

# Memory Matters



*A publication of the Johns Hopkins Memory & Alzheimer's Treatment Center and Alzheimer's Disease Research Center*

Fall/Winter 2022

## Focus on Lifestyle Factors and Dementia Risk Reduction

There is increasing evidence that lifestyle factors may alter risk for cognitive decline and dementia due to Alzheimer's disease and related disorders (ADRD). For example, physical inactivity may increase risk for ADRD, while engagement in cognitively stimulating activity may reduce risk. In order to stimulate further research in this area, the National Alzheimer's Project Act (NAPA) Council recently added a sixth goal to its overall strategy for prevention and treatment of ADRD, which aims "to accelerate action to promote healthy aging and reduce risk factors for dementia."

Since NAPA was established more than a decade ago, funding by the National Institutes of Health for ADRD research has increased four-fold, reaching \$2.87 billion in 2020. The new NAPA goal about lifestyle risk factors highlights areas that need further research and public health action.

These include depression, diabetes, hearing loss, mid-life hypertension, poor diet and obesity, physical inactivity, sleep disorders, traumatic brain injury and unhealthy substance use (e.g., alcohol, tobacco).



### The new NAPA goal includes several targeted strategies:

- Expand research on risk factors for ADRD across all demographic groups, which includes studying how factors such as vascular disease and traumatic brain injury affect ADRD risk.
- Translate risk reduction research findings into clinical practice (e.g., increase access to hearing aids, encourage treatment of mid-life high blood pressure and behavioral health conditions such as depression and substance use disorders).
- Accelerate the development of public health initiatives that educate the public about ADRD risk factors and risk reduction strategies (e.g., improving nutrition, encouraging physical activity).
- Expand access to programs on health, wellness and disease prevention, including the management of chronic health conditions, such as diabetes and heart disease.
- Develop culturally and linguistically tailored programs on brain health and ADRD topics for addressing inequities in ADRD risk factors.

These newly outlined initiatives may prove an important step in reducing dementia prevalence in the future. Read more at [bit.ly/NAPAGoals](https://bit.ly/NAPAGoals).



**Get Social With Us!** Follow us on Facebook (JHMemoryandAging) and Twitter (@JH\_Memory\_Aging) for the latest information, resources, events and research opportunities related to healthy aging, memory loss and dementia.

Please share *Memory Matters* with your family and friends! Download electronic copies from the ADRC website – [alzresearch.org/newsletter.cfm](https://alzresearch.org/newsletter.cfm). To request extra print copies, please contact **Ashley Scott** at **410-550-2281** or [ascott41@jhmi.edu](mailto:ascott41@jhmi.edu).

# DIVERSITY IN CLINICAL RESEARCH

Researchers throughout the U.S. are improving diversity of their research studies by expanding the number of participants with varying backgrounds in their research programs. This includes diversity related to gender, race and ethnicity, sexual orientation, genetics, health, socioeconomic status and life experiences.

Diversity in research ensures that the findings of studies apply to – and can benefit – *everyone*. When research is conducted among similar groups of people, it limits our understanding of how different groups may be affected by diseases that cause memory loss, or the ways in which new treatments may benefit a variety of people. It also limits our understanding of disease prevalence in certain groups or individuals, as well as our knowledge about the effectiveness of treatments and interventions. Involving individuals from diverse backgrounds in research is important for advancing health equity so that everyone can benefit from research findings and resources.

Improving diversity in research is a priority for those who study Alzheimer's disease and related dementias, including those at the Johns Hopkins Alzheimer's Disease Research Center. To learn more about studies that are recruiting participants, visit [alzresearch.org](http://alzresearch.org).



## ADVISORY BOARD ENGAGES AND EMPOWERS COMMUNITIES

Established in 2004, the Memory and Aging Community Advisory Board (MACAB) is comprised of community leaders, health professionals and families who have been touched by dementia, including Alzheimer's disease. Its mission is to address the impact of cognitive decline and dementia on residents and caregivers in the greater Baltimore community.



Through the work of multiple committees, MACAB engages and empowers communities by providing education and resources on topics related to healthy aging, memory loss and dementia. It also aims to expand the network of individuals with skills, experiences and resources related to dementia working in the community. In collaboration with the Johns Hopkins Alzheimer's Disease Research Center, the MACAB also works to improve research integrity by increasing the diversity of research participants and ensuring cultural competency of research studies.

Additionally, the MACAB organizes a number of outreach activities throughout the year, including the Holistic Health Seminar on Memory Loss. This free, yearly educational seminar focuses on the mind, body and spirit recently celebrated its fifteenth anniversary.

To learn more about the MACAB and its work in the community, visit [baltimoremacab.org](http://baltimoremacab.org) or email [macab.info@gmail.com](mailto:macab.info@gmail.com). To watch recordings of recent Holistic Health Seminars on Memory Loss, visit the Johns Hopkins ADRC YouTube channel at [bit.ly/ADRCyoutube](http://bit.ly/ADRCyoutube).

## STAFF SPOTLIGHT



### **Ashley Scott, MHA, CDP**

*Outreach Coordinator, Johns Hopkins Alzheimer's Disease Research Center*

Ashley joined the Alzheimer's Disease Research Center (ADRC) in 2020. She works with local community partners to increase education and resources on topics related to brain health, memory loss and dementia, and the importance of research. Ashley has extensive experience providing outreach and case management services through her professional and volunteer efforts.

#### **Why did you pursue a career with the ADRC?**

I love community engagement and being able to assist with health education and promotion, particularly as it relates to aging and memory loss. I pursued this position because of my experience, but also to challenge myself and increase my knowledge of clinical research.

