development of Alzheimer's disease. [26 Jan 2019]
- [Even low-level activity may help reduce dementia risk](#)  
Recent research suggests that doing even low-intensity physical activity allows older people to reduce their risk of dementia. [25 Jan 2019]
- [Sleep deprivation accelerates Alzheimer's brain damage](#)  
A study in mice and people shows that sleep deprivation causes tau levels to rise and tau tangles to spread through the brain. Tau tangles are associated with Alzheimer's disease and brain damage. [24 Jan 2019]
- [Hyperbaric oxygen therapy for Alzheimer's disease](#)  
Researchers have the first PET scan-documented case of improvement in brain metabolism in Alzheimer's disease in a patient treated with hyperbaric oxygen therapy (HBOT). [24 Jan 2019]
- [In life and death, Alzheimer's disease looks different among Hispanic patients](#)  
Researchers report that autopsies of patients diagnosed with Alzheimer's disease when they were alive -- and confirmed by autopsy -- indicate many cognitive issues symptomatic of the condition are less noticeable in living Hispanic patients. [24 Jan 2019]
- [It may be possible to restore memory function in Alzheimer's, preclinical study finds](#)  
New research reveals a new approach to Alzheimer's disease (AD) that may eventually make it possible to reverse memory loss, a hallmark of the disease in its late stages. [23 Jan 2019]
- [Alzheimer's: Could targeting this mechanism reverse memory decline?](#)  
A novel genetic approach that repairs broken connections between brain cells could lead to treatments that restore memory capacity in Alzheimer's disease. [23 Jan 2019]



# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [Alzheimer's blood test detects brain damage years before symptoms](#)  
A blood test for a protein could identify people in the early stages of Alzheimer's disease a decade or more before symptoms, such as a decline in memory and thinking, emerge. [22 Jan 2019]
- [Stool transplants from 'super donors' could be a cure-all](#)  
New research suggests that stools from so-called "super donors" have such rich microbial diversity that using them for fecal transplants could cure conditions ranging from inflammatory bowel disease to Alzheimer's and multiple sclerosis. [22 Jan 2019]
- [Early prediction of Alzheimer's progression: Blood protein](#)  
Scientists have shown that a protein found in the blood can be used to precisely monitor disease progression of Alzheimer's long before first clinical signs appear. This blood marker offers new possibilities for testing therapies. [21 Jan 2019]
- [Psychological distress is a risk factor for dementia](#)  
A new study suggests that vital exhaustion -- which can be perceived as an indicator of psychological distress -- is a risk factor for future risk of dementia. [17 Jan 2019]
- [The cytoskeleton of neurons has been found to be involved in Alzheimer's disease](#)  
A researcher has participated in a study describing what it is during the early stages of Alzheimer's that triggers the loss of dynamics and subsequent impairment of the dendritic spines, the compartments of the neurons responsible for receiving nerve impulses from other neurons. The role played by the actin cytoskeleton of these compartments and how it responds in the presence of beta-amyloid peptides, the component most commonly associated with Alzheimer's, have been described. [17 Jan 2019]
- [Stroke drug may also prevent Alzheimer's disease](#)  
Researchers have discovered that a drug currently being developed to treat stroke patients could also prevent Alzheimer's disease. The study shows that the genetically engineered protein 3K3A-APC protects the brains of mice with Alzheimer's-like symptoms, reducing the buildup of toxic peptides and preventing memory loss. [15 Jan 2019]
- [New science details discovery of bacterial pathogen in brains of Alzheimer's patients](#)  
New science uncovers how an unlikely culprit, Porphyromonas gingivalis (Pg) -- the bacterium commonly associated with chronic gum disease -- appears to drive Alzheimer's disease (AD) pathology. [12 Jan 2019]
- [Decades-old question about protein found in Alzheimer's brain plaques](#)  
Alzheimer's-affected brains are riddled with so-called amyloid plaques: protein aggregates consisting mainly of amyloid-beta. However, this amyloid-beta is a fragment produced from a precursor protein whose normal function has remained enigmatic for decades. A team of scientists has now uncovered that this amyloid precursor protein modulates neuronal signal transmission through binding to a specific receptor. Modulating this receptor could potentially help treat Alzheimer's or other brain diseases. [10 Jan 2019]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [Decreased deep sleep linked to early signs of Alzheimer's disease: Toxic brain protein tau elevated in older people who sleep poorly](#)  
Researchers have uncovered part of the explanation for why poor sleep is linked to Alzheimer's disease. They found that older people who have less slow-wave sleep -- the deep sleep you need to consolidate memories and wake up feeling refreshed -- have higher levels of the brain protein tau. Elevated tau is a sign of Alzheimer's disease and has been linked to brain damage and cognitive decline. [09 Jan 2019]
- [Essential nutrient may help fight Alzheimer's across generation](#)  
Researchers are exploring a safe and simple treatment for one of the most devastating and perplexing afflictions: Alzheimer's disease (AD). They are investigating the effects of choline, an important nutrient that may hold promise in the war against the memory-stealing disorder. [08 Jan 2019]
- [Better mouse model built to enable precision-medicine research for Alzheimer's](#)  
Incorporating genetic diversity into a mouse model of Alzheimer's disease resulted in greater overlap with the genetic, molecular and clinical features of this pervasive human disease, according to a new study. [27 Dec 2018]
- [What helps people live well with dementia](#)  
Psychological aspects, such as optimism, self-esteem, loneliness and depression were closely linked to ability to optimize quality of life and wellbeing in both people with dementia and carers. Experience in other areas of life influences psychological well-being and perceptions of living well. Physical health and fitness was important for both groups. For both carers and people with dementia social activity and interaction also ranked highly. [21 Dec 2018]
- [Air pollution in Mexico City is associated with the development of Alzheimer disease: The evolving axonal damage can be identified using a novel Non-P-Tau assay for cerebrospinal fluid CSF](#)  
A new study heightens concerns over the evolving and relentless Alzheimer's pathology observed in young Metropolitan Mexico City (MMC) urbanites. [21 Dec 2018]
- [MRI scans shows promise in predicting dementia: Brain changes evident in scans before memory, cognitive decline](#)  
Doctors may one day be able to gauge a patient's risk of dementia with an MRI scan, according to a new study. Using a new technique for analyzing MRI data, researchers were able to predict who would experience cognitive decline with 89 percent accuracy. [20 Nov 2018]
- [New brain changes in early Alzheimer's disease](#)  
Researchers have discovered new changes occurring in the human brain in the early stages of Alzheimer's disease. The researchers used a multiomic approach to determine RNA, protein, and phosphorylation levels and carried out further neurobioinformatic analyses on them. [20 Dec 2018]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [Test detects protein associated with Alzheimer's and CTE: Findings could lead to early diagnosis, better treatment studies](#)  
