



September
2016



The future home of Alzheimer's research

You've been hearing about the Neuroscience Research Institute since before construction began in 2014. The building is now well progressed and the completion date is a little over six months away.

In the time the building has taken to build, approximately 280,000 Australians have been diagnosed with dementia. Alzheimer's disease has risen to become the second leading cause of death. We still do not have a cure.

That makes your support of future Alzheimer's research all the more important. We need a significant medical breakthrough now!

The future of Alzheimer's research

We all wish for an Alzheimer's free world. Ongoing and committed research is how we will reach this goal. And to make it a reality, we will continue to collaborate with colleagues and make ground breaking successes for one purpose - to ensure Alzheimer's disease is not in your future.

We are at the leading edge in our fight against Alzheimer's. To maintain this edge and meet the challenge we are faced with, we need to grow and seize every advantage. We will become the world class research facility that we need to be to fight this disease.

The Ralph and Patricia Sarich Neuroscience Research Institute is our opportunity to meet this challenge by merging our internationally acclaimed research team - currently spread across four locations - into a brand new world class facility designed to house five of the state's premier neurological research organisations. This new facility will foster interaction, collaboration and innovation, and reduce duplication across a diverse group of neuroscience specialists.

Your support can help our team build on their fledgling work examining the very important link between hearing loss and dementia, working with colleagues at Ear Science Institute Australia. Your support will also enable our researchers to develop

their work in areas like Parkinson's disease expanding our partnership with research groups at WANRI.

The benefits of being part of this exciting facility are significant. Not only will the consolidation of the Foundation's team assist research initiatives, we will reduce duplication and improve operational efficiency.

NRI Building





Barry and Josh trained for many months to be ready for the Ride



Barry and Josh with Eagles player Xavier Ellis at the launch of the Ride

Your support gives us all the hope of an Alzheimer's free future.

Thanks to donors like you we are one step closer to working on a cure in the Neuroscience Research Institute (NRI). You are all part of the journey to find a cure.

We are grateful that individuals and organisations continue to support Alzheimer's research over the years. The Lions Club are one such superb organisation. They continue to raise funds through their National Project for the NRI. To date they have raised \$240,000 to fund equipment for Alzheimer's research in the centre. Their ongoing support is invaluable in ensuring that researchers have access to the cutting edge equipment their research requires.

This Lions Clubs National Project builds on eight years of assistance from Lions Clubs within Western Australia, to assist in the raising of funds and to promote the awareness of the disease to members of the Lions Family and to the community. We are very grateful to the local Lions leadership group for this amazing effort.

Another exciting initiative to raise funds for the Foundation's work was Barry Cable's Ride for Memories supported by AHG. Barry Cable (AFL legend) and his good friend Josh Catalano (Catalano's Seafood and MasterChef series 1) cycled 1000km from Esperance to Perth in six days. They rode through storms and hail, beautiful country sides, and freezing cold mornings to raise awareness and funds for Alzheimer's research. With stops in several towns along the way, community members and sports groups were given an opportunity to meet Barry and talk to Foundation staff about Alzheimer's disease.

The ride itself was the successful launch of our year-long Campaign to Save Memories. A variety of fundraising initiatives are ongoing, including a virtual ride. Barry and Josh cycled 1000km in six days, but the virtual ride gives you the opportunity to set your own target and raise funds to help find a cure for Alzheimer's at the same time. Information about the virtual ride can be found at www.alzheimers.com.au/ride-for-memories.

Several organisations joined the many individuals already supporting Alzheimer's research, both for the ride and beyond. Our thanks go to AHG, the main sponsor of the ride, Professional Public Relations (PPR), The West Australian, and the West Coast Eagles.

"Josh and I did this ride together to increase awareness of how important Alzheimer's research is, and raise the funds needed to make significant inroads into finding a cure. I don't want anyone else's mates or family to go through the suffering of this disease."

— Barry Cable

A/Prof Giuseppe Verdile sharing an enlightening presentation



World Alzheimer's Month

Currently more than 1,800 Australian's are diagnosed with dementia every week. Worldwide, someone is diagnosed with dementia every 3 seconds.

This disease will affect a greater number of people as the years pass. We need a major medical breakthrough.

September is World Alzheimer's Month and incorporates World Alzheimer's Day on 21 September. During September the Foundation will join this international campaign to raise awareness and reflect on the impact of the disease.

We will be holding various events and sharing the latest in Alzheimer's research.

Public Lectures – Wednesday 14th September

Join the researchers who fight for memories at an update on the latest in Alzheimer's disease research. One morning and one evening lecture will be held with the information duplicated at each one. There is no charge to attend these lectures but a booking is required.

Lecture 1

10am in the State Library Theatre
State Library of Western Australia
25 Francis Street, Perth Cultural Centre,
Perth
Light morning tea served after lecture

Lecture 2

6pm in the McCusker Auditorium
Harry Perkins Institute of Medical Research
6 Verdun St, Nedlands
Light refreshments served before the lecture
from 5.30pm

Please **rsvp** to either of these lectures by phone 9347 4200 or email admin@alzheimers.com.au by Monday 12th September.

