



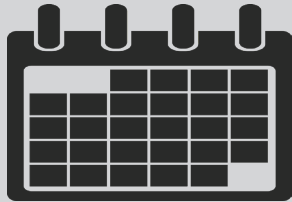
Alzheimer's and Cognition Center

UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

“Healthy Brain Aging Starts Here”

December 2019

Volume 1, Issue 1



Upcoming Events

Town Hall of Denver Series

Speaker: Dr. Brianne Bettcher

When: January 8, 2020 at 10am

Where: Bethany Lutheran Church, Englewood, CO

Dementia Dialogues

Speakers: The CU Alzheimer's and Cognition Center African American Advisory Council

When: January 11, 2020 at 10:30am

Where: Blair-Caldwell Branch of Denver Public Library

RMADC Gets a New Name

The Rocky Mountain Alzheimer's Disease Center (RMADC) has a new name! The Center is now the University of Colorado (CU) Alzheimer's and Cognition Center.

The new name reflects the broad reach of the Center, including innovative research and patient care. It better represents the work of more than 50 professionals affiliated with the CU Department of Neurology in two key places -- the Memory Disorders Clinic, in cooperation with the University of

Colorado Hospital, and the University of Colorado Alzheimer's and Cognition Center research laboratories at the CU Anschutz Medical Campus.

While Alzheimer's disease is the most common and recognized cause of dementia, there are many other diseases and conditions that affect thinking and brain health.

Adding the word "Cognition" to our title encompasses the full breadth of our research and clinical expertise, including our focus on healthy brain aging.



Alzheimer's and Cognition Center

UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS

10 Early Signs and Symptoms of Alzheimer's Disease

1. Memory Loss that disrupts daily life.
 2. Challenges in planning or solving problems.
 3. Difficulty completing familiar tasks.
 4. Confusion with time or place.
 5. Trouble understanding visual images and distances.
 6. New problems with words in speaking or writing.
 7. Misplacing things and losing the ability to retrace steps.
 8. Decreased or poor judgment.
 9. Withdrawal from work or social activities.
 10. Changes in mood and personality.
- If you or anyone you know experiences any of these warning signs, please see a doctor.
- Information provided by the Alzheimer's Association.
- To read more about some of the early signs of Alzheimer's disease, and how they differ from typical age-related changes, visit:
- https://www.alz.org/alzheimers-dementia/10_signs



Participant Appreciation Event



From left to right: Dr. Huntington Potter, Dr. Brice McConnell, and Dr. Hillary Lum answer questions from the audience.

The University of Colorado Alzheimer's and Cognition Center held its third annual Participant Appreciation Event on Saturday, November 2nd. Current research participants and their guests joined us to learn about the latest in aging and dementia research.

The first speaker of the day was the director of the Center, Huntington Potter, PhD, who provided a brief overview on Alzheimer's disease and emphasized the importance of finding a cure.

"If you look around the room, if we all live to be 85, almost half of us will have Alzheimer's and the other half will be caregivers," Dr. Potter said. "That's why this is such a critical problem to solve."

The speakers that followed touched on many areas of research at the Center, including inflammation and the brain, sleep and memory, misconceptions about Alzheimer's, and the importance of studying diverse populations in Alzheimer's research.

The final speaker of the day, Hillary Lum, MD, discussed

the importance of advance care planning for those with Alzheimer's and related disorders.

Two key themes continued to emerge throughout the event. First, the importance of research focused on identifying early changes that occur before obvious Alzheimer's symptoms.

Second, the importance of research itself and that fact that none of the work we discussed would be possible without the generous support of our volunteer research participants.



"If we all live to be 85, almost half of us will have Alzheimer's and the other half will be caregivers."



sible without the generous support of our volunteer research participants.

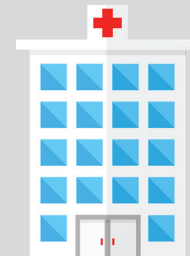
"This is a world-wide phenomenon, this increase in Alzheimer's disease, and we have to all work together to solve it," Dr. Potter said.

Are you interested in participating in research?



Contact Neurology Research Partners at 303-724-4644 to learn more about our ongoing research studies!

Memory Disorders Clinic



Call 720-848-2080 to schedule an appointment with one of our neurologists.

Support Our Research



Alzheimer's and Cognition Center
UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS

Contact Carrie Radant Flynn at 303-724-9146 if you are interested in donating to the Center.



The Ins and Outs of Research: Cognitive Testing

At the CU Alzheimer's and Cognition Center, cognitive testing is a key component of our research studies.

Cognitive tests are conducted to provide an objective indicator of how people are functioning in different areas such as memory, language, attention, planning and organization, and processing speed.

These tests can detect very subtle changes in cognition, even in healthy adults with no memory complaints, over time. Because of this, cognitive tests are designed

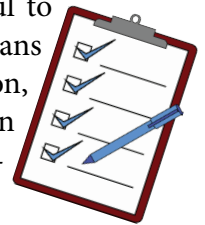
to be challenging. If a healthy person gets 100% correct on a test, the test is not as useful as it could be.

Therefore, cognitive tests are designed to show a person's strengths and weaknesses, which differ among people at all levels of cognitive functioning.

Test results from people with significant cognitive difficulties due to Alzheimer's disease and other related dementias also provide valuable information. These individuals still have specific areas of

cognition that are not as affected as others, which can be identified and tracked through cognitive testing.

The patterns of individual strengths and weaknesses among healthy people and people with Alzheimer's disease and other related dementias are helpful to scientists and clinicians for early detection, tracking progression of symptoms, and patient care planning.



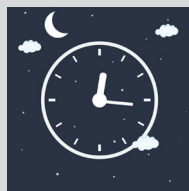
Sleep is important

Tips for a good night's sleep:



1. Stay in bed only as long as you need to feel well rested.

2. Keep a regular sleep schedule.



3. Keep naps brief.

4. Avoid caffeine, alcohol, and tobacco, especially in the evening.



5. Don't lie awake. If you can't get to sleep, get up and do something quiet.

Investigator Spotlight: Brianne Bettcher, Ph.D.



Brianne Bettcher, PhD, is a geriatric neuropsychologist in the Department of Neurology at the University of Colorado Anschutz Medical Campus and the Director of Neuropsychology Research at the University of Colorado Alzheimer's and Cognition Center.

She oversees the Colorado Aging Brain Lab, one of the research laboratories housed in the Department of Neurology, in close collaboration with the University of Colorado Alzheimer's and Cognition Center.

Dr. Bettcher's research goal is to understand biological mechanisms

that contribute to how people age, with a special focus on the role of the immune system in memory decline.

In order to study how the immune system might contribute to brain aging, Dr. Bettcher's program focuses on the identification of biological indicators of a disease, called "biomarkers," and how they relate to cognitive functioning. Biomarkers include immune markers and Alzheimer's disease-related proteins carried in the blood and in the fluid that surrounds the brain and spinal cord (called cerebrospinal fluid or CSF).

Dr. Bettcher is especially interested in studying CSF, because it provides unique insights into specific proteins that may contribute to brain health that cannot be captured in bloodwork or brain scans.

If you are interested in learning more about Dr. Bettcher's research studies and her research interests, please visit her lab website at:

ColoradoAgingBrain.org