An ultrasensitive test has been developed that detects a corrupted protein associated with Alzheimer's disease and chronic traumatic encephalopathy (CTE), a condition found in athletes, military veterans, and others with a history of repetitive brain trauma. This advance could lead to early diagnosis of these conditions and open new research into how they originate. [20 Dec 2018]
- [Tau protein suppresses neural activity in mouse models of Alzheimer's disease: How interaction between A-beta and tau proteins leads to pathological effects](#)  
A study sheds new light on how the hallmarks of Alzheimer's disease -- amyloid-beta plaques and neurofibrillary tangles containing the protein tau -- produce their damaging effects in the brain. [19 Dec 2018]
- [Path to vaccine or drug for late-onset Alzheimer's: Researchers neutralize genetic risk factor found in 50 to 80 percent of human cases](#)  
Researchers have succeeded in neutralizing what they believe is a primary factor in late-onset Alzheimer's disease, opening the door to development of a drug that could be administered before age 40, and taken for life, to potentially prevent the disease in 50 to 80 percent of at-risk adults. [17 Dec 2018]
- [Scientists pave the way for saliva test for Alzheimer's disease](#)  
Scientists have identified three biomarkers for detecting mild cognitive impairment and Alzheimer's disease in saliva samples. The research has promising results for application in a clinical setting. [12 Dec 2018]
- [New discoveries predict ability to forecast dementia from single molecule](#)  
Scientists who recently identified the molecular start of Alzheimer's disease have used that finding to determine that it should be possible to forecast which type of dementia will develop over time -- a form of personalized medicine for neurodegenerative diseases. [11 Dec 2018]
- [Promising diagnostic tool for Alzheimer's disease](#)  
Johns Hopkins Medicine Summary: Researchers have identified in live human brains new radioactive 'tracer' molecules that bind to and 'light up' tau tangles, a protein associated with a number of neurodegenerative diseases including Alzheimer's disease and other related dementias. [10 Dec 2018]
- [Memory tests predict brain atrophy and Alzheimer's disease](#)  
Use of two episodic memory tests help in predicting brain atrophy and Alzheimer's disease, as indicated by a study. Researchers suggest that comprehensive use of memory tests could improve the diagnosis of mild cognitive impairment due to Alzheimer's disease. [10 Dec 2018]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [New generation of therapeutics based on understanding of aging biology show promise for Alzheimer's disease](#)  
A comprehensive review of the clinical trial landscape, including current agents being studied for the prevention and treatment of Alzheimer's disease (and other dementias), points to the need to develop and test drugs based on an understanding of the multiple effects of aging on the brain. [07 Dec 2018]
- [Blood test for tau, Alzheimer's disease under development](#)  
Researchers are working to develop a blood test to accurately diagnose or even predict Alzheimer's disease before symptoms appear. [06 Dec 2018]
- [Not one disease: Researchers classify Alzheimer's patients in six subgroups](#)  
Researchers studying Alzheimer's disease have created an approach to classify patients with Alzheimer's disease, a finding that may open the door for personalized treatments. [04 Dec 2018]
- [Never-before-seen DNA recombination in the brain linked to Alzheimer's disease](#)  
Scientists have identified gene recombination in neurons that produces thousands of new gene variants within Alzheimer's disease brains. The study reveals for the first time how the Alzheimer's-linked gene, APP, is recombined by using the same type of enzyme found in HIV. The findings provide rationale for evaluating HIV antiretroviral therapies in people with Alzheimer's. It also provides an explanation for why clinical trials for Alzheimer's have failed to date. [23 Nov 2018]
- [Slowed brainwaves linked to early signs of brain cells going haywire due to dementia](#)  
To turn back the clock on Alzheimer's disease, many researchers are seeking ways to effectively diagnose the neurodegenerative disorder earlier. One potential way to do this is by tracking a person's brainwave activity, which slows down in certain brain regions that are likely to be affected by the disease next, according to recent findings [21 Nov 2018]
- [New methods to identify Alzheimer's drug candidates with anti-aging properties](#)  
Old age is the greatest risk factor for many diseases, including Alzheimer's disease (AD) and cancer. Geroprotectors are a recently identified class of anti-aging compounds. New research has now identified a unique subclass of these compounds, dubbed geroneuroprotectors (GNPs), which are AD drug candidates and slow the aging process in mice. [13 Nov 2018]
- [Artificial intelligence predicts Alzheimer's years before diagnosis](#)  
Artificial intelligence (AI) technology improves the ability of brain imaging to predict Alzheimer's disease, according to a new study [06 Nov 2018]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [Evidence mounts that an eye scan may detect early Alzheimer's disease](#)  
Results from two studies show that a new, non-invasive imaging device can see signs of Alzheimer's disease in a matter of seconds. The researchers show that the small blood vessels in the retina at the back of the eye are altered in patients with Alzheimer's [29 Oct 2018]
- [Study indicates exercise may decrease risk of falling for older adults who have Alzheimer's disease and mental health challenges](#)  
A research team decided to explore whether exercise could reduce the risk of falling among community-dwelling people with Alzheimer's Disease who also had neuropsychiatric symptoms. [29 Oct 2018]
- [Link found between chronic inflammation and risk for Alzheimer's disease](#)  
While it is widely shown that possessing the ApoE4 gene is the major genetic risk factor of Alzheimer's disease (AD), not all ApoE4 carriers develop AD. For the first time, researchers have shown that ApoE4 linked with chronic inflammation dramatically increases the risk for AD. This can be detected by sequential measurements of C-reactive protein, a common clinical test which can be done routinely in a clinical setting. [19 Oct 2018]
- [New appropriate use criteria for lumbar puncture in Alzheimer's diagnosis](#)  
In preparation for more tools that detect and measure the biology associated with Alzheimer's and other dementias earlier and with more accuracy, experts have published appropriate use criteria (AUC) for lumbar puncture (spinal tap) and spinal fluid analysis in the diagnosis of Alzheimer's disease. [10 Oct 2018]
- [Periodontal disease bacteria may kick-start Alzheimer's](#)  
Long-term exposure to periodontal disease bacteria causes inflammation and degeneration of brain neurons in mice that is similar to the effects of Alzheimer's disease in humans. Periodontal disease may be an initiator of Alzheimer's. [04 Oct 2018]
- [AI could predict cognitive decline leading to Alzheimer's disease in the next five years. Algorithms may help doctors stream people onto prevention path sooner](#)  
A team of scientists has successfully trained a new artificial intelligence (AI) algorithm to make accurate predictions regarding cognitive decline leading to Alzheimer's disease. [04 Oct 2018]
- [Exercise may delay cognitive decline in people with rare Alzheimer's disease. This could also be true for people with more common forms of Alzheimer's disease](#)  