60s & 70s Nostalgia Quiz Night – Wednesday 21st September on World Alzheimer's Day

Join the famous Bamboozled Quizmasters at their first 60s & 70s Pop Culture Quiz Night. Following their successful Friends and Harry Potter themed quiz nights, Bamboozled have now developed a trivia night focusing on all things pop culture. Have fun remembering the music, film, television and general knowledge from the exciting 60s and 70s.

Part proceeds from this event will be donated to the Foundation. Special guests from the Foundation will be attending to share some of the developments in Alzheimer's research.

When: 6.30pm on 21 September

Where: Ambrose Estate, 200 The Boulevard, Wembley Downs

Tickets: \$35 per person – book single tickets or a table of 10

Please **book your tickets** at events.ticketbooth.com.au/event/pop-culture-quiz-night

Early bookings are recommended. These nights are known to sell out very quickly.

General Info and Updates – All month

All month we will be sharing information and updates about Alzheimer's research. Make sure you have liked our Facebook page to get the latest news.

Clinical Studies

A clinical study is an important tool that allows people to be part of the research that adds to medical knowledge. With a disease like Alzheimer's this is imperative. These studies are an essential way the Foundation's researchers build on our understanding of how Alzheimer's disease develops and progresses. They allow us to help develop new treatments and methods of prevention.

In a clinical trial participants might receive interventions such as medical products, or they might undertake changes to their lifestyle. Or they may be part of an observational study to determine if a particular lifestyle has an effect on a disease.

A treatment might look promising during laboratory tests, but it must go through rigorous clinical trials before any benefits are clear. It's also important to understand that even if a trial is determined to be unsuccessful, the knowledge gained is still valuable. Each study brings us a step closer to the answer!

The Foundation is planning a number of trials requiring people who have early memory problems. If you would like to discuss being part of a trial or want more information on trial participation please phone 08 6304 3966.

LATEST NEWS

Like the Foundation on Facebook – www.facebook.com/McCuskerAlzheimersResearch.



The Research You Support

Your support is driving the research that is advancing the diagnosis, treatment and preventative measures of Alzheimer's disease

Brain Imaging in the AIBL Study

Being able to diagnose Alzheimer's disease early may make a significant difference in being able to effectively treat or slow this devastating disease. Discovering a way to diagnose Alzheimer's before the symptoms begin is an important part of the research being undertaken at the Foundation.

The Australian Imaging, Biomarkers and Lifestyle Study of Ageing (AIBL) is one of the world's largest and most comprehensive collaborative studies. As one part of this study, the Foundation/ECU team led by Professor Ralph Martins is focussing on early detection and lifestyle interventions to find this essential early diagnosis. The study has united researchers across Australia and increased collaboration with international research groups.

While we have told you about the AIBL study before, it is the long term nature of this study that is most valuable. With over seven years of data now collected, the information gained is considered one of the highest impact collections of data world-wide. The extensive use of brain imaging since the study began has been a major strength providing important and novel insights into the early development of Alzheimer's disease.

Along with the data collected, the inclusion of participants including 70% healthy older people, and 30% patients showing mild cognitive decline (MCI - measurable early memory loss) has already contributed to the development of new criteria for the

diagnosis of Alzheimer's. It has also assisted the design of early intervention trials intended to prevent the development of Alzheimer's.

The Foundation continues to support this important work to develop earlier and more accurate diagnosis through its direct support of brain imaging courtesy of a grant from the WA Government. Last year this grant enabled 174 specialised scans to be undertaken. By June this year an impressive 142 brain scans have already been completed, which brings the Foundation on target to do the greatest number of annual scans since the study began.

We'll continue to update you on this invaluable long term study as it progresses.

Testosterone Study

Valuable information gained during the AIBL study revealed that a third of participants over 60 years old showing no cognitive impairment had amyloid in the brain.

As a result a clinical trial was developed to assess the effect of testosterone supplementation on cognition in men over 60 years of age. An early recruitment drive delivered over 3,200 enquiries. Following screening and assessment the Foundation has identified 100 men who will begin brain imaging testing in September. A second trial site at Macquarie University in Sydney is also being negotiated and it is expected that a further 100 eligible participants will be recruited to join the trial later this year.

This study is being made possible by generous contributions from our supporters, as well as grants from the WA Government and Lotterywest and invaluable support from Macquarie University.

It is anticipated that the study completion date will be June 2018.

