



# NEWSLETTER

July-August 2010

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## Editorial



Due to the summer break, we decided to combine the July and August news in this newsletter. We hope that you had the time to take some much deserved time off and that you are starting September full of energy.

Despite a slower summer month, the newsletter is yet again packed with interesting information from a political, scientific and organisational point of view.

At the beginning of July, Belgium took on the rotating Presidency of the European Union and we are of course greatly encouraged that Belgium will continue the work of earlier Presidencies in ensuring that dementia is addressed at a European level. In particular, Alzheimer Europe is looking forward to the Presidency Conference dedicated to the societal impacts of Alzheimer's disease and other forms of dementia.

The International Annual Conference on Alzheimer's disease (ICAD) took place in July. This Conference brings together experts from all over the world who share their latest discoveries with regard to the prevention, diagnosis and treatment of dementia. This year, the ICAD Conference in Hawaii was no exception and we report on highlights from this Conference in our extended Science Watch section of the newsletter.

Although it is encouraging to see the progress achieved in a number of fields, we were also reminded in August that not all scientific research ends in success. Lilly announced that it

would halt its phase III trial of the potential Alzheimer's drug, semagacestat. Following shortly on a number of other unsuccessful drug trials, this was of course very disappointing news for all people with dementia and their carers who are hoping for more effective treatments to delay, halt or reverse the course of the disease.

We bring news of our members' work in Belgium, France, Germany, Luxembourg, Portugal, Spain, Switzerland and the UK. On behalf of all at Alzheimer Europe, I would in particular like to extend a warm welcome to the newly elected Chairperson of France Alzheimer, Marie Odile Desana, who succeeds Arlette Meyrieux.

Our busy work schedule has continued throughout the holiday season. Preparations for our 20<sup>th</sup> Annual Conference which takes place next month are in full swing. Issue 6 of the Dementia in Europe magazine, which has a 28 page supplement celebrating the 20 years of Alzheimer Europe's work, is in the process of being printed, ready for the Conference. Finally, the draft document on the ethical issues linked to the use of assistive technology in dementia care has been prepared for the forthcoming Dementia Ethics Network meeting in September.

I am particularly delighted by the interesting programme we have been able to put together for our 20<sup>th</sup> Annual Conference in Luxembourg from 30 September to 2 October and I hope that many of you will take the opportunity to register and take part in our conference, listen to the presentations and share your own experience and

**Jean Georges**  
Executive Director

## European Alzheimer's Alliance

Currently, the total number of MEPs in the Alliance stands at 50, representing 17 Member States of the European Union and all of the seven political groups in the European Parliament. Alzheimer Europe would like to thank the following MEPs for their continued support of the European Alzheimer's Alliance.

### Belgium

Brepoels Frieda (Greens/EFA), Ries Frédérique (ALDE), Staes Bart (Greens/EFA), Sterckx Dirk (ALDE)

### Bulgaria

Parvanova Antonia (ALDE)

### Cyprus

Triantaphyllides Kyriacos (GUE-NGL)

### Czech Republic

Cabrnoch Milan (ECR), Kohlicek Jaromir (GUE/NGL), Roithova Zuzana (EPP)

### Denmark

Schallemose Christel (S&D)

### Finland

Jaakonsaari Liisa (S&D), Jäättelmä Anneli (ALDE), Pietikäinen Sirpa (EPP)

### France

Audy Jean-Pierre (EPP), De Veyrac Christine (EPP), Griesbeck Nathalie (ALDE), Grossetête Françoise (EPP), Morin-Chartier Elisabeth (EPP)

### Germany

Niebler Angelika (EPP), Roth-Behrendt Dagmar (S&D), Ulmer Thomas (EPP), Weisgerber Anja (EPP)

### Greece

Chountis Nikolaos (GUE-NGL), Koppa Maria Eleni (S&D), Kratsa-Tsagaropoulou Rodi (EPP)

### Ireland

Aylward Liam (ALDE), Childers Nessa (S&D); Crowley Brian (ALDE), McGuinness Mairead (EPP), Mitchell Gay (EPP)

### Italy

Panzeri Pier Antonio (S&D), Toia Patrizia (S&D)

### Luxembourg

Lulling Astrid (EPP)

### Netherlands

De Lange Esther (EPP), van Nistelrooij Lambert (EPP), Wortmann-Kool Corien (EPP)

### Portugal

Coelho Carlos (EPP), Matias Marisa (GUE/NGL)

### Romania

Antonescu Elena Oana (EPP)

### Slovakia

Mikolasik Miroslav (EPP), Zaborska Anna (EPP)

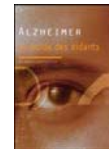
### United Kingdom

Hall Fiona (ALDE), Lynne Liz (ALDE), McAvan Linda (S&D), Moraes Claude (S&D), Simpson Brian (S&D), Taylor Keith (Greens/EFA), Watson Graham (ALDE), Willmott Glenis (S&D), Yannakoudakis Marina (ECR).

## Alzheimer Europe

July 2010: Alzheimer Europe and France Alzheimer publish new edition of "Guide des aidants"

In collaboration with France Alzheimer, Alzheimer Europe published the third edition of its successful Care Manual in French. "Le guide des aidants" can be ordered online from the Alzheimer Europe e-shop or from the French associations



Join Alzheimer Europe for our  
**20<sup>TH</sup> ANNIVERSARY CONFERENCE**  
**LUXEMBOURG (30/9-2/10/2010)**

Register online at:  
[www.alzheimer-europe.org/conferences](http://www.alzheimer-europe.org/conferences)

## Alzheimer Europe Networking

On 7 July 2010 (Brussels, Belgium) Annette attended the **Ageing of the Women's Health Seminar on Gender and Health** organised by the European Commission (DG Health) in Brussels, Belgium.

On 8 July 2010 (Brussels, Belgium) Annette had a meeting with Ms Duarte Gaspar (Cabinet Commissioner Dalli - Public health and risk Assessment) and **MRI Alliance delegation**.

On 4 August 2010 (Luxembourg, Luxembourg) Jean and Gwladys attended a meeting with conference organisers, **Binsfeld Live**, to discuss the forthcoming Alzheimer Europe conference.

On 16, 18 and 25 August 2010 (Luxembourg, Luxembourg) Julie had meetings with **Binsfeld Publishers** to discuss the next edition of the Dementia in Europe magazine, together with the 20<sup>th</sup> Alzheimer Europe Anniversary supplement.

## European developments

Here we report on developments from the European institutions which may impact people with dementia and/or their carers.

### 1 July 2010: Belgium holds Presidency of the EU



After Spain, Belgium is now holding the EU Presidency since 1 July 2010. Under the motto "Europe in Action", this Presidency is marked by the need to address the unprecedented economic crisis that is afflicting the EU and the globalisation that is changing the balance of power.

The Belgium Presidency will be centred around socio-economic priorities; social cohesion; the environment and climate; the European Area of Freedom, Security and Justice; external action and the EU 2011 budget will be finalised.

#### Citizens' Initiative

Belgium will continue the work started by the Spanish President on the citizens' initiative, one of the major innovations of the Treaty of Lisbon (adoption of rules establishing the procedures and conditions for effective and efficient implementation of this initiative).

#### Research

The "Innovation Union" flagship initiative will be put in place. The Belgian Presidency will focus on formulating guidelines, defining policy objectives and developing indicators which allow progress on the creation of a European Research Area (ERA) to be measured.

The Belgian Presidency will also pay particular attention to the:

- definition of framework conditions for the "joint-programming" initiative with social challenges as the priority
- continuation of the execution of the European partnership for researchers in particular to increase their mobility and improve their status
- promotion of improved integration in universities and research institutes within the knowledge triangle.

#### Employment

The Belgian Presidency will be the first presidency to implement the European Employment Strategy, updated in light of the objectives defined by the Europe 2020 Strategy for employment and growth. The Council will adopt a decision on employment guidelines.

In light of changing demographics, the Belgian Presidency wishes to promote a 'work and ageing society pact' by adopting conclusions on new career management techniques, and by identifying niches in the employment market created by an ageing

demographic (white jobs). In this context, the Presidency will seek to motivate the unemployed, improve skills and provide continuing training in order to meet the needs of the job market. The Presidency will also stress the role of public employment services.