For individuals carrying a genetic mutation that causes Alzheimer's disease, engaging in at least 2.5 hours of physical activity per week may have beneficial effects on markers of Alzheimer's disease brain changes and may delay cognitive decline, according to a new study. [25 Sep 2018]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [Promising novel treatment against Alzheimer's disease](#)  
New research reveals that a novel drug reverses memory deficits and stops Alzheimer disease pathology (AD) in an animal model. Importantly, this drug has already proven to be non-toxic for humans in a clinical setting and could, therefore, be brought quickly to trials in humans against AD. [25 Sep 2018]
- [New method enables accurate diagnosis of Alzheimer's disease](#)  
A new brain imaging method can show the spread of specific tau protein depositions, which are unique to cases with Alzheimer's. [19 Sep 2018]
- [Discovery could explain failed clinical trials for Alzheimer's, and provide a solution](#)  
A vicious feedback loop underlying brain degeneration in Alzheimer's disease may explain why so many drug trials have failed, according to researchers. Their study also identifies a clinically approved drug which breaks the vicious cycle and protects against memory-loss in animal models of Alzheimer's. [19 Sep 2018]
- [Computer avatars play a part in dementia detection](#)  
Scientists have demonstrated the possibility of detecting dementia from conversations in human-agent interaction. Their research shows how a machine can learn characteristics of sounds of elderly people who answered easy questions from avatars on a computer. [13 Sep 2018]
- [Risk gene for Alzheimer's may aggravate neurological effects of air pollution in children](#)  
There is growing evidence that exposure to air pollution adversely affects cognitive and behavioral development in children. However, the mechanisms underlying this association are, as yet, unknown. [06 Sep 2018]
- [Excessive daytime sleepiness linked with brain protein involved in memory-robbing disease](#)  
Analysis of data captured during a long-term study of aging adults shows that those who report being very sleepy during the day were nearly three times more likely than those who didn't to have brain deposits of beta amyloid, a protein that's a hallmark for Alzheimer's disease, years later. [06 Sep 2018]
- [How exercise generates new neurons, improves cognition in Alzheimer's mouse](#)  
A study finds that neurogenesis -- inducing the production of new neurons -- in the brain structure in which memories are encoded can improve cognitive function in a mouse model of Alzheimer's disease. [06 Sep 2018]
- [Alzheimer's-associated tau protein disrupts molecular transport within neurons](#)  
Abnormal form of tau interacts with structure handling transport between nucleus and cytoplasm [05 Sep 2018]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [Study provides 10-year risk estimates for dementia, which may help with prevention in high-risk individuals who potentially could benefit from early targeted prevention](#)  
A Danish study provides 10-year absolute risk estimates for dementia specific to age, sex and common variation in the APOE gene, which may help identify high-risk individuals who potentially could benefit from early targeted prevention. The study is published in CMAJ (Canadian Medical Association Journal). [04 Sep 2018]
- [Novel strategy shows promise for earlier detection of Alzheimer's disease](#)  
Finding an effective way to identify people with mild cognitive impairment who are most likely to go on to develop Alzheimer's disease has eluded researchers for years. But now, a team of researchers has devised a novel strategy that could do just that. [04 Sep 2018]
- [Dementia symptoms peak in winter and spring, study finds](#)  
Adults both with and without Alzheimer's disease have better cognition skills in the late summer and early fall than in the winter and spring, according to a new study. [04 Sep 2018]
- [Stroke doubles dementia risk, concludes large-scale study](#)  
The study analyzed data on stroke and dementia risk from 3.2 million people across the world. The link between stroke and dementia persisted even after taking into account other dementia risk factors such as blood pressure, diabetes and cardiovascular disease. Their findings give the strongest evidence to date that having a stroke significantly increases the risk of dementia. [31 Aug 2018]
- [Alzheimer's one day may be predicted during eye exam](#)  
Using technology similar to what is found in many eye doctors' offices, researchers have detected evidence suggesting Alzheimer's in older patients who had no symptoms of the disease. [23 Aug 2018]
- [Impact of osteoporosis on the risk of dementia in almost 60,000 patients](#)  
Osteoporosis is estimated to affect 200 million women across the world. In recent decades, several authors have analyzed the impact of osteoporosis on the risk of cognitive decline. [20 Aug 2018]
- [Alzheimer's drug may stop disease if used before symptoms develop, study suggests](#)  
Biologists have gained new understanding of how Alzheimer's disease begins, and how it might be halted using a current medication. [01 Aug 2018]
- [Nine out of 10 people caring for a family member with dementia don't get enough sleep](#)  
More than 90 percent of people caring for a family member with dementia experience poor sleep, according to new research. [01 Aug 2018]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [Multi-feature based brain network improves auto-diagnosis of Alzheimer's disease](#)  
Researchers have developed a new method for constructing personal brain networks using multiple structural features to improve the accuracy of diagnosing Alzheimer's disease (AD) and mild cognitive impairment (MCI). The personal networks accurately classified 96 percent of patients with AD or MCI from healthy control participants, a level similar to the current accuracy of clinical evaluations. The high performance of the method suggests it could be useful in clinics to enhance auto-diagnosis of AD and MCI based on brain imaging. [01 Aug 2018]
- [Microfluidic system incorporates neuroinflammation into 'Alzheimer's in a dish' model](#)  
Building on their development of the first culture system to replicate fully the pathology behind Alzheimer's disease, a research team has now produced a system that includes neuroinflammation, the key biological response that leads to the death of brain cells. [30 Jul 2018]
- [Advancing the search for antibodies to treat Alzheimer's disease](#)  
Two new studies illustrate that not all forms of amyloid-beta protein -- the protein thought to initiate Alzheimer's disease -- play an equally menacing role in the progress of the disease. Using a new way of preparing and extracting the protein as well as a new technique to search for promising drug candidates, researchers have highlighted the importance of testing and targeting different forms of amyloid-beta. [30 Jul 2018]
- [Naturalistic driving study investigates self-regulation behavior in early Alzheimer's disease](#)  
Driving is a complex task that involves perceptual, motor and cognitive abilities. These abilities may be affected in early Alzheimer's disease (AD) patients. Nevertheless, they continue to drive for more years than people with other dementia syndromes perhaps because of a deficit in self-awareness that prevents them from perceiving their driving difficulties and adapting accordingly. [26 Jul 2018]
- [Just 10 minutes of social interaction a day improves wellbeing in dementia care](#)  
The Improving Staff Attitudes and Care for People with Dementia e-Learning (tEACH) study involved 280 residents and care staff in 24 care homes over nine months. The intervention improved resident wellbeing and staff attitudes to person-centered care. Skype support optimized sustained benefits. [26 Jul 2018]
