

A monthly newsletter for people caring for those affected by Alzheimer's disease or another form of dementia.

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The Latest in Alzheimer's & Dementia Research

You may have seen or heard about breakthroughs in Alzheimer's research over the last few months so we thought we'd provide you with an overview of where we are and where we hope to be in our understanding of this complex disease.



Our Role in Research

After the United States and Chinese Governments, the Alzheimer's Association is the third largest leader (and the largest non-profit funder) in dementia science research. The Alzheimer's Association funds independent researchers worldwide through our International Research Grant Program.

Currently, the Association is investing over \$310 million in more than 950 projects in 48 countries. We fund investigations across the spectrum of dementia science, including projects that:

- Advance our understanding of Alzheimer's disease and dementia.
- Identify new treatment strategies.
- Improve care and support for people with dementia and their families.
- Further our knowledge of brain health and disease prevention.

New Developments

In November, pharmaceutical companies Eisai and Biogen announced positive results from their global Phase 3 clinical trial of an Alzheimer's drug called lecanemab, slowing the rate of cognitive decline in study participants by 27% over 18 months.

These are the most encouraging results we have seen to date for an Alzheimer's treatment and could mean many months more for patients to participate in daily life, to live independently and to recognize their loved ones.

Lecanemab received accelerated approval by the FDA on Jan. 6 but is still in ongoing studies and will not be covered by Medicare or other insurance, as is. The Alzheimer's Association has filed a formal request asking the Centers for Medicare & Medicaid Services to provide full and unrestricted coverage for FDA-approved Alzheimer's treatments.

Other recent research projects have

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given us new insights into the risk factors for developing Alzheimer's disease or other dementias. In June 2022, researchers at the University of California Los Angeles Fielding School of Public Health [published their findings](#) that about a third of Alzheimer's disease cases were related to one or more of these modifiable lifestyle risk factors:

- Midlife obesity
- Physical inactivity
- Low educational attainment
- Depression
- Diabetes
- Hearing loss
- Midlife high blood pressure
- Smoking

Other research has shown that adopting healthy lifestyle behaviors could prevent or delay 40 percent of dementia cases. Generally, activities and behaviors that are good for your heart will also be good for your brain. If you are hoping to lower your risk of Alzheimer's disease, try adopting these habits:

- Stay physically active with at least 15 minutes of moderate activity each day
- Eat a healthy diet that limits red meats, sodium, heavily processed foods, and sugar
- Keep your brain active with challenging tasks and social engagement
- Protect your head from trauma with a helmet, whenever appropriate

You can find more ways to love your brain at our website, alz.org.

There are, of course, risk factors that cannot be modified - primarily age and genetics. In April 2022, an international team of researchers published a study that reveals 42 new genes that might drive Alzheimer's risk, in addition to 33 genes that had already been identified as risk factors. Although there is not a lot a person can do to change their genetic makeup, identifying these genes may help find pathways to new treatments and cures.

Resources for You

In addition to our live and on-demand education resources online, the Alzheimer's Association California Central Coast Chapter will be hosting Research Receptions for the local community throughout the year. Our first reception will take place at the Templeton Tennis Club on February 8th. To learn more and register for this event, click [here](#). Dates and locations for upcoming receptions in Santa Maria and Ventura County will be announced in the upcoming months.

To stay up-to-date with all the latest research developments, download the [Alzheimer's Association Science Hub](#) app on your mobile device. This is the only app in its class dedicated to the reporting on Alzheimer's and dementia science. In the Science Hub app, you can read research papers and news from the Association and other credible sources; see content and viewpoints from leaders in the field; and receive notifications for breaking news alerts and content updates.

ADVANCING THE SCIENCE: THE LATEST IN ALZHEIMER'S AND DEMENTIA RESEARCH

ALZHEIMER'S  ASSOCIATION®

San Luis Obispo County Community Research Reception

Wednesday, Feb. 8, 2023 | 5:30 - 7PM

Templeton Tennis Ranch
345 Championship Ln, Templeton, CA 93465

Check-in and welcome reception from 5:30 to 6pm with light refreshments. Presentation starts at 6pm



This event is free to attend.
Please RSVP to lmleonard@alz.org or 805.617.0226.



TURN YOUR PASSION INTO PURPOSE

Our participants climb mountains, bake cupcakes, perform music and play their favorite sports to shine a light on Alzheimer's and raise funds to #ENDALZ

Get started
today at
alz.org/tld