#### Social policy

The Presidency will strive to improve the effectiveness of the open method of coordination in the domains of health, pensions and social inclusion. The Council will adopt the conclusions relating to the longevity, suitability and portability of pensions within a context of an aging population. The sustainability of long-term financing of pensions must also feature on the agenda.

#### Health policy: solidarity and innovation

Work on the draft directive relating to cross-border healthcare will continue during the Presidency. Particular attention will also be devoted to the question of professionals from the healthcare sector, to the determining social factors of health, to the fight against cancer and chronic illnesses, as well as to solidarity and innovation in the proprietary medicinal products sector.

On the Pharmaceutical Package, the Presidency will continue work on the proposal combating the counterfeiting of medicines, and pharmaco-vigilance.

### 7 July 2010: Belgium reiterates importance of EU research



In his inaugural speech, Benoît Cerexhe, Minister for Scientific Research in Belgium, reiterated the importance of supporting research and innovation policies while respecting a fair balance between fundamental research and applied research.

Belgium wants to reinforce the convergence of the research and innovation policies of the EU Member States and work towards a greater pooling of the human, technical and budgetary resources of the European Union, the Member States and the regions, thanks in particular to the new possibilities offered by the Treaty of Lisbon.

These "common themes" must favour the successful completion of the Europe 2020 Strategy, the European Research Area, simplification and space, among many others.

### 7 July 2010: Belgian Minister for the Economy and Employment receives petition for the simplification of administrative procedures for researchers

On 5 July 2010, Benoît Cerexhe, Minister for the Economy and Employment, in his capacity as President of the Competitiveness Council of the EU – Research Section, received a petition from the representatives of the 'Trust Researchers'. This petition of over 13,500 signatures calls on the European authorities to implement as quickly as possible a administrative simplification programme for researchers throughout Europe.

General agreement about the degree of complexity that exists in the rules for participating in European

programmes: there are many different procedures, the checks are too numerous and the waiting periods before agreements are made and funding can be received are too long. This ends up discouraging both researchers and businesses.

The Minister declared to be well aware that simplification work is vital at all decision-making levels and stated that the simplification of the EU's research and innovation programmes will be a focus for the Belgian Presidency. Simplification will also be one of the two priorities on the agenda of the informal 'Research' Council to be held on 15 and 16 July 2010 in Brussels.

The Presidency will explore how to move away from the current approach, based on costs, to an approach based on results, while remaining aware that research always contains a certain proportion of risks and uncertainties'.

The petition was led by Dr Sabine Herlitschka, Director of the Austrian Research Promotion Agency of the European and International Division in Vienna.

**7 July 2010: Green Paper on future of pensions: European Commission launches consultation**

To address the challenges of an ageing population and its correlated strain on the EU retirement systems, the European Commission launched on 7 July a Europe-wide public debate on how to ensure adequate, sustainable and safe pensions and how the EU can best support the national efforts.

The consultation document, a Green paper, raises a series of questions inviting all interested parties to contribute views, opinions and ideas on confronting the pension challenge and suggest ideas on how the EU could contribute to identify solutions.

The Paper reviews the European pension framework in a holistic and integrated manner, benefiting from synergies across economic and social policy and financial market regulation which is why so many different topics are covered, such as: longer working lives, the internal market for pensions, mobility of pensions across the EU, gaps in EU regulation, the future solvency regime for pension funds, the risk of employer insolvency, informed decision-making and governance at EU level.

The Green Paper in particular addresses the following issues:

- adequate incomes in retirement and sustainable pension systems in the long term,
- right balance between work and retirement; facilitation of a longer active life,
- removal of obstacles to people who work in different EU countries and to the internal market for retirement products,
- safer pensions in the wake of the recent economic crisis, both now and in the longer term,
- more transparent pensions so that people can take informed decisions about their own retirement income.

The consultation is a joint initiative from Commissioners Andor (Social Affairs and Employment), Barnier (Internal market and services) and Rehn (Economic and monetary affairs), covering economic and social policies as well as financial market regulation.

Consultation deadline: 15 November 2010.

**19 July 2010: European Commission pledges EUR 6.4 billion for smart growth and jobs**

As a key element within the Europe 2020 strategy and in particular its 'Innovation Union flagship', the European Commission (DG Research) has pledged EUR 6.4 billion to boost investment in research and innovation in Europe.

This amount will cover a vast range of scientific disciplines, public policy areas and commercial sectors. It is up 12% in comparison to the 2010 budget for FP7 and 30% in comparison to 2009.

The funds are to advance scientific boundaries, increase European competitiveness and help solve societal changes such as health and an ageing population.

Health will get over EUR 600 million and ICT, EUR 1.2 million.

Grants will be awarded through calls for proposals over the next 14 months. Many calls will be published on 20 July 2010.

When adopting the Europe 2020 strategy, the Member States put research and innovation at the top of the EU political agenda, making it the cornerstone of investment in sustainable growth and jobs. This initiative should stimulate the creation of over 165,000 jobs. It is also a long-term investment in a smarter, sustainable and inclusive Europe.

**Policy Watch**

In this section you can find articles on various national policies and initiatives which can have an impact on issues surrounding dementia.

**25 June 2010: German court clarifies euthanasia rules**

The German Federal Court of Justice ruled that it is not a criminal offence to cut off the life support of a dying person if that person has given consent. The ruling applies to "passively assisting death through the removal of artificial life support (...) if the patient has given clear consent. It does not legalise active assisted suicide."

**9 July 2010: UK announces review into the funding of palliative care**

The UK Secretary of State for Health, Andrew Lansley, announced a review into the funding of palliative care. The review will 'look at how Government can make sure that the money intended to help look after people who are approaching the end of life is spent in the right way.'



The review, which will be chaired by Tom Hughes-Hallett, Chief Executive of Marie Curie Cancer Care, will make recommendations for a funding system that will cover care provided by the NHS, a hospice or any appropriate provider:



- which encourages more community-based care, so a patient can remain in their own home; and,
- that will be fair and transparent to all organisations involved in palliative care.

A report is due in the summer of 2011.

### 30 July 2010: US Bill introduced on Alzheimer's disease

New legislation has been proposed in the US which aims to:

- increase the detection and diagnosis of Alzheimer's disease and other dementias
- provide access, information and support for newly diagnosed people with dementia and their families
- provide health cover for people with Alzheimer's disease and other dementias.

The proposals have been endorsed by the Alzheimer's Association.

The Bill, entitled "Health Outcomes, Planning and Education Act, HR 5926" (The HOPE Act), was introduced to the House of Representatives by Congressman Markey (of Massachusetts) and will need to go through the US Parliamentary procedures (go to Committee, be voted on by the House, go to the Senate, if necessary go through a reconciliation process between House and Senate, then to the President) in order to become law.

**We provide full references to articles on our website. Please visit the completely revised Alzheimer Europe website on:**

[www.alzheimer-europe.org](http://www.alzheimer-europe.org)

## Members' News

In this section we report on our members' latest initiatives and work.

### 5 July 2010: Alzheimer's Society campaigns to raise awareness of dementia and highlights findings from diagnosis survey

A survey has reported that almost a third of people (31%) would not know how to get information and support if they received a diagnosis of dementia.

Ruth Sutherland, Acting Chief Executive of Alzheimer's Society, said "It is terrible that so many people would not know how to get information and support following a diagnosis of dementia. A million

people will develop the condition in the next ten years. We need better awareness and information so that a diagnosis of dementia is not such a frightening experience."

A YouGov survey published to mark Dementia Awareness Week™ found that after a diagnosis:

- 14% of people would want support but would have no one to turn to
- 74% of people would be frightened, 55% would feel depressed and 35% angry
- Over one in four (26%) would feel lonely and one in 10 (10%) would feel ashamed
- More than four out of five (82%) people would turn to a professional for support.