- [Feel lightheaded when standing up? You may have a greater risk of dementia](#)  
People who feel faint, dizzy or lightheaded when standing up may be experiencing a sudden drop in blood pressure called orthostatic hypotension. Now a new study says middle-aged people who experience such a drop may have a greater risk of developing dementia or stroke decades later. [26 Jul 2018]



# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [Alzheimer's disease risk impacted by the liver, diet](#)  
Reduced levels of plasmalogens -- a class of lipids created in the liver that are integral to cell membranes in the brain -- are associated with an increased risk of Alzheimer's Disease, according to new research presented this week at the Alzheimer's Association International Conference (AAIC) 2018 by Mitchel A. Kling, MD, an associate professor of Psychiatry in the Perelman School of Medicine at the University of Pennsylvania and the Veterans Affairs Medical Center. [24 Jul 2018]
- [Common painkillers triple harmful side effects in dementia](#)  
Two new studies highlight a significant increase in harmful side effects related to the use of commonly prescribed opioid painkillers in people with dementia. Researchers also identified a mechanism that may be causing the problem. [24 Jul 2018]
- [Treating non-cognitive symptoms of people with dementia](#)  
New research presented at the Alzheimer's Association International Conference (AAIC) 2018 in Chicago focuses on the recent successes and ongoing challenges of drug and non-drug treatments for the non-cognitive symptoms experienced by people living with Alzheimer's dementia. [24 Jul 2018]
- [Virtual reality may help students experience life with dementia first hand](#)  
Virtual reality technology gives high school students greater insight into what it's like to be Alfred -- a 74-year-old African American man with suspected mild cognitive impairment (MCI), plus age-related vision and hearing loss, or Beatriz, a middle-aged Latina, as she progresses through the continuum of Alzheimer's disease. [23 Jul 2018]
- [Treating dementia with the healing waves of sound](#) Ultrasound waves applied to the whole brain improve cognitive dysfunction in mice with conditions simulating vascular dementia and Alzheimer's disease. It is possible that this type of therapy may also benefit humans. [20 Jul 2018]
- [Majority of older adults with probable dementia are likely unaware they have it, study suggests](#)  
An analysis of information gathered for an ongoing and federally sponsored study of aging and disability adds to evidence that a substantial majority of older adults with probable dementia in the United States have never been professionally diagnosed or are unaware they have been. [17 Jul 2018]
- [Test for Alzheimer's disease directly measures synaptic loss](#)  
Researchers have tested a new method for directly measuring synaptic loss in individuals with Alzheimer's disease. The method, which uses PET imaging technology to scan for a specific protein in the brain linked to synapses, has the potential to accelerate research for new Alzheimer's treatments, the researchers said. [16 Jul 2018]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [New development in 3D super-resolution imaging gives insight on Alzheimer's disease](#)  
One major problem with understanding Alzheimer's is not being able to clearly see why the disease starts. A super-resolution 'nanoscope' now provides a 3D view of brain molecules with 10 times greater detail. This imaging technique could help reveal how the disease progresses and where new treatments could intervene. [16 Jul 2018]
- [Implications of unmet promise of a miracle drug for Alzheimer's disease](#)  
Authors lament the unmet promise of a miracle drug for Alzheimer disease but are heartened by what they see as encouraging improvements in care (care transformation) for a growing population of older adults, many with dementia. [16 Jul 2018]
- [Practice imperfect: Repeated cognitive testing can obscure early signs of dementia](#)  
Alzheimer's disease is a progressive, neurodegenerative condition that often begins with mild cognitive impairment (MCI), making early and repeated assessments of cognitive change crucial to diagnosis and treatment. Researchers have now found that repeated testing of middle-age men produced a 'practice effect' which obscured true cognitive decline and delayed detection of MCI. [12 Jul 2018]
- [Herpes linked to Alzheimer's: Antivirals may help](#)  
A new commentary on a study by epidemiologists supports the viability of a potential way to reduce the risk of Alzheimer's disease. When the authors looked at subjects who suffered severe herpes infection and who were treated aggressively with antiviral drugs, the relative risk of dementia was reduced by a factor of 10. [12 Jul 2018]
- [The 'Big Bang' of Alzheimer's: Scientists ID genesis of disease](#)  
Scientists have discovered a 'Big Bang' of Alzheimer's disease -- the precise point at which a healthy protein becomes toxic but has not yet formed deadly tangles in the brain. [10 Jul 2018]
- [A gene linked to job-related exhaustion in shift workers increases the risk of Alzheimer's](#)  
A new study shows that a variation in the melatonin receptor 1A gene is linked to the risk of Alzheimer's disease in the elderly. The same research team has previously demonstrated that the same genetic variation reduces tolerance to shift work among the working age population. [06 Jul 2018]
- [Treating Alzheimer's with aspirin](#)  
A low-dose aspirin regimen may represent a new avenue for reducing Alzheimer's disease pathology, according to new research in a mouse model. The study identifies a new role for one of the most widely used medications in the world. [02 Jul 2018]
- [Unraveling genetic risk factors for Alzheimer's disease](#)  
The strongest genetic risk factor for Alzheimer's disease may impair the brain's ability to convert its primary fuel source into usable energy, finds a study of female mice. The research suggests therapeutic strategies that promote brain energy conversion in risk gene carriers could help to reduce risk or delay onset of the disease. [02 Jul 2018]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [Obesity + aging linked to Alzheimer's markers in the brain](#)  
A new study suggests that when a high-fat, high-sugar diet that leads to obesity is paired with normal aging, it may contribute to the development of Alzheimer's disease. In addition, researchers discovered that certain areas of the brain respond differently to risk factors associated with Alzheimer's. [28 Jun 2018]
- [New promise in search for simple, early test for Alzheimer's disease](#)  
Researchers have found early evidence that tiny snippets of genetic material called microRNA may help with early detection of conditions such as Alzheimer's disease. [26 Jun 2018]
- [True nature of cells blamed in Alzheimer's revealed](#)  
Immune cells commonly blamed in Alzheimer's and other neurodegenerative diseases are actually precision cleaning machines protecting the central nervous system, new research shows. [25 Jun 2018]
- [More evidence for controversial theory that herpesviruses play role in Alzheimer's disease](#)  
In a large-scale analysis, researchers use data from three different brain banks to suggest that human herpesviruses are more abundant in the brains of Alzheimer's patients and may play a role in regulatory genetic networks that are believed to lead to the disease. This work lends support to the controversial hypothesis that viruses are involved in Alzheimer's disease and offers potential new paths for treatment. [21 Jun 2018]
- [Deep Brain Stimulation showing promise for patients with mild Alzheimer's disease over 65](#)  