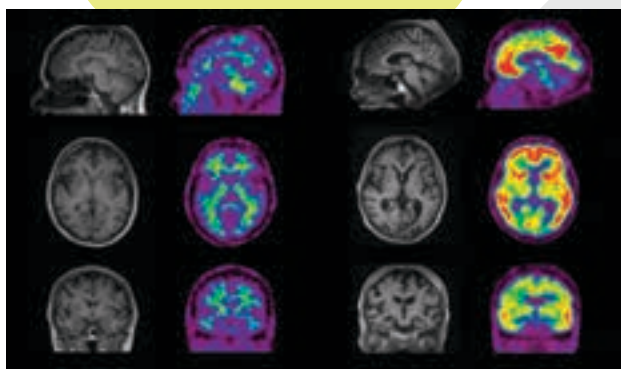
4th Stage NeuroVision

Another offshoot of the AIBL study has been the NeuroVision study which started in 2013. The trial utilised participants from the AIBL study who had already undergone amyloid brain imaging. The aim was to determine if a simple eye test could detect amyloid in the retina.

200 participants had a basic eye assessment then consumed a daily curcumin shake for a week before the eye test was repeated. The results of these eye tests were compared with their previous neuro imaging results. As a result of the initial promising results a second study was undertaken to assess 100 of the original participants over a longer time span. The second stage finished in February 2016.

A third trial began in late 2015 to assess 20 people aged between 40 and 60 years. This stage evaluated retinal amyloid plaques in healthy control individuals with no cognitive problems. Stage three also finished in February 2016.

The great work by our researchers coupled with fantastic commitment and support from our study participants is behind discussions for a fourth stage of the trial!



Left: PET scan showing a healthy elderly brain
Right: Brain areas containing amyloid beta plaques (yellow and red areas) in a person with early Alzheimer's disease

Join the Fight for Memories!

We need you to make Alzheimer's a distant memory

Our population is living increasingly longer because of amazing progress in medical science. While this progress allows us to avoid health threats that were once fatal, as we live longer our brains become more vulnerable to degenerative diseases.

Alzheimer's is now one of the biggest threats to living better as we age. It is the 2nd leading cause of death in Australia.

This insidious disease significantly impacts memory, intellect, reasoning, social skills and physical functioning. It slowly destroys who you are.

It steals your memories, your independence and finally your dignity.

There are few effective treatments. There is no cure. It is always fatal.

It is how one million Australians will be spending their golden years unless we have a significant medical breakthrough.

Your gift enables research into memory studies, brain imaging and blood tests to find early diagnosis tools. It supports identification of lifestyle choices that may delay the onset of Alzheimer's symptoms and slow its progression. And it will expand work developing better treatments for those already diagnosed.

There are many ways you can help the fight for memories.

- Making a gift of any size at any time
- Becoming a pledge for memories partner by organising a regular donation
- Fundraising for an event you are participating in
- Holding your own fundraising occasion with friends and family.

We thank you for your assistance in these ways, and in many more.

You can make a gift now

Your support today will take us all one step closer to an Alzheimer's free world. By making a donation to the McCusker Alzheimer's Research Foundation you will join a team of dedicated researchers determined to make a real difference to people all over the world. Together we will develop treatments and find a cure for this devastating disease.

You can use the donation reply coupon enclosed, or the donation slip at the back of this newsletter, or visit www.alzheimers.com.au/support/donate to make a donation online now.

Your gift can save precious memories!

Help save precious memories





Leave a gift in your Will

Has a family member or friend been affected by Alzheimer's disease? We wish that our vision for an Alzheimer's disease free world was a reality in time to make a difference to them now. But just because it isn't a reality right now, doesn't mean we won't keep trying. Our researchers will keep going until we have earlier diagnosis tools, better treatments and ultimately, a cure.

But to do that, we are asking for help.

You can play a vital role in reaching an Alzheimer's free world. Will you consider including a gift to the McCusker Alzheimer's Research Foundation in your Will?

If you are considering leaving a gift to support Alzheimer's research in your Will, or just have a few questions about how to go about it, please contact the Development Manager on phone **08 9347 4200** for a confidential discussion, or return the form below with the appropriate box ticked.

Do we have your email?

With your generous support we will stop this insidious disease in its tracks. You are part of the future significant medical breakthrough that makes Alzheimer's a distant memory.

We take pride in making sure we are utilising your gifts wisely.

To ensure we continue to strive for efficiency and financial accountability we are moving towards more electronic communication for those that prefer to receive information this way. As we collect more email addresses we get closer to being able to produce an email version of the newsletter - if that's your preference.

If you prefer receiving mail from us in your mailbox not your email folder, we'll continue to reach out using the good old fashioned postal service.

Please let us know if we can add your email address to our mailing list. Email us on admin@alzheimers.com.au with your updated contact details.

Contact us

McCusker Alzheimer's Research Foundation Inc

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T 08 9347 4200

E admin@alzheimers.com.au

THANK YOU

Thank you for your support and interest in Alzheimers disease research. Together we will continue to work towards an Alzheimers free world.

Yes, I will join the fight for memories!

Make a donation by:

- Call: **08 9347 4200**
- Visit our website: alzheimers.com.au
- Mailing the completed form in the envelope provided to:
**Suite 22, Hollywood Medical Centre
85 Monash Ave, Nedlands WA 