Other findings include:

- 37% of all respondents think people with dementia lose their personality. However, the Society said that evidence suggests that people with dementia can still have likes and dislikes, just the same as everyone else but it is often their dementia which prevents them from expressing themselves the way they used to.
- More than seven out of 10 (73%) people say they would turn to family or friends for support if they were diagnosed with dementia. However, the charity hears countless stories of people with dementia losing friends following a diagnosis. Research by the Department of Health earlier this year found many people fear and misunderstand dementia causing them to avoid people with the condition or treat them differently.

Ruth Sutherland continues: 'Having dementia can be an isolating experience for all involved but there are little things you can do to support a family living with dementia. From popping round for a cup of tea and a chat or helping out around the house, there are many ways you can show you care this Dementia Awareness Week™. Friends and family have a strong role to play in helping people with dementia. We must tackle the stigma surrounding the condition if we are to ensure people with dementia are treated with the dignity and respect they deserve.'

The survey findings were highlighted during the Society's Dementia Awareness Week™, when the Society also campaigned for people to 'remember the person' by looking beyond someone's diagnosis of dementia and engaging with them.

### 8 July 2010: Spanish Alzheimer confederation receives recognition for its quality management system



The national Spanish Alzheimer confederation, [Confederacion Española De Familiares de Enfermos de Alzheimer y Otras Demencias (CEAFA)], has received the accreditation for its quality management system, having successfully fulfilled the requirements laid down in the Ad Qualitatem certification process for Quality

Management Systems and Social Responsibility in Patient Organisations (GCRP-25).



A spokesperson from CEFAFA explained, "The GCRP-25 certification is the recognition to a job well-done and recognition of the Association's openness and orientation to the members and their objectives."

The accreditation was received by CEFAFA's President, Emilio Marmaneu, and Executive Director, Jesús M. Rodrigo on 8 July 2010.

**23 July 2010: New Chairperson, Marie Odile Desana, of Alzheimer France appointed**



Marie Odile Desana has succeeded Arlette Meyrieux as the new Chairperson of France Alzheimer. In compliance with the statutes of the association, Ms Meyrieux stepped down as Chairperson in June. Ms Meyrieux and Ms Desana, as Vice President delegate since 2008, have worked closely together with "great trust and loyalty."

Ms Desana became a carer herself when her mother was diagnosed with dementia in 1990 and became



motivated to create an association of family caregivers in 2003 (Aix-en-Provence) and has been President of the association France Bouches-du-Rhône since 2004. She has identified the challenges ahead as taking care of people with Alzheimer's disease by giving them a good quality of life,

supporting the carer and protecting them from exhaustion as well as generating support for research and hope for families.

**30 July 2010: Heading: Belgian Alzheimer association shoots the short-movie "Titane & Valentin"**



Two Communication officers from the Belgian Alzheimer association, La Ligue Alzheimer, made a short-movie at the end of July about a little boy who befriended an old lady with dementia.

A spokesperson from the association explained "Christiane is the name of the old lady. But everybody calls her "Titane". She lives with her younger sister and carer, Sylvie. "Titane" does not walk anymore and she can hardly speak. But, somehow, she became Valentin's friend. The little boy visits her during school holidays. He sings for her. Sometimes, he tells her a story.

"Sylvie, the sister of Titane, is the one who told la Ligue Alzheimer about this particular relationship. She regularly attends the Alzheimer Cafés hold in Neufchâteau, in the south of Belgium.

"The short-movie will be broadcasted on the internet, on la Ligue Alzheimer's blog [alzheimercafe.be](http://alzheimercafe.be). It will constitute another testimony of a person with dementia and her carers about the daily life with dementia."

**1 August 2010: Spanish Alzheimer confederation to participate in European project**



The national Spanish Alzheimer confederation, [Confederacion Española De Familiares de Enfermos de Alzheimer y Otras Demencias (CEFAFA)], is to participate in the European Lifelong Learning Grundtvig Project. By analysing difficulties which family carers face, it is hoped that it will be possible to design and develop training tools to overcome such difficulties and improve the quality of life for both people with Alzheimer's disease and their carers.

Meetings amongst the 10 participating associations (which represent 8 of the Member States of the EU) will be carried out over the next two years.

**17 August 2010: Alzheimer Portugal campaigns to raise awareness of the need for a national Alzheimer's plan**



Although the issues which surround Alzheimer's disease have started to be addressed at a national level in Portugal, there is, say Alzheimer Portugal, a pressing need to develop a national Alzheimer's disease plan.

A spokesperson for Alzheimer Portugal explained that:

"We may say that due to the economical and social crises we are now experiencing, it is not a good moment to talk about it.

"But, firstly, the number of people with dementia will increase irrespective of such crises.

"Secondly, we can see dementia as an opportunity - an opportunity to create new jobs - for carers. This will mean reducing unemployment through the development of new skills and new training programmes, as well as the recognition of specialised care for people with dementia. Also, the setting up of care facilities, as with respite care, day care centres and home care, will create jobs.

"Additionally, these new jobs would reduce the financial burden of carers. We know that informal carers receive a much lower pension and may be prone to neglect their own health and find themselves in a worse financial position because of the fact they provide care.

And Alzheimer Portugal concludes by saying "there is no time to lose and there is no excuse for not acting now!"

**19 August 2010: Alzheimer Luxembourg announces their 2010 Memory Walk**




To raise awareness of dementia, the Alzheimer Luxembourg Association (ALA) are organising a memory walk on Saturday, 18 September. The theme of this year's Luxembourg Memory Walk is "The path of memory. Esch and Luxembourg during the Second World War" which will take place in the town of Esch-sur-Alzette, Luxembourg (starting from the Place de l'Hotel). The walk depart at 14:00, 14:45 or 15:30.

In addition, there will be

- Information stands - information provided about dementia and services offered by the Alzheimer Luxembourg Association (ALA) (from 11am to 6pm).
- An Alzheimer café.
- Balloon contest and entertainment for children.
- Music with "The Luxembourg Pipe Band" and "Les Gavroches".

Free entry due to the friendly support of the National Museum of the Resistance and the Tourist Office of Esch/Alzette

**22 August 2010: Alzheimer Switzerland launches a series of information leaflets on dementia for different professions**

 To help specific professions understand dementia more, Association Alzheimer Suisse have launched a series of information leaflets. The first leaflet has been developed and is targeted at hairdressers. Alzheimer Suisse have now commenced work on an information leaflet for the police force. The leaflets were inspired by those already in use in Germany and Alzheimer Suisse produce them in German, French and Italian.

**We provide full references to articles on our website. Please visit the completely revised Alzheimer Europe website on:**  
[www.alzheimer-europe.org](http://www.alzheimer-europe.org)

**24 August 2010: German guide to care for people with dementia at home updated**

The German Alzheimer Society has updated their "Guide to homecare for dementia" publication. Heike Hohlbein-Lützu, chairman of the German Alzheimer Society, said: "There is often a lack of information for the relatives of people with dementia about counselling, volunteer support and professional care. Further, the provisions of care are not always easy to understand. This results in options not being used. We want to help our members to use and be aware of the different possibilities open to them so that the person who has dementia can benefit.

The guide provides an overview of the various range of available assistance, from the medical diagnosis of dementia (including information on services such as family training, occupational therapy, day care and volunteer helps), to the financing options. A new chapter on the special needs and support for the growing number of people with dementia who live alone has been included as well as a chapter on the review process to monitor people with dementia in the last phase of life.



## Science Watch

This section has highlights of the most recent published research on dementia, including research on the prevention, diagnosis, and treatment of the disease.

**1 July 2010: Study examines whether people with Alzheimer's disease have a reduction in the depth of their emotional experiences**

A study suggests that people with Alzheimer's disease may not emotions as deeply as people without the disease and that this 'emotional flatness' may be misinterpreted as a symptom of depression. Participants were asked to give an emotional value to pictures and people with Alzheimer's disease measured "pleasant images as less pleasant and negative scenes as less negative compared to a control group of elderly people."

The study was carried out by researchers at the University of Florida and published in the Journal of Neuropsychiatry & Clinical Neurosciences.