An age group analysis of data from the ADvance trial has shown that participants over the age of 65 continue to derive the most benefit from Deep Brain Stimulation of the fornix (DBS-f), as observed in the data from the phase 2 findings (12 - 24 months) of the Phase II trial. [19 Jun 2018]
- [Dementia can be caused by hypertension](#)  
A new study indicates that patients with high blood pressure are at a higher risk of developing dementia. This research also shows (for the first time) that an MRI can be used to detect very early signatures of neurological damage in people with high blood pressure, before any symptoms of dementia occur. [13 Jun 2018]
- [New mechanism by which Alzheimer's disease spreads through the brain discovered](#)  
The waste-disposal system in a cell can spread harmful protein aggregates between neurons in the brain in Alzheimer's disease. The spread can be reduced in experiments in cultivated cells. The discovery may help the development of new diagnostic methods, and may eventually lead to new drugs that can stop or reduce the progression of disease. [13 Jun 2018]
- [Optimal sleep linked to lower risks for dementia and early death](#)  
Short and long daily sleep duration were risk factors for dementia and premature death in a study of Japanese adults aged 60 years and older. [06 Jun 2018]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [A typical communication pattern of people with Alzheimer's disease](#)  
Dementia, in any form, is a heartbreaking disease that can take away one's thinking and judgement abilities before they pass. To save face, people with dementia often pretend to know answers to questions, even if they really don't. This often hides the severity of the disease and exasperates the fears and frustrations of the people who care for them. The act of pretending to know answers to keep up appearances is referred to as "saving appearance responses" (SARs), and a research group has performed the first statistical analysis of SARs in patients with various forms of dementia. [06 Jun 2018]
- [Mystery deepens over the cause of Alzheimer's](#)  
For more than 20 years, much of the leading research on Alzheimer's has been guided by the 'amyloid hypothesis.' But with a series of failed clinical trials raising questions about this theory, some researchers are looking for deeper explanations into the causes of the disease and how it can be treated. [06 Jun 2018]
- [Lighting intervention improves sleep and mood for Alzheimer's patients](#)  
A tailored lighting intervention in nursing homes can positively impact sleep, mood and behavior for patients with Alzheimer's disease, according to preliminary findings from a new study. [05 Jun 2018]
- [How Tau aggregates can contribute to cell death in Alzheimer's disease](#)  
New evidence suggests a mechanism by which progressive accumulation of Tau protein in brain cells may lead to Alzheimer's disease. [05 Jun 2018]
- [Dementia patients could remain at home longer thanks to ground breaking technology](#)  
Innovative new technology will enable people with dementia to receive round the clock observation and live independently in their own homes, a new study reports. [04 Jun 2018]
- [How does alcohol influence the development of Alzheimer's disease?](#)  
Research has found that some of the genes affected by alcohol and inflammation are also implicated in processes that clear amyloid beta -- the protein that forms globs of plaques in the brain and which contributes to neuronal damage and the cognitive impairment associated with Alzheimer's disease. [04 Jun 2018]
- [Genes found related to the reduction of proteins that contribute to Alzheimer's onset](#)  
The creation of a map of the molecular network in the aging brain reveals two new Alzheimer's disease target genes. [30 May 2018]
- [New computational tool could help optimize treatment of Alzheimer's disease](#)  
Scientists have developed a novel computational approach that incorporates individual patients' brain activity to calculate optimal, personalized brain stimulation treatment for Alzheimer's disease. [24 May 2018]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [Model estimates lifetime risk of Alzheimer's dementia using biomarkers](#)  
Lifetime risks of developing Alzheimer's disease dementia vary considerably by age, gender and whether any signs or symptoms of dementia are present, according to a new study. [22 May 2018]
- [Move it and use it: Exergaming may help those at risk of Alzheimer's or related dementias](#)  
Older adults with mild cognitive impairment (MCI), often a precursor to Alzheimer's, showed significant improvement with certain complex thinking and memory skills after exergaming, according to a new study. The results could encourage seniors, caregivers and health care providers to pursue or prescribe exergames (video games that also require physical exercise) in hopes of slowing the debilitating effects of those with MCI, sometimes a stage between normal brain aging and dementia. [15 May 2018]
- [Scientists discover a variation of the genome predisposing to Alzheimer's disease](#)  
A new article shows that the inheritance of small changes in DNA alters the expression of the PM20D1 gene and is associated with an increased risk of developing Alzheimer's disease. [14 May 2018]
- [Restoring epigenetic balance reinstates memory in flies with Alzheimer's disease symptoms](#)  
A study showed that restoring a balance between two epigenetic regulator enzymes restored learning and memory function in flies that displayed symptoms of Alzheimer's disease. [14 May 2018]
- [Molecule could improve memory, reduce Alzheimer's degradation, study finds](#)  
SERCA activator may improve memory and cognition for Alzheimer's patients by preserving calcium ion balance in neurons and offering a new therapeutic strategy for neurodegeneration drug development. [10 May 2018]
- [Key factors to support quality of life in dementia](#)  
A robust research analysis has identified what factors can be targeted to support people to live as well as possible with dementia. [09 May 2018]
- [Heart failure: The Alzheimer's disease of the heart?](#)  
Similar to how protein clumps build up in the brain in people with some neurodegenerative diseases such as Alzheimer's and Parkinson's diseases, protein clumps appear to accumulate in the diseased hearts of mice and people with heart failure. [09 May 2018]
- [Age, marital status, BMI and sleep associated with risk for dementia](#)  
Could your age, marital status, BMI (body mass index) and amount of sleep impact your risk for dementia? Researchers analyzed data from the Framingham Heart Study (FHS) to identify new combinations of risk factors that are linked to increased risk of dementia in later life. [08 May 2018]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [A new mechanism for neurodegeneration in a form of dementia](#)  
A new study reports that dementia-related and psychiatric-related proteins cluster together to form aggregates in the brain, leading to abnormal cell function and behavior. Aggregation of the protein TDP-43 is a hallmark of a pathological process that leads to dementia called frontotemporal lobar degeneration (FTLD). The study showed that as TDP-43 accumulates in the brain of patients with FTLD, it ropes in DISC1, an important protein in the pathology of many mental conditions. [08 May 2018]
- [Gait assessed with body-worn sensors may help detect onset of Alzheimer's disease](#)  
Body-worn sensors used at home and in clinic by people with mild Alzheimer's to assess walking could offer a cost-effective way to detect early disease and monitor progression of the illness. [03 May 2018]
- [How small molecule halts spread of toxic protein associated with Alzheimer's progression](#)  
