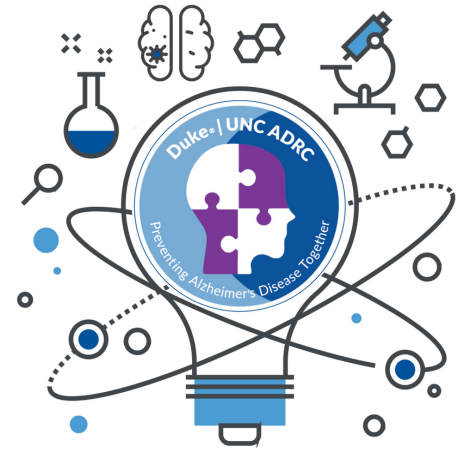


# Healthy Brains Together

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



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

Our mission is to promote brain health awareness and encourage participation in research for Alzheimer's disease and other dementias. We aim to connect with a diverse group of people across many communities and have their voice represented in future research. In this Spring issue, we highlight a celebration event for the Memory & Aging Study participants (page 1), show you how the ADRC is contributing to research on the loss of smell and Alzheimer's disease (page 3) and spotlight a participant testimonial (page 4).

### Memory & Aging Study participant celebration event

We invite the Duke-UNC ADRC Memory & Aging study participants to join us on May 18th. We would love to see YOU there! This event will be educational, fun, and a celebration of the support you have provided in the fight to end Alzheimer's! Lunch will be provided, and you are welcome to bring a guest. We look forward to getting to know you and your community.



Time: Saturday, May 18th from 11 am- 1 pm

Location: Duke North Pavillion, 2400 Pratt Street, Durham, 27705

Email Rachel Dewees at [rachel.dewees@duke.edu](mailto:rachel.dewees@duke.edu) to RSVP!

### Are you or someone you know considering treatment with Lecanemab?

Lecanemab/ Leqembi is a new medication that slows the rate of memory loss in patients with early Alzheimer's disease.

Researchers at Mass General Brigham Hospital would like to hear from you about how you weigh the risks and benefits of this new medication. Your voice is essential for doctors to learn about patients' priorities. This study involves one phone interview, and you will receive a \$50 gift card after the interview. For more information, call the study coordinator, Ayush Thacker, at 617-726-9499.

#### MORE GREAT READS

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ADD-ME Roster



# Community Spotlight

We want to see YOU! Look for our ADRC table at these events

## 2024 Triangle Walk to De-feet Dementia

Join us and the Dementia Alliance of NC on April 21st to remember loved ones and take action to support those living with dementia. Our team is called the **BlueHeels Walkers** and we would love for you to walk with us!



Time: Sunday, April 21st from 1-4 pm

Location: Fred Fletcher Park in Raleigh

Link to our team page:

<https://secure.qgiv.com/event/triangle2024/team/947727/>

## Cino de Mayo Celebration

Join us in celebrating Latino contributions to the arts and our community on Sunday, May 5th from 12 to 7 PM in Moore Square on 200 S. Blount St. in Raleigh. Come taste great food, enjoy music, watch performances and more! To learn more about this event, click [here](#).

## 54th Annual Bimbé Cultural Arts Festival

The Bimbé Cultural Arts Festival will celebrate its 54th Anniversary on May 18th. This family-oriented event is a celebration of African and African American history, culture, arts, and traditions. Enjoy a day filled with live music and performances, arts and crafts, community resources, and traditional food. This event will occur on Saturday, May 18th from 1 to 7 pm in Rock Quarry Park, 701 Stadium Drive in Durham. To learn more about this event, click [here](#).

## National Minority Health Month

April is National Minority Health Month, a time to raise awareness about the importance of improving the health of racial and ethnic minority communities and reducing health disparities. This is also a time to encourage action through health education. To learn more about the history and special initiatives click [here](#).



## Sofía Royo is an Outreach Coordinator for the Alzheimer's Disease Research Center (ADRC)

Sofía holds a master's degree in Cognitive Neuroscience from Freie Universitaet Berlin. Her research experience spans the fields of ADHD, addiction, decision-making, and Alzheimer's disease and related dementias. Sofía has a natural interest in languages and cultures, and is passionate about connecting communities to research. Her role with the [NC Registry for Brain Health](#) and the Outreach, Recruitment and Engagement Core of the ADRC, means she is often one of the first points of contact for many of our brain health warriors: You!

Check out the [ADRC outreach calendar](#) to find upcoming events near you that our ADRC outreach team will be attending. Sofía also looks forward to meeting you at the Duke & UNC ADRC Memory & Aging Study celebration event on May 18th.



Sofía Royo is pictured on the right with Senior Ms. Lumbee 2023–2024 Edith Ann Jones during the Indian Unity Conference.

## ADRC contributes to research on smell and Alzheimer's disease

In Alzheimer's disease, loss of smell can occur prior to the onset of cognitive decline. However, the mechanisms driving this sensory loss and its relationship to the progression of Alzheimer's disease are unknown. To address these questions, Dr. Bradley J. Goldstein and his team from Duke are collaborating with the Duke–UNC ADRC.

The lining inside the nose contains specialized olfactory cells that send information about odors to the brain. Prior research has shown that hallmarks of Alzheimer's disease pathology are present in this region. Dr. Goldstein's team has pioneered a method to sample the olfactory lining inside the nose using a simple brush technique. These samples provide a window into the brain. Excitingly, early findings indicate that this technique can indeed detect numerous changes in specific cell types in people with Alzheimer's disease.

Dr. Goldstein's team anticipates that these findings may lead to more accurate early diagnosis and may help to identify new treatment targets. It is possible that a nasal brush sample may reveal reductions or elevations in specific substances from the olfactory lining that can guide diagnosis or treatment.

The Memory & Aging Study participants are contributing to Dr. Goldstein's study by participating in smell testing as part of the initial and annual study visits. We want to thank YOU for your contributions to this exciting research!

## Memory & Aging Study Participant Testimonial

The Duke-UNC Alzheimer's Disease Research Center's Memory & Aging Study works to identify the biological factors involved in normal brain aging and disease with the help of a diverse group of younger and older people with and without memory impairments. We want to share with you a Memory & Aging participant's testimonial about the impact of Alzheimer's disease on her family and her motivation to participate in research.

Mindy Hamlin is a participant in the Memory & Aging Study and she recently contributed a blog article for the WRAL news station in Raleigh. Mindy has a strong family history of Alzheimer's disease (her mother and her mother's two sisters and father had this disease). If she is on the path to this disease, then she wants to do everything she can to prevent or delay its onset.

"For me, someone with a deep family history of Alzheimer's, I joined the study because I didn't want to feel helpless, as though I were just waiting for my turn to develop it. Participating in a study not only contributes to current and future research, but it also gives me an opportunity to be involved in finding a cure or effective treatment for Alzheimer's. In fact, when I found the ADRC study, I had been actively looking for one to participate in for at least five years."



To read Mindy Hamlin's article on the WRAL website please click on the link below:

<https://www.wral.com/story/when-alzheimer-s-hits-home-how-one-mom-is-approaching-a-family-disease/21244252/>

Mindy Hamlin is pictured on the left with her mom

## Alzheimer's Disease Discoveries in Medicine (ADD-ME) Roster

The ADD-ME Roster is a great way to hear about research studies that are focused on either understanding, treating or preventing brain diseases. This roster is for individuals 18 years of age or older whom are interested in participating in studies through the Duke-UNC ADRC.

To be a part of the ADD-Me roster, participants will enter information about age, health conditions and history of memory disorders. Please help us spread the word about signing up for research with family or friends in your community. To learn more and sign up click [here!](#)