**1 July 2010: Study examines the relationship between a high level in the number of chromosomes and Alzheimer's disease**



Researchers have found that "hyperloid neurons (which have greater than the normal number of chromosomes) are more prone to cell death in Alzheimer's disease" leading them to suggest that hyperloidy is a "critical molecular event shared between neuro-degeneration and malignant cell transformation ... [and that these data] direct our attention to a failure of neuronal differentiation as the critical pathogenetic event and potential therapeutic target in neuro-degeneration."

The study was led by Dr Andreas Lösche of the University of Leipzig, Germany and published in the

July 2010 issue of The American Journal of Pathology.

**5 July 2010: Study examines the relationship between stress and dementia**



A study over a 35 year period on women from Gothenburg, Sweden, found that “the risk of dementia was about 65% higher in women who reported repeated periods of stress in middle age than in those who did not.” The researchers have called for further studies to be carried out to confirm or refute these findings.

The study was conducted by the Sahlgrenska Academy, Sweden, and reported in the journal Brain.

**5 July 2010: Study investigates the association between different forms of vitamin E and incidence of Alzheimer’s disease**

Many previous studies which investigate the relationship of Alzheimer’s disease and vitamin E concentrate on  $\alpha$ -tocopherol, which is one of eight natural components in vitamin E. In this study, the researchers investigated the relationship that other components of vitamin E have on Alzheimer’s disease and they found that “the neuro-protective effect of vitamin E seems to be related to the combination of different forms, rather than to  $\alpha$ -tocopherol alone”.

The Aging Research Center (ARC), Karolinska Institutet, Stockholm, Sweden, conducted the study in collaboration with the Institute of Gerontology and Geriatrics, University of Perugia, Italy. It was published in the Journal of Alzheimer’s disease.

**6 July 2010: Study examines the relationship between Alzheimer’s disease and depression**

A study in which monitored change in depressive symptoms before and after the onset of dementia in Alzheimer’s disease found that “depressive symptoms show little change during the development of Alzheimer’s disease to a moderate level of dementia severity.” This lack of change led researchers to conclude that rather than depression being a sign of Alzheimer’s disease, it is instead a risk factor.

The study was carried using data from the Chicago health and Aging Project by researchers from the Rush Alzheimer’s Disease Center, USA.

**6 July 2010: Study examines the relationship between head circumference and cognitive impairment**

A study suggests “that larger head circumference is associated with less cognitive impairment in the face of cerebral atrophy. This finding supports the notion that head circumference (and presumably brain size) offers protection against AD symptoms through enhanced brain reserve.”

The study was carried out by researchers from Munich University, Germany and reported in the journal Neurology.

**7 July 2010: Study examines potential protein markers for Alzheimer’s disease**

A study in which researchers aimed to identify those proteins which could be useful in diagnosing Alzheimer’s disease has highlighted the role that the protein known as clusterin can play. The findings suggest that “alterations in amyloid chaperone proteins may be a biologically relevant peripheral signature of Alzheimer’s disease.” More research has been called for about protein markers associated with Alzheimer’s disease.

The study was a collaboration between researchers from around the world and was published in the Archives of General Psychiatry.

**11 July 2010: Study examines the relationship between consumption of tea, coffee and change in cognitive function**



A study suggests that people who consume tea at a variety of levels may also benefit from less cognitive decline than non-tea drinkers. The study also showed that coffee

consumption could be related to less cognitive decline, but only where the coffee was consumed at high levels.

The study was carried out on over 4,800 people aged 65 and older from the Cardiovascular Health Study by monitoring their cognitive abilities together with their tea and coffee consumption. It was led by Lenore Arab, University of California, Los Angeles, (UCLA) and colleagues and reported at the International Conference on Alzheimer’s Disease, (ICAD) Hawaii.

**11 July 2010: Study examines the relationship between jaw movement and memory**



A study in which young adults chewed a piece of gum for 20 minutes found that, inter alia, blood flow to the brain increased which in turn increased their ability to recall facts. The researchers noted that activity in the hippocampus was increased.

The study was led by Roxanne Weijenberg from the VU University, Amsterdam, and will be published in Neuroscience and Biobehavioural Reviews.

**We provide full references to articles on our website. Please visit the completely revised Alzheimer Europe website on:**  
[www.alzheimer-europe.org](http://www.alzheimer-europe.org)

**11 July 2010: Long-term study examines the relationship between physical activity and dementia**



A study known as the Framingham Study, which commenced in 1948 to track cardiovascular risk factors, has been extended to track cognitive performance.

Researchers, who estimated the levels of activity for more than 1,200 elderly participants of the Framingham Study and then monitored them for the development of dementia found that participants who “performed moderate to heavy levels of physical activity had about a 40 percent lower risk of developing any type of dementia. Further, people who reported the lowest levels of physical activity were 45 percent more likely to develop any type of dementia compared to those who reported higher levels of activity”. The researchers noted that these associations were “largely evident in men in the study.”

The research was carried out by Zaldy Tan of Brigham Women’s Hospital, GRECC, VA Boston and Harvard Medical School and colleagues and reported on at the International Conference of Alzheimer’s disease (ICAD) in Hawaii.

**11 July 2010: Mouse study examined the relationship between walnuts and cognitive ability**



A mouse study which examined the effect that walnuts in the diet have on cognitive ability found that Alzheimer’s transgenic mice which had not received walnuts showed “memory deficits, anxiety-related behaviour and severe impairment in spatial learning ability, position discrimination learning ability and motor coordination. However, the transgenic mice which had received a diet which included six percent and/or nine percent walnuts showed significant improvement in learning, memory, emotional regulation and motor coordination”.

The study was conducted by Abha Chauhan and colleagues at the New York State institute for Basic Research in Developmental Disabilities and reported on at the International Conference on Alzheimer’s disease (ICAD) in Hawaii.

**11 July 2010: Study examines the relationship between cognitive impairment and vitamin D**

A study which examined information regarding participants of the Third National Health and Nutrition Examination Survey (NHANES III) found that cognitive impairment was significantly higher in those people who were deficient in vitamin D.

The study was conducted by David Llewellyn, University of Exeter Peninsula Medical School (UK) and colleagues and reported on at the International Conference on Alzheimer’s disease (ICAD), Hawaii.

**11 July 2010: Mouse and rat study examine effects of drug on brain cells associated with memory**

One study on mice found that a drug known as P7C3 “boosted the production of cells in a part of brain critical to memory” and another study on rats found that administering the drug resulted in improved memory.

Carried out by Dr Steven McKnight and Dr Andrew Pieper, the study was published in the journal Cell.

**12 July 2010: Study examines the relationship between a gene associated**

**with obesity and the risk of Alzheimer’s disease**

A study suggests that a gene known as FTO (Fat mass and obesity associated) may increase the risk of Alzheimer’s disease. Further researchers found that when a person has the gene APOE together with specific variants of FTO, that their risk of Alzheimer’s disease is doubled.

The study was carried out by Caroline Graff and colleagues at the Karolinska Institutet, Sweden and reported on at the International Conference on Alzheimer’s Disease (ICAD) in Hawaii.

**12 July 2010: Study reveals significant differences in the bereavement process between Hispanics, African-Americans and Whites**



A study which examined the variations (including those in expressions of relief, anger and emotional acceptance) on carers from three racial/ethnic groups (Hispanics, African-Americans and Whites) found that:

- Whites and Hispanics are three to five times more likely to report a sense of emotional relief at the death of the care recipient compared to African Americans
- Hispanics were only half as likely as African-Americans to report feelings of anger towards the deceased caregivers and
- White carers were considerably more likely to report feelings of anger than both the other groups.

The study was carried out by the Bereavement Component of the Resources for Enhancing Alzheimer’s Caregiver Health project (REACH) and was reported on at the International Conference on Alzheimer’s Disease (ICAD), in Hawaii.

**12 July 2010: Study examines the relationship between significant cognitive decline and the consequences of nursing home placement and mortality**

An assessment on more than 7,500 older people over an 8 year period examined the relationship between significant cognitive decline and the health consequences of nursing home placement and mortality. The study found that “the proportion of people with significant cognitive decline did not vary by race, however, of those with significant decline older African Americans and Latinos had statistically significantly less placement in nursing homes compared to older Whites, and were statistically significantly less likely than similar Whites to die during the follow up period.” Researchers concluded that there was a need for culturally-appropriate dementia care.