Alzheimer's disease destroys brain cells in part by promoting the formation of insoluble clumps that contain a protein called tau. Not only are these "tau aggregates" toxic for the cells that harbor them, but they also invade and destroy neighboring brain cells, or neurons, which speeds the cognitive decline associated with the Alzheimer's. [May 02, 2018]
- [New leads on treating dementia and Alzheimer's](#)  
A new research study by scientists in Australia and the US provides an explanation for why clinical trials of drugs reducing proteins in the brain that were thought to cause dementia and Alzheimer's have failed. The study has opened the way for potential new treatments with existing drugs. [May 02, 2018]
- [New models could uncover important answers for Alzheimer's researchers](#)  
Alzheimer's disease currently affects more than 5.5 million Americans and is one of the costliest diseases to treat, according to the Alzheimer's Association. Characterized by a buildup of plaque in the brain, few animal models exist that researchers could use to study this devastating disorder. Now a team of researchers has developed a rat model that can be used to study the buildup of amyloid plaques and vascular abnormalities in the brain. [April 30, 2018]
- [Music activates regions of the brain spared by Alzheimer's disease](#)  
Researchers are looking to the salience network of the brain to develop music-based treatments to help alleviate anxiety in patients with dementia. [April 28, 2018]
- [Beta-amyloid dimers found in brains of patients with Alzheimer's](#)  
A new study proposes that the presence of two beta-amyloid molecules bound together (beta-amyloid dimers) could provide a new biomarker for AD. [April 17, 2018]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [Two is better than one to improve brain function in Alzheimer's disease mouse model](#)  
Using two complementary approaches to reduce the deposits of amyloid-beta in the brain rather than either approach alone improved spatial navigation and memory in a mouse model of Alzheimer's disease. These findings suggest that similar combination treatments also might help patients with Alzheimer's disease in the future. The study appears in the Journal of Experimental Medicine. [April 16, 2018]
- [Evidence mounts for Alzheimer's, suicide risks among youth in polluted cities](#)  
Researchers have published a new study that reveals increased risks for Alzheimer's and suicide among children and young adults living in polluted megacities. [April 13, 2018]
- [Lack of sleep may be linked to risk factor for Alzheimer's disease](#)  
Losing just one night of sleep led to an immediate increase in beta-amyloid, a protein in the brain associated with Alzheimer's disease, according to a small, new study. [April 13, 2018]
- [Neuroscientists say daily ibuprofen can prevent Alzheimer's disease](#)  
Neuroscientists have successfully carried out studies suggesting that, if started early enough, a daily regimen of the non-prescription NSAID (nonsteroidal anti-inflammatory drug) ibuprofen can prevent the onset of Alzheimer's disease. [March 26, 2018]
- [Opioid analgesics reduce use of antipsychotics in persons with Alzheimer's disease](#)  
Initiating an opioid analgesic reduced the use of antipsychotics and benzodiazepines in persons with Alzheimer's disease, a recent study shows. These drugs are frequently prescribed to treat behavioral and psychiatric symptoms of dementia, which can be worsened by other symptoms, such as pain. [March 26, 2018]
- [Antibody removes Alzheimer's plaques, in mice](#)  
Plaques of a brain protein called amyloid beta are a characteristic sign of Alzheimer's disease. But nestled within the plaques are small amounts of another Alzheimer's protein: APOE. Now, researchers have shown that an antibody not only targets APOE for removal but sweeps away plaques in mice. The findings could lead to a way to halt the brain damage triggered by amyloid plaques while the disease is still in its early stages, perhaps before symptoms appear. [March 25, 2018]
- [Older adults who have slower walking speeds may have increased risk for dementia](#)  
Because there's currently no cure for dementia, it's important to know about risk factors that may lead to developing it. For example, researchers have learned that older adults with slower walking speeds seem to have a greater risk than those with faster walking speeds. Recently, researchers have learned more about changes in walking speed, changes in the ability to think and make decisions, and dementia. [March 23, 2018]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [Could drugs used after an organ transplant protect against Alzheimer's?](#)  
A new study in mice provides new clues about how a class of anti-rejection drugs used after organ transplants may also slow the progression of early-stage Alzheimer's disease. [March 21, 2018]
- [A new way of thinking about tau kinetics, an essential component of Alzheimer's disease](#)  
Alzheimer's disease is most often characterized by two different pathologies in the brain: plaque deposits of a protein called beta-amyloid and tangles of another protein called tau. A new article offers new insight: tau production and secretion from nerve cells appears to be an active process in the natural course of Alzheimer's disease, which may explain why experimental treatments targeting tau have had disappointing results. [March 21, 2018]
- [Vegetable compound could have a key role in 'beating' Alzheimer's disease](#)  
A compound in beets that gives the vegetable its distinctive red color could help slow the accumulation of misfolded proteins in the brain, a process associated with Alzheimer's disease. Scientists say this could lead to the development of drugs that could alleviate some of the long-term effects of the disease, the world's leading cause of dementia. [March 20, 2018]
- [Polygenic risk score may identify Alzheimer's risk in younger populations](#)  
For the first time, scientists have determined that an Alzheimer's disease (AD) polygenic risk score can be used to correctly identify adults with mild cognitive impairment (MCI) who were only in their 50s. [March 5, 2018]
- [Brain injury may boost risk of Alzheimer's earlier in life](#)  
Concussions and other traumatic brain injuries may increase the risk of developing Alzheimer's disease earlier in life, according to a new study. [March 1, 2018]
- [The onset of Alzheimer's disease: The importance of family history](#)  
A new study shows that the closer a person gets to the age at which their parent exhibited the first signs of Alzheimer's, the more likely they are to have amyloid plaques, the cause of the cognitive decline associated with the disease, in their brain. [February 26, 2018]
- [Discovery reveals way to stop inflammation in Alzheimer's, arthritis, more](#)  
A new discovery about the immune system may allow doctors to treat harmful inflammation that damages the brain in neurodegenerative diseases such as Alzheimer's. It might also let doctors save patients from the potentially deadly inflammation of sepsis, a full-body infection that kills a quarter-million Americans every year. [February [day26], 2018]
- [Not being aware of memory problems predicts onset of Alzheimer's disease](#)  
Doctors who work with individuals at risk of developing dementia have long suspected that patients who do not realize they experience memory problems are at greater risk of seeing their condition worsen in a short time frame, a suspicion that now has been confirmed. February 15, 2018



# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [Poor fitness linked to weaker brain fiber, higher dementia risk](#)  
Scientists have more evidence that exercise improves brain health and could be a lifesaving ingredient that prevents Alzheimer's disease. February 14, 2018
- [Alzheimer's disease reversed in mouse model](#)  
Researchers have found that gradually depleting an enzyme called BACE1 completely reverses the formation of amyloid plaques in the brains of mice with Alzheimer's disease, thereby improving the animals' cognitive function. The study raises hopes that drugs targeting this enzyme will be able to successfully treat Alzheimer's disease in humans. February 14, 2018
- [Pimavanserin: Relief from psychosis in dementia, without devastating side-effects](#)  
New research has found that pimavanserin significantly improves psychosis symptoms in people with Alzheimer's disease, without the devastating side-effects of currently used antipsychotics. The research found an even greater benefit in those with the most severe psychotic symptoms. February 13, 2018
- [Aerobic exercise may mildly delay, slightly improve Alzheimer's symptoms](#)  
Geriatrics experts have suggested that exercising can improve brain health in older adults. However, not all studies of exercise and older adults have proven the benefits of exercise. A team of researchers designed a study to learn whether exercise could delay or improve AD symptoms. They reviewed 19 studies that examined the effect of an exercise training program on cognitive function in older adults who were at risk for or diagnosed with AD. [January 26, 2018]
- [Alzheimer's disease: Neuronal loss actually very limited](#)  
Frequently encountered in the elderly, Alzheimer's is considered a neurodegenerative disease, which means that it is accompanied by a significant, progressive loss of neurons and their nerve endings, or synapses. A new study now challenges this view. [January 17, 2018]
- [Alzheimer's drug turns back clock in powerhouse of cell](#)  
The experimental drug J147 is something of a modern elixir of life; it's been shown to treat Alzheimer's disease and reverse aging in mice and is almost ready for clinical trials in humans. Now scientists have solved the puzzle of what, exactly, J147 does. They report that the drug binds to a protein found in mitochondria, the energy-generating powerhouses of cells. In turn, they showed, it makes aging cells, mice and flies appear more youthful. [January 9, 2018]
- [Proteomics analyses could present new opportunities to diagnose and treat dementias](#)  
One of the most intriguing properties of the brain is its means to undergo synaptic plasticity which represents the basis for learning and memory, abilities that severely decline in the case of a dementia. New research suggests that particular proteins important in the communication between neurons could be targets for early interventions in patients with different types of dementias. [January 9, 2018]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [Alzheimer's protein may spread like an infection, human brain scans suggest](#)  
For the first time, scientists have produced evidence in living humans that the protein tau, which mars the brain in Alzheimer's disease, spreads from neuron to neuron. Although such movement wasn't directly observed, the finding may illuminate how neurodegeneration occurs in the devastating illness, and it could provide new ideas for stemming the brain damage that robs so many of memory and cognition. [January 5, 2018]
- [Diabetes drug "significantly reverses memory loss" in mice with Alzheimer's](#)  
A drug developed for diabetes could be used to treat Alzheimer's after scientists found it 'significantly reversed memory loss' in mice through a triple method of action. This is the first time that a triple receptor drug has been used which acts in multiple ways to protect the brain from degeneration. It combines three growth factors. Problems with growth factor signalling have been shown to be impaired in the brains of Alzheimer's patients. [January 1, 2018]
- [Try exercise to improve memory and thinking, new guideline urges](#)  
For patients with mild cognitive impairment, don't be surprised if your health care provider prescribes exercise rather than medication. A new guideline for medical practitioners says they should recommend twice-weekly exercise to people with mild cognitive impairment to improve memory and thinking. [December 28, 2017]
- [New term for role of microbiota in neurodegeneration proposed](#)  
Recent studies have shown that gut microbes may cause or worsen Parkinson's disease, Alzheimer's disease and other neurodegenerative conditions. Neurologists have proposed a new term to describe an interaction between gut microbiota and the brain: mapranosis. [December 22, 2017]
- [Inflammation drives progression of Alzheimer's](#)  
Inflammatory mechanisms caused by the brain's immune system drive the progression of Alzheimer's disease, according to new research. These findings, which rely on a series of laboratory experiments, provide new insights into pathogenetic mechanisms that are believed to hold potential for tackling Alzheimer's before symptoms manifest. The researchers envision that one day this may lead to new ways of treatment. [December 20, 2017]
- [From the omelette to the egg: Reversing protein aggregations](#)  
A new study suggests a novel form of protein aggregation that is both reversible and has positive physiological consequences for cells. The discovery may eventually lead to new therapies for neurodegenerative conditions such as Alzheimer's, Parkinson's and 'mad cow' diseases. [December 18, 2017]
- [Blueberry vinegar improves memory in mice with amnesia](#)  
Dementia with Lewy bodies has a unique genetic profile, distinct from those of Alzheimer's disease or Parkinson's disease, according to the first large-scale genetic study of this common type of dementia. [December 17, 2017]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [Dementia with Lewy bodies: Unique genetic profile identified](#)  
Dementia with Lewy bodies has a unique genetic profile, distinct from those of Alzheimer's disease or Parkinson's disease, according to the first large-scale genetic study of this common type of dementia. [December 17, 2017]
- [Acrobatic duo in the cells](#)  
Just like an acrobatic duo, some proteins lend each other stability. Researchers have discovered that the protein 'Trigger factor' recognizes a partner by unstable, flexible domains, to then together form a stable protein duo. [December 8, 2017]
- [Canola oil linked to worsened memory and learning ability in Alzheimer's](#)  
Canola oil is one of the most widely consumed vegetable oils, yet little is known about its health effects. Now, a study links canola oil consumption in the diet with worsened memory, worsened learning ability and weight gain in mice which model Alzheimer's disease. It's the first study to suggest that canola oil is more harmful than healthful for the brain. [December 7, 2017]
- [CRISPR-Cas9 technique targeting epigenetics reverses disease in mice](#)  
Scientists report a modified CRISPR-Cas9 technique that alters the activity, rather than the underlying sequence, of disease-associated genes. The researchers demonstrate that this technique can be used in mice to treat several different diseases. [December 7, 2017]
- [Mutations in neurons accumulate as we age; may explain normal cognitive decline and neurodegeneration](#)  
Single-cell whole-genome analysis shows steady increase in mutations over time, some implicating oxidative damage. [December 7, 2017]
- [Genes behind higher education linked to lower risk of Alzheimer's](#)  
Using genetic information, researchers provide new evidence that higher educational attainment is strongly associated with a lower risk of Alzheimer's disease. [December 7, 2017]
- [Routing gene therapy directly into brain](#)  
Researchers report that transplanting genetically-engineered cells directly into the brain could help treat a variety of central nervous system diseases. [December 6, 2017]