#### **What do you enjoy most about your work?**

I am fulfilled knowing that the community feels empowered to take care of their own brain health and improve their health status. I enjoy knowing that they are informed of the services and resources that the ADRC and its community partners offer.

## CALENDAR OF EVENTS

### **Walk to End Alzheimer's**

*Join our team – in-person or virtually!*

**Oct. 22, 2022**

**In-person location:** Hunt Valley Town Centre  
118 Shawan Rd., Cockeysville, MD 21030

**Info./Register:** [tinyurl.com/JHWalkTeam2022](https://tinyurl.com/JHWalkTeam2022)

### **Pythias A. & Virginia I. Jones African American Community Forum on Memory Loss**

**Nov. 5, 2022**

8 a.m. to 3 p.m.

Coppin State University  
2500 W. North Ave., Baltimore, MD 21216

**Info./Register:** 800-272-3900

### **Journey to Hope Conference (virtual)**

**Nov. 12, 2022**

9 a.m. to 12 p.m.

**Info./Register:** 410-550-7211 or [anelso18@jhmi.edu](mailto:anelso18@jhmi.edu)

### **Holistic Health Seminar on Memory Loss (virtual)**

**June 3, 2023**

9 a.m. to 12 p.m.

**Info.:** 410-550-2281

### **ADRC Conference on Aging and Dementia**

**June 13, 2022**

9:30 a.m. to 2:30 p.m.

Owens Auditorium

Bunting-Blaustein Cancer Research Building  
1550 Orleans St., Baltimore MD 21287

**Info.:** [alzresearch.org/annual-conference.cfm](https://alzresearch.org/annual-conference.cfm)

### **Purple Weekend: Faith-based Alzheimer's Awareness**

*Faith communities help raise awareness about Alzheimer's disease and related dementias, and connect members with information about services and resources, by holding "Purple Weekend" events. This includes events held during a religious gathering (held at any time throughout the year) that provide information about Alzheimer's disease and related disorders.*

**Info.:** 800-272-3900 or [mataylor@alz.org](mailto:mataylor@alz.org)

**For more information about the events listed,  
please use the contact information or websites provided above.**

# RESEARCH STUDIES SEEKING PARTICIPANTS



Help us learn more about healthy aging and the diagnosis and treatment of memory problems by volunteering for a research study. Each study has different eligibility requirements. Procedures, length of study and compensation vary.

- **Memory and Aging Study of the Johns Hopkins ADRC – 410-550-9021**
- **Magnetic Resonance Imaging (MRI) Studies in Cognitively Normal Individuals or Individuals with Mild Memory Problems – 410-614-1480**
- **Positron Emission Tomography (PET) Studies in Individuals with Mild Memory Problems – [gsmith95@jhmi.edu](mailto:gsmith95@jhmi.edu)**
- **Medication Trials in Individuals with Mild Memory Problems or Dementia – 410-550-9022**
- **Trial of an online platform to help caregivers manage dementia-related behavioral and psychological problems – [wecareadvisorstudy.com](http://wecareadvisorstudy.com)**

For more information about research studies conducted by the Johns Hopkins Alzheimer's Disease Research Center, visit [alzresearch.org](http://alzresearch.org).



## The Johns Hopkins Alzheimer's Disease Research Center

### Director

Marilyn Albert, Ph.D.

### Associate Directors

Constantine Lyketsos, M.D., MHS  
Philip Wong, Ph.D.

### Community Outreach:

410-550-2281

### Education Resources:

410-614-0363

### Research Opportunities:

410-550-2281

Web: [alzresearch.org](http://alzresearch.org)

## The Johns Hopkins Memory & Alzheimer's Treatment Center

### Director

Constantine Lyketsos, M.D., MHS

### Co-Directors

Paul Rosenberg, M.D.  
Esther Oh, M.D., Ph.D.

### Associate Director

Marilyn Albert, Ph.D.

Clinic Info: 410-550-6337

Web: [hopkinsmedicine.org/psychiatry/memory](http://hopkinsmedicine.org/psychiatry/memory)

## PATIENT AND FAMILY SUPPORT SERVICES

A variety of support services offer patients and caregivers opportunities to speak with others who have similar concerns and questions about coping with Alzheimer's disease or related disorders. These services also provide practical information and help members learn more about living with memory loss.

The programs below are free, open to the public and currently held **virtually**. Call or email for more information and to receive a Zoom link.

### Hopkins ElderPlus Caregivers Support Group

Second Thursday of every month, 12:30 – 2 p.m.

**Info.:** 410-550-8093

### Frontotemporal Dementia Group

Second Wednesday of every month, 10:30 a.m. – 12:30 p.m.

Fourth Wednesday of every month, 7 – 8:30 p.m.

**Info.:** 410-294-2409 or [noto27@aol.com](mailto:noto27@aol.com)

### Club Memory

Social group for individuals with dementia and their caregivers.

Third Tuesday of every month, 12 – 1 p.m.

**Info.:** 410-550-7211 or [anelso18@jhmi.edu](mailto:anelso18@jhmi.edu)

### Web-based Family Support Resources

Supported by the Jane K. Shapiro Dementia Care Program

**Info.:** [hopkinsmedicine.org/psychiatry/memory](http://hopkinsmedicine.org/psychiatry/memory) (Click on "Patient and Family Resources.")

For more information about support groups in your area, visit [alz.org/Maryland](http://alz.org/Maryland) and click on "Support Groups."