The study was carried out by Kala M Mehta, University of California, San Francisco, and colleagues and reported on at the International Conference on Alzheimer’s disease (ICAD) Hawaii.

**12 July 2010: Study examines different approaches by people with dementia to diagnosis**

A study on 22 families from different ethnic/racial groups (White, Black and American Indian) has found that 'ethnic minority groups often seek a diagnosis of Alzheimer's disease much later than their white counterparts.' Key findings were that:

- All groups studied recognised the value of diagnosis
- Diagnosis was sought after dementia symptoms emerged (on average) by African-Americans after six years, American Indians after five years and White after two years
- White were more likely to seek support through formal services
- Blacks and American Indians were more likely to seek support by turning to their faith and spiritual beliefs.

The study was led by Peggye Dilworth-Anderson of the University of Carolina, USA, and reported on at the International Conference on Alzheimer's Disease (ICAD) in Hawaii.

**13 July 2010: Draft reports presented on updating the diagnostic criteria for Alzheimer's disease**

The first draft reports on updating the diagnostic criteria for Alzheimer's disease in the USA were presented at the International Conference on Alzheimer's disease (ICAD). Existing criteria dates back to 1984. The draft reports are the result of three workgroups (pre-clinical Alzheimer's disease, mild cognitive impairment due to Alzheimer's disease and Alzheimer's disease) conclusions. The workgroups were convened by the National Institute on Aging (NIA) and the Alzheimer's association.

Proposals aim to 'better reflect the various stages of the disease and include Alzheimer's disease biomarkers'. Explaining further, William Thies, Chief Medical and Scientific Officer at the Alzheimer's Association, said "While the role of biomarkers differs in each of the three stages, much remains to be understood concerning their reliability and validity in diagnosis. This makes it critical that we thoroughly test any new recommendations. The NIA and the Alzheimer's Association hope this process of updating and revising the Alzheimer's diagnostic criteria with modern technologies and the latest advances will provide standards that move the field further in the direction of early detection and treatment."

A website ([www.alz.org/research/diagnostic\\_criteria](http://www.alz.org/research/diagnostic_criteria)) is to be launched by the (NIA) and the Alzheimer's association after the conference. There will also be a publication in a 'peer-reviewed journal and systematic validations through incorporation of the criteria into clinical trials.'

**13. July 2010: Study identifies pathway which deteriorates during ageing**

By using an ultrahigh-resolution technique, called diffusion tensor imaging, researchers have, for the first time, been able to monitor water molecules moving through a pathway in the brain known as the perforant path (which runs through the dense matter near the hippocampus) This pathway is believed to deteriorate during ageing and, in the case of Alzheimer's disease, it is believed to deteriorate at a faster rate. To check if their earlier findings are supported, researchers have now begun a study on people with mild cognitive impairment to see whether there is a precipitous deterioration of the perforant path.

The lead author was Mike Yassa, University of California, Irvine and the research was published in the journal Proceedings of the National Academy of Sciences (PNAS).

**13 July 2010: Study examines the relationship between haemoglobin levels, anaemia and Alzheimer's disease**

Researchers examined haemoglobin, iron and other blood-based measurements on over 1,000 people found that people with Alzheimer's disease had significantly lower levels of haemoglobin, mean cell haemoglobin concentration and packed cell volume as well as a higher erythrocyte sedimentation rate compared to healthy controls. They also had increased risk of anaemia. The study also found that people with anaemia were found to have an increased risk of Alzheimer's disease.

The study was carried out by Noel Faux, of the Mental Health Research Institute, Parkville, Australia and colleagues and reported on at the International Conference of Alzheimer's Disease (ICAD) in Hawaii.

**13 July 2010: Study compares the incidence rate of seizures in people Alzheimer's disease to those without the disease**

An observational study was carried out to estimate the incidence rate of seizures among people with Alzheimer's disease. The study population consisted of nearly 15,000 people with Alzheimer's disease and nearly 15,000 people without. The study found that:

- The rate of seizures per 1,000 people per year, was 9.1 among people with Alzheimer's disease compared to 1.4 for those people without the disease.
- The incidence rate of seizures was highest among the youngest people with Alzheimer's disease.
- The incidence rate of seizures among people without Alzheimer's disease increased slightly with age.

The research was carried out by Michael Arrighi of Janssen Alzheimer Immunotherapy Research & Development and colleagues and reported on at the International Conference of Alzheimer's Disease (ICAD), in Hawaii.

**14 July 2010: Study suggests that lower healthcare costs could be achieved by early diagnosis and case management of dementia**



A study suggests that early diagnosis and case management in dementia may 'significantly lower healthcare costs' and, in particular, could reduce outpatient costs by almost 30%. The researchers concluded that this could have a positive impact throughout the entire healthcare system.

J. Riley McCarten led the study (known as The Dementia Demonstration Project (DDP)) with the Geriatric Research, Education and Clinic Center at the Minneapolis Veterans (VA) Medical Center, USA, was led by the and the results of the research were presented at the International Conference on Alzheimer's Disease (ICAD) in Hawaii.

**14 July 2010: Study using new staining techniques reveals different beta amyloid formation**

A study in which the brain sections of people who had died with Alzheimer's disease were stained (using pentamer formyl thiophene acetic acid (pFTAA) and polythiophene acetic acid (PTAA)) found that the core and cerebrovascular amyloid of people with the APOE e4/e4 was of different shapes whereas people with the APOE e3/e3 had two amyloid structures the same shape. The pFTAA revealed that tau tangle densities in people with APOE e4/e4 were greater than those with e3/e3. The researchers hope that this will help better treat the disease.

The study was carried out by Sam Gandy of the Mount Sinai School of Medicine, New York, USA and colleagues during the International Conference on Alzheimer's Disease (ICAD) in Hawaii.

**14 July 2010: Study examines the effect of insulin on people with mild cognitive impairment or Alzheimer's disease**

A four-month study where 109 people with mild cognitive impairment or Alzheimer's disease were either given daily intranasal insulin (either 20 or 40 IU) or a placebo has found:

- significant improvements of the results on a test of delayed story recall for those participants who received 20 IU dose although memory and learning on the ADAS-Cog and ability to do activities of daily living scores were unchanged and
- improved memory and function status with an improved Alzheimer's biomarker profile in those participants who received insulin with a spinal tap.

The researchers are planning to carry out a large, multi-centre clinical trial.

The research was carried out by Suzanne Craft of VA Puget Sound Health Care System/University of Washing, Seattle, USA and colleagues and reported on at the International Conference on Alzheimer's Disease (ICAD) in Hawaii.

**14 July 2010: Study examines the relationship between TOMM40 gene and grey matter volume in the brain**



A study has found that middle-aged healthy adults who have the Apolipoprotein E (APOE) e3/e3 gene who also have the high risk version of the Translocase of outer mitochondrial membrane 40 homolog (TOMM40) gene have significantly less grey matter volume in two brain regions affected early in Alzheimer's disease than those with the low risk version of the TOMM40 gene. This led researchers to conclude that "there is a connection between TOMM40 and brain cell loss in people who are relatively young and not symptomatic."

The study was conducted by Sterling Johnson from the University of Wisconsin School of Medicine and Public Health, USA, and colleagues and was reported on at the International Conference on Alzheimer's Disease (ICAD) in Hawaii.

**We provide full references to articles on our website. Please visit the completely revised Alzheimer Europe website on:**

[www.alzheimer-europe.org](http://www.alzheimer-europe.org)

**15 July 2010: Study examines the role of Presenilin in Alzheimer's disease and cognitive function**

In order to examine the role which the protein Presenilin (psn) plays in familial Alzheimer's disease (FAD) and cognitive function researchers tested the effect of reducing psn activity during ageing in male fruit flies (*Drosophila melanogaster*). The study found that "flies in which the dosage of psn function is reduced by 50% displayed age-onset impairments in learning and memory" leading researchers to conclude that psn activity may contribute to the age-onset cognitive loss observed with FAD. In addition, the study revealed that "enhanced metabotropic glutamate receptors (mGluR) signalling and calcium release regulated by the inositol trisphosphate receptor (InsP3R) as underlying causes of the age-dependent cognitive phenotypes observed when psn activity is reduced."

The study was conducted by Thomas A Jongens, associate professor of Genetics, University of Pennsylvania School of Medicine and colleagues and published in the Journal of Neuroscience.

**22 July 2010: Study on rats' brains examines the effect of brain training on cognitive decline**

A study on rats suggests that aspects associated with cognitive decline may be reversed by specialised brain training. Researchers found that "intense auditory training greatly improved sound perception and processing among rats that had previously experienced normal, age-related sensory-processing degradation."

The study was led by Michael M. Merzenich, PhD, professor of otolaryngology and physiology, University of California, USA and published in the Proceedings of the National Academy of Sciences (pnas).

**23 July 2010: Government agency approves higher dosage of Alzheimer drug**

Permission (reference NDA 022568) has been given by the US government regulator, the Food and Drug Administration, to develop a larger dose (23mg) of the drug donepezil which is used to reduce the symptoms of Alzheimer's disease. Eisai Inc and Pfizer, the drug manufacturers, said that higher doses can help cognition in people with Alzheimer's disease.

**26 July 2010: Study suggests having a longer education may help people cope with the symptoms of dementia**

A UK and Finnish study has found that 'education in early life appears to enable some people to cope with a lot of changes in their brain before showing dementia symptoms.'

Using data from the 'Eclipse collaboration', post-mortems on the brains of 872 people revealed that whilst signs of dementia were present in some people regardless of the length of education they had received, in life, symptoms of dementia were less likely to have been displayed by people who had received more education.

Ruth Sutherland, chief executive of the Alzheimer's Society, said: "This is the largest study ever to confirm that hitting the books could help you fight the symptoms of dementia in later life. What we don't know is why a longer education is so good for you.

"It could be that the types of people who study longer have large brains which adapt better to changes associated with dementia. Another reason could be that educated people find ways of managing or hiding their symptoms."

She added: "We now need more research to find out why an education can make the brain more 'dementia resistant'. Until then the message appears to be: stay in school."

The study was led by Carol Brayne, Cambridge University, UK.

**3 August 2010: Study measures stiffness of the different forms of amyloid-beta**

Amyloid-beta peptide exists in three forms - as monomers (individual units), oligomers (chains) and as fibrils. Researchers, who exposed each type of amyloid to brain cells then measured their response to pressure, found that the oligomers had the greatest effect in stiffening brain cells. The researchers suggested that this 'squeeze' test could be used as a screening method for potential drugs for Alzheimer's disease.'

The research, led by Gang-Yu Liu, professor of chemistry, and Lee-Way Jin, associate professor of pathology and a researcher at the UC Davis Alzheimer's Disease Center and was published in the journal PNAS.

**6 August 2010: Study examines the relationship between sleep disorders and later onset of certain neurodegenerative diseases**



A study which looked at the relationship between rapid eye movement behavioural disorder (RBD) (in which individuals lose muscle control during sleep resulting in varying degrees of movement) and later onset of  $\alpha$ -synucleinopathies (including Parkinson's disease and dementia with Lewy bodies), suggests that RBD can precede  $\alpha$ -synucleinopathies. Further, the researchers believe that the process of pathology which starts at the brainstem before progressing to other parts of the brain, may span most of the lifetime.

The research was carried out by Bradley Boeve of the Mayo Clinic, Rochester, Minnesota, USA and colleagues and published in the Annals of New York Academy of Sciences.

**6 August 2010: Study highlights factors which may reduce incidence dementia**



A seven year study suggests that the factors which result in the biggest impact for reducing incidence dementia are:

- Increasing fruit and vegetable consumption
- Increasing crystallised intelligence (the ability to use skills, knowledge, and experience)
- Eliminating depression
- Eliminating diabetes.

Although the authors acknowledge that causal relations cannot be concluded with certainty, they believe the study "suggests priorities that may inform public health programmes."

The study consisted 1,433 people from the general population, Montpellier, France who were aged over 65.

Carried out by K Ritchie and colleagues from La Colombière Hospital, Montpellier Cedex 5, France, Montpellier University, France and Imperial College, St Marty's Hospital, London, the research was published in the British Medical Journal (BMJ).

**8 August 2010: Study suggests that Alzheimer's disease pathology is detectable earlier than previously thought**

A study suggests that it may be possible to detect Alzheimer's disease pathology earlier than previously thought by using a mixture modelling approach (independent of clinical Alzheimer's disease diagnosis). By analysing cerebrospinal fluid-derived  $\beta$ -amyloid protein 1-42, total tau protein, and phosphorylated tau181P protein concentrations, researchers found that the fluid may be useful as biomarkers for Alzheimer's disease.

The US study was conducted by Dr Geert De Meyer, Ghent University, and colleagues, and published in the Archives of Neurology.

#### **10 August 2010: Study examines the formation of insoluble proteins**

Insoluble protein aggregates have been associated with neurodegenerative diseases such as Alzheimer's disease. A study, on *C.elegans* roundworm, which set out to determine whether or not normal proteins form insoluble clumps when normal, healthy individuals age found that "the proteins which are present as minor components of disease aggregates actually clump together as a normal part of ageing in healthy individuals". These findings "refute the belief that the presence of insoluble proteins is unique to degenerative disease and that the main proteins traditionally associated with each disease (such as amyloid beta in Alzheimer's disease) are the only ones that could have an impact."

The study was carried out by Della C. David, PhD, a postdoctoral scholar in the UCSF Department of Biochemistry and Biophysics, University of California, San Francisco and colleagues and published in the journal Plos.

#### **17 August: Phase III trial of potential Alzheimer's disease treatment stopped**

The development of the potential Alzheimer's disease treatment, semagacestat, has been halted by Eli Lilly and Company. This is because Phase III studies, in which more than 2,600 people with mild-to-moderate Alzheimer's disease, showed it "did not slow disease progression and it was associated with worsening of clinical measures of cognition and the ability to perform activities of daily living." Although dosing with semagacestat has been stopped, data will be continued to be collected for at least six months to assist researchers with analysis.

Eli Lilly is continuing with their trials of other potential Alzheimer treatments including that of solanezumab.

#### **18 August 2010: Study examines the effect a specific drug has on the level of amyloid plaques in the brain**

A study found that short-term oral administration of BACE inhibitor (TAK-070) with moderate potency significantly lowered the levels of amyloid beta (A $\beta$ ) in vivo in a mouse model of Alzheimer's disease. Amyloid beta is considered to be one of the main constituents of the plaques which form in the brains of people with Alzheimer's disease.

The research was conducted by Hiroaki Fukumoto at Takeda Pharmaceutical Company in Osaka, Japan, in collaboration with Takeshi Iwatsubo at the University of Tokyo and reported in the journal of Neuroscience.

#### **20 August 2010: An Australian study reveals that only a minority of people with Alzheimer's disease are prescribed certain drugs, despite the drugs being subsidized**

A study which examined the trends in the prescribing of subsidized and unsubsidized cognition enhancing

drugs (CEDs) in Australia concluded that "despite subsidized access to CEDs in Australia, only a minority of people with Alzheimer's disease was prescribed these drugs during the period of the study. It is likely that the combination of complex prescribing rules and negative perceptions about efficacy or cost-effectiveness might have contributed to these findings."

The study was published on the PubMed.gov website.

#### **22 August 2010: Mouse study examines the role of specific immune-related receptors in learning and memory.**

Researchers who examined the role which toll-like receptor 3 (TLR3) has on learning and memory in mice found that 'TLR3 appears to dampen hippocampal-dependent learning and memory' and that TLR3 appears to have a different function in the brain than its role in the immune system. By using healthy adult TLR3 knockout mice (ie. In which the mice were genetically engineered to have TLR3 turned off) the researchers were able to evaluate the role of TLR3 in learning and memory. Compared to wild-type mice, the knockout mice illustrated improved memory abilities.

The research was carried out by Mark Mattson and colleagues from the National Institute on Aging, USA and reported in the journal PNAS online.

#### **22 August 2010: Mouse study examines the relationship between the protein produced in cases of rheumatoid arthritis and Alzheimer's disease**

Researchers who treated mice which had been genetically altered to have the symptoms similar to dementia, with the protein, GM-CSF, (which is produced in rheumatoid arthritis), found that those mice which had received the protein performed better in memory and learning tests than those which had not. The researchers also observed an 'apparent increase in nerve cell connections in the brains of the GM-CSF treated mice, which they say could be a reason memory decline was reversed.

Leukine, which is an artificial version of the GM-CSF protein, has been used to treat cancer in the US. The researchers are developing a new trial in humans.

**We provide full references to articles on our website. Please visit the completely revised Alzheimer Europe website on:**

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#### **23 August 2010: Study suggests that Alzheimer's drug is 'slightly' beneficial for people with Lewy-body dementia**

A study found that the drug memantine, which is used to treat the symptoms of Alzheimer's disease, slightly slowed declines in overall clinical status and behavioural symptoms in people with Lewy-body dementia, although no benefit was seen in their ability to perform activities of daily living. Further, the study found that that memantine had no effect on the

decline in overall clinical status and behavioural symptoms of those people with dementia from Parkinson's disease.

Carried out by Murat Emre, Istanbul University, Turkey and colleagues, the research has been published online in *Lancet Neurology*

## Dementia in Society

### 1 July 2010: Singer/TV star talks of his experience of his mother living with Alzheimer's disease



David Van Day (formerly part of singing duo Dollar and host of the TV show 'Brides on a Bus') has spoken out about his mother, Penny, having vascular dementia. His father died of Alzheimer's disease a while ago. Before Penny's diagnosis, which was made ten years ago, David remembers how they would laugh when she couldn't find things such as the car keys and even the car.

Now, however, his mother doesn't always remember who has visited and believes (incorrectly) that the Prime Minister and Prince Charles have visited her, who David is, confusing him with Prime Minister.

Mr Van Day explained "I sometimes weep to see Mum like this. I don't want this to happen to me. It's as though her brain has shut down. I can't even be sure she knows me. She forgets things and people. They have all been replaced by weird fantasies of things that have never happened."

Mr Van Day has performed some charity shows for people with dementia and noticed that a lot of the people could join in to old songs such as Vera Lynn's.

### 7 July 2010: Musician talks about living with dementia



Supporting the campaign 'Remember the Person' for the Alzheimer Society's Dementia Awareness Week in Wales, Dale "Buffin" Griffin, former drummer of 70s band Mott The Hoople, has spoken about living with Alzheimer's disease.

Mr Griffin said that "I used to be fearless, but Alzheimer's has stopped me in my tracks. It is my dreadful little bug and I have to fight to keep it from controlling me. Alzheimer's has prevented me from doing a lot of the things I love, like reading and writing, but I try to keep as relaxed and easy going as possible. It is really important for people to 'remember the person' and look beyond someone's diagnosis of dementia," he added.

Last year Mr Griffin was able to appear at the band's reunion at the HMV Hammersmith Apollo. Although he was unable to perform for the entire show, he took part in the encores which included All the Young Dudes and You Keep A' Knocking.

Mr Griffin explained the reaction of friends saying "Many old friends now avoid me as they do not know what to say, which is really hurtful. I just wish they

would realise that, inside, I am still the same old Buffin I always was."

### 11 July 2010: Scientists receive recognition for their work in dementia

The Alzheimer's Association recognised the contribution made to Alzheimer's research by awarding the:

- The 2010 Henry Wisniewski Lifetime Achievement Award to Dr. Takehisa Iwatsubo, (Department of Neuropathology, Graduate School of Medicine at the University of Tokyo) "whose significant research with the Japanese Alzheimer's Disease Neuroimaging Initiative (J-ADNI) is creating a longitudinal workup of standardized neuroimaging, biomarker and clinico-psychological surveys. Designed to maximize compatibility with US-ADNI, it is hoped that this work along with other global ADNI efforts will establish rigorous, quantitative descriptions of the natural course of Alzheimer's in its very early stages."
- The 2010 Khalid Iqbal Lifetime Achievement Award to Dr Karen Ashe (Department of Neurology and Neuroscience Director at the University of Minnesota), "whose research focuses on animal and cellular models of Alzheimer's. These transgenic animal models enhance understanding of how amyloid and tau proteins – thought to be the keys to the cause and progression of Alzheimer's – impact memory and cognition. Transgenic mice have been a mainstay in the preclinical investigation of new treatments for Alzheimer's."
- The 2010 Bengt Winblad Lifetime Achievement Award to Dr. Marsel Mesulam (Dunbar Professor of Neurology and Psychiatry and Director of the Cognitive Neurology and Alzheimer's Disease Center at Northwestern University). "His research addresses the connectivity of the monkey brain, the organization of human cholinergic pathways, the representation of cognitive functions by large-scale neurocognitive networks, and the neurobiology of dementias. Dr. Mesulam's work on cholinergic pathways has been groundbreaking in understanding Alzheimer's. He is a world expert in Primary Progressive Aphasia" and
- The 2010 Zaven Khachaturian Award to Dr. Marilyn Albert (Director of the Division of Cognitive Neuroscience in the Department of Neurology at Johns Hopkins University School of Medicine.). "This award recognises an individual whose compelling vision, selfless dedication, and extraordinary achievement has significantly advanced the field of Alzheimer science. Dr. Albert's distinguished career includes more than two decades as a faculty member at Harvard University Medical

School. Her research has primarily focused on the cognitive and brain changes associated with aging and Alzheimer's. The scope has also encompassed investigating potential methods of early identification of Alzheimer's and lifestyle factors that may maintain mental abilities with advancing age."

The awards were presented during the International Conference on Alzheimer's Disease (ICAD) in Hawaii.

**17 July 2010: USA: Cross-country bike ride commences to raise awareness and make Alzheimer's disease a national priority in the USA**



Some of the USA's top researchers are cycling across the USA in order to raise awareness of the impact that the drop in funding for Alzheimer's disease research by the National Institute of aging (NIA) has had, and will continue to have. Furthermore they hope to obtain signatures of individuals in support of increasing funds for Alzheimer's disease (as proposed in the Alzheimer's Breakthrough Act which is currently before Congress). The goal is to obtain some 55,000 signatures to their petition calling for more funding and present them to Congress.

The Alzheimer's Association has also given its support to this and the first-ever "Alzheimer's Breakthrough Ride" commenced on 17 July from San Francisco. The 55 cyclists will cover 4,000 miles across the country to arrive in Washington, D.C. on 21 September (World Alzheimer's Day).

The idea was conceived by scientist, Bruce T Lamb, last year after being concerned by the declining research grants for Alzheimer's disease.

The Chair of the Alzheimer's Breakthrough Ride is Bruce T Lamb, Associate Staff Scientist in the Department of Neurosciences, Lerner Research Institute of the Cleveland Clinic, USA. There is a daily blog about the ride as well as a website which explains how to make donations and support the ride.

**2 August 2010: Footballer talks of his father's dementia**



Welsh professional footballer who plays for Derby County, Robbie Savage, has spoken about his father, Colin, who has been diagnosed with a type of fronto-temporal dementia called Pick's disease.

Mr Savage noticed that his father began to change about a decade ago, with his attitude, speech, weight and memory being affected. He spoke of the impact this has had on him, saying, "It's shattering to see the man I know, I idolise, like this, it's soul destroying. It is a cruel and devastating illness and 63 is no age to have it. It means that eventually the man who has always been my hero will one day no longer recognise mum, his grandkids and me."

Speaking of his father's strong support of his football career, he said: "He had a high powered job and had done really well. He worked really hard. His lifestyle

was very stressful. He was flying around the world. He'd get home from somewhere like Cuba on a Friday night or Saturday morning and then drive to where I was playing. It might even be Southampton."

Although Mr Savage had planned to write his autobiography at the end of his career, he has brought forward the release to ensure that his father can read it. A donation will be made from some of the proceeds to the Alzheimer's Society. He has also written about his father's condition in the Mirror newspaper.

**7 August 2010: US improvisation programme developed for people with dementia**

A weekly theatrical improvisation programme, the Memory Ensemble, has been developed in the US to improve the quality of life for people recently diagnosed with impaired cognitive function, and/or dementia. This programme "treats all words as useful and welcomes the expression of feelings that emerge on the twisting path – terror, frustration, even joy" and helps participants to "learn to trust their instincts and make decisions based on the present, rather than the past."

The Memory Ensemble was founded by Christine Mary Dunford, a member of the Lookingglass Theater together with Darby Morhardt, director of education and associate professor at the Cognitive Neurology and Alzheimer's Disease Center at Feinberg.

**New resources and publications**

By reporting on recently published books, reports and information videos on dementia we hope to offer updates on the current resources available to anyone who is affected by dementia.

**5 July 2010: Training and awareness raising DVD made about dementia**

The Scottish Dementia Group (SDWG), which is a campaigning and awareness raising group whose members all have a diagnosis of dementia, has produced a training and awareness raising DVD entitled "Through our eyes". The SDWG hope that the DVD will raise awareness and understanding of:

- The individual nature of personal experiences
- How people adapt and live with their dementia and their coping strategies for doing so
- The potential and strengths of people with dementia
- How communities can be 'dementia friendly'
- The difficulties people experience and what professionals can do to make this easier
- How involving and listening to people with dementia can enhance and develop the practice of staff in dementia services.

“Through our eyes” is divided into four chapters:

- A life with dementia shows that a good life is possible
- Emotional and cognitive impact demonstrates how dementia has affected the person
- Physical impact deals with awareness of abilities and looking after physical health
- What professionals can do to help provides food for thought for professionals.

The DVD is aimed professionals at all levels within the health and social care sectors working in dementia care as well as all allied health professionals, the general public and people with dementia.

Training notes can be downloaded from our website. “Through our eyes” lasts 44 minutes and costs GBP 25.

**We provide full references to articles on our website. Please visit the completely revised Alzheimer Europe website on:**  
[www.alzheimer-europe.org](http://www.alzheimer-europe.org)

**12 July 2010: US website launched on Alzheimer research**

The US Alzheimer Association has launched a “Research Center” website which aims to provide the public with more knowledge about:

- Alzheimer’s disease, causes and treatments
- Clinical trials. This includes a section on the Alzheimer Association’s “Trial Match” service which aims to facilitate people with Alzheimer’s disease, caregivers, families and physicians to locate clinical trials based on personal criteria
- Funding and collaboration provided by the Association
- How the public can participate in research
- Current news about research
- Videos and resource information.

The Associations presented the site at the International Conference on Alzheimer’s disease (ICAD) in Hawaii.

**15 July 2010: The European Medicines Agency launches updated website**

The European Medicines Agency has launched a ‘new, user-focused, interactive website’, the new features of which include:

- Quick medicine searches: Allows you to search for human and veterinary medicines by name and active substance and for herbal medicinal substances by name.
- An online library: Enables you to search for all Agency documents currently online through a search on title and date published online.
- Improved navigation: More intuitive labelling and improved organisation of content so that browsing is quicker for all audience groups.
- Audience landing pages: Flags information of specific value to different key users.
- Online calendar and news search: Allows you to keep up to date with the latest news and events at the Agency.
- RSS feeds: Brings information straight to you as soon as it is published online.

The website also includes a list of those products which it has authorised for use in Europe for the treatment of Alzheimer’s disease. Information on medicines which have been received authorisation, been withdrawn post approval, suspended or refused can be found for using a product A-Z search function.

**23 July 2010: The presentations are now on line from the Spanish European Presidency Conference on mental health**

The presentations are now available from the thematic conference entitled “mental health and well-being on older people – making it happen” which took place on 28/29 June in Madrid, Spain.

The Conference was organised by the European Commission and the Ministry of Health and Social Affairs of Spain under the auspices of the Spanish Presidency of the Council of the European Union.

## AE Calendar

The following meetings will be attended by representatives of Alzheimer Europe:

Date	Meeting	AE Representative
1 September	Parliament magazine/ <b>Belgian Presidency reception</b> in the European Parliament, Brussels, Belgium	Annette Dumas
6 September	<b>Alzheimer Europe Strategy Meeting</b> , Brussels, Belgium	AE Board and Jean Georges
14 September	<b>Servier Annual Cocktail</b> , Brussels, Belgium	Annette Dumas

17 September	<b>GSK Health Advisory Board</b> , London, UK	Jean Georges
22 September	<b>Dementia Ethics Network</b> and the <b>Dementia Ethics Steering Committee and Working Group</b> , Berlin, Germany	Jean Georges and Dianne Gove
23-24 September	<b>Innovation and Solidarity</b> , Brussels, Belgium	Annette Dumas
28 September	<b>Carers Interest Group meeting</b> , in the European Parliament, Brussels, Belgium	Annette Dumas
30 September	<b>Alzheimer Europe Board Meeting</b> , Luxembourg, Luxembourg	AE Board and staff
30 September	<b>Annual General Meeting</b> , Luxembourg, Luxembourg	AE Members, Board and staff

## Future Conferences

Date	Meeting	Place
2-5 September 2010	Dignity for the Frail Old: From dilemmas to solutions, <a href="http://www.dignity.no">www.dignity.no</a>	Bergen, Norway
8-11 September 2010	International Conference on evidence-based policy in long-term care, <a href="mailto:Itconference2010@lse.ac.uk">Itconference2010@lse.ac.uk</a>	London, UK
15-17 September 2010	26e Congrès de la Société de Psychogériatrie de Langue Française (SPLF), <a href="http://www.nexcom-events.com">www.nexcom-events.com</a>	Limoges, France
22-25 September 2010	5th Croatian Congress on Alzheimer's Disease with international participation, <a href="http://www.alzheimer2010.com">www.alzheimer2010.com</a>	Zadar, Croatia
30 September – 2 October 2010	20th Alzheimer Europe Conference "Facing Dementia Together", <a href="http://www.alzheimer-europe.org/conferences">www.alzheimer-europe.org/conferences</a>	Luxembourg, Luxembourg
7-9 October 2010	Gemeinschaft leben, <a href="http://www.deutsche-alzheimer.de">www.deutsche-alzheimer.de</a>	Braunschweig, Germany
19-21 October 2010	Coming of Age: Dementia in the 21st Century, <a href="http://www.dementia.stir.ac.uk">www.dementia.stir.ac.uk</a>	London, UK
19-21 October 2010	9ème Congrès International Francophone de Gériatrie et Gériatologie 30èmes Journées Annuelles de la Société Française de Gériatrie et Gériatologie, <a href="http://www.cifgg2010.com">www.cifgg2010.com</a>	Nice, France
21-23 October 2010	10th Congress of European society for clinical neuropharmacology, <a href="mailto:ivan.rektor@fnusa.cz">ivan.rektor@fnusa.cz</a>	Zagreb, Croatia
28-31 October 2010	The 4th World Congress on Controversies in Neurology (CONy), <a href="http://www.comtecmed.com">www.comtecmed.com</a>	Barcelona, Spain
3-5 November 2010	Third Conference: Clinical Trials on Alzheimer's Disease (CTAD), <a href="http://www.ctad.fr">http://www.ctad.fr</a>	Toulouse, France
9-13 March 2011	The 10th International Conference on Alzheimer's & Parkinson's Diseases (AD/PD 2011), <a href="http://www.kenes.com/adpd">www.kenes.com/adpd</a>	Barcelona, Spain
26-29 March 2011	26th International Conference of Alzheimer's Disease International, <a href="http://www.adi2011.org/default.aspx?PageID=Home">http://www.adi2011.org/default.aspx?PageID=Home</a>	Toronto Canada
14-17 April 2011	The VII International Association of Gerontology and Geriatrics (IAGG) – European Region Congress "Healthy and Active Ageing for all Europeans II", <a href="http://www.iaggbologna2011.com">www.iaggbologna2011.com</a>	Bologna, Italy
28-30 January 2011	4 <sup>th</sup> Edition of the European Neurological Conference on Clinical Practices (ENCCP), <a href="http://www.paragon-conventions.net/enccp2011">www.paragon-conventions.net/enccp2011</a>	Lisbon, Portugal



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