- [Healthy mitochondria could stop Alzheimer's](#)  
Using a bioinformatics and experimental approach, scientists have found that rendering mitochondria resistant to damage can halt diseases caused by amyloid toxicity, such as Alzheimer's disease. [December 6, 2017]
- [Some video games are good for older adults' brains](#)  
Playing 3D-platform video games on a regular basis may improve cognitive functions in seniors and increase grey matter in a brain structure called the hippocampus, a new study suggests. [December 6, 2017]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [Hyperbaric oxygen therapy may alleviate symptoms of Alzheimer's Disease](#)  
Treatment has potential to correct behavioral and physical deficits associated with the disease. [December 5, 2017]
- [Trace elements of lithium in drinking water linked to longer life in Alzheimer's patients](#)  
Trace elements of lithium in drinking water may slow death rates from Alzheimer's disease, new research suggests. Rates of diabetes and obesity, which are important risk factors for Alzheimer's disease, also decrease if there is a particular amount of lithium in the water, says the study. [December 5, 2017]
- [Gene variant that protects against Alzheimer's disease identified](#)  
Study reveals specific reason why people who 'should' get the disease remain healthy. [November 30, 2017]
- [Imaging technique shows progress Alzheimer's disease](#)  
Using 'Raman' optical technology, scientists can now produce images of brain tissue that is affected by Alzheimer's disease. The images include the surrounding areas, already showing changes. [November 23, 2017]
- [New details on aged brain, Alzheimer's and dementia](#)  
Robust analysis of samples from 107 human brains highlights features of healthy and diseased aging. [November 21, 2017]
- [Sandy's Story: 7 years after Alzheimer's diagnosis, "there's still a good life"](#)  
A moving article by Dr. Sanjay Gupta and Sandee LaMotte, CNN. Dr. Gupta and a CNN crew have been following the story of Sandy Halpren, a former dentist and Harvard assistant professor, who in 2010 at age 60 was diagnosed with early-onset Alzheimer's. [November 13, 2017]
- [Sleep Apnea may increase risk of developing Alzheimer's disease](#)  
Obstructive sleep apnea (OSA) may put elderly people at greater risk of developing Alzheimer's disease (AD), according to new research. [November 10, 2017]
- [New research shows where in the brain the earliest signs of Alzheimer's occur](#)  
For the first time, researchers have convincingly shown where in the brain the earliest signs of Alzheimer's occur. The discovery could potentially become significant to future Alzheimer's research while contributing to improved diagnostics. [November 1, 2017]
- [Alzheimer's disease might be a 'whole body' problem](#)  
Amyloid-beta can travel, cancer-like, to brain from other parts of body. [October 31, 2017]
- [Discovery lights path for Alzheimer's research](#)  
Researchers identify binding site on amyloid beta peptide, learn to modify its structure. [October 19, 2017]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [One step closer toward a treatment for Alzheimer's disease?](#)  
Novel class of drugs more precisely blocks production of toxic forms of beta-amyloid. [October 18, 2017]
- [New imaging approach maps whole-brain changes from Alzheimer's disease in mice](#)  
Micron-level, 3-D visualization of protein deposits found in Alzheimer's disease could speed development of new treatments. [October 17, 2017]
- [New mechanism detected in Alzheimer's disease](#)  
Rate of RNA decay could be a key to breakdown in communication between neurons. [October 13, 2017]
- [Delayed word processing could predict patients' potential to develop Alzheimer's disease](#)  
A delayed neurological response to processing the written word could be an indicator that a patient with mild memory problems is at an increased risk of developing Alzheimer's disease, research has discovered. [October 20, 2017]
- [Menopause triggers metabolic changes in brain that may promote Alzheimer's](#)  
Menopause causes metabolic changes in the brain that may increase the risk of Alzheimer's disease, a team of scientists has shown in new research. [October 10, 2017]
- [How brain cells die in Alzheimer's and FTD](#)  
Epigenetic regulator LSD1 tangled up; brain cells go haywire without it. [October 9, 2017]
- [Alzheimer's gene poses both risk and benefits](#)  
Study suggests role of inflammation in brain disease is complicated. [October 9, 2017]
- [Safety, effectiveness of cognitive enhancers for Alzheimer's ranked](#)  
A new study ranking the safety and effectiveness of four drugs taken to enhance concentration, memory, alertness and moods, found that donepezil was most likely to effectively improve cognition in patients with Alzheimer's disease. [September 29, 2017]
- [Newly ID'd role of major Alzheimer's gene suggests possible therapeutic target](#)  
Blocking ApoE4 in brain may prevent nerve cell death, inflammation. [September 20, 2017]
- [Is the Alzheimer's gene the ring leader or the sidekick?](#)  
A lesser known gene, TOMM40, appears to have significant influence on late-life development of dementia and Alzheimer's. [September 14, 2017]
- [New diagnosis for Alzheimer's](#)  
Alzheimer's sufferers may now have an additional test to improve the accuracy of diagnosis in order to better tailor appropriate treatment. [September 6, 2017]

# The Alzheimer's and Dementia Resource Directory

## Individual Publications & Media, cont'd:

- [Relative risk of Alzheimer's between men and women: Record corrected](#)  
White women whose genetic makeup puts them at higher risk for Alzheimer's disease are more likely than white men to develop the disease during a critical 10-year span in their lives. The findings from one of the world's largest big-data studies on Alzheimer's counter long-held beliefs about who is at greatest risk for the disease and when, suggesting new avenues for clinical trials. [August 28, 2017]
- [Could olfactory loss point to Alzheimer's disease?](#)  
Odor identification tests may help scientists track the evolution of the disease in persons at risk. [August 16, 2017]
- [Bacteria found in Alzheimer's brains](#)  
Brains from patients with Alzheimer's disease show changes in bacterial populations compared with healthy brains [July 17, 2017]
- [Sleep, Alzheimer's link explained](#)  
Disrupting just one night of sleep in healthy, middle-aged adults causes an increase in a brain protein associated with Alzheimer's disease, research shows. Further, a week of poor sleep leads to an increase in another brain protein that has been linked to brain damage in Alzheimer's and other neurological diseases. [July 10, 2017]
- [Sleep problems may be early sign of Alzheimer's](#)  
Poor sleep may be a sign that people who are otherwise healthy may be more at risk of developing Alzheimer's disease later in life than people who do not have sleep problems, according to a study. Researchers have found a link between sleep disturbances and biological markers for Alzheimer's disease found in the spinal fluid. [July 5, 2017]
- [Extra-virgin olive oil preserves memory, protects brain against Alzheimer's](#)  
The Mediterranean diet is associated with a variety of health benefits, including a lower incidence of dementia. Now, researchers have identified a specific ingredient that protects against cognitive decline: extra-virgin olive oil. In a new study, the researchers show that consumption of extra-virgin olive oil protects memory and learning ability and reduces the formation of amyloid-beta plaques and neurofibrillary tangles in the brain -- classic markers of Alzheimer's disease. [June 21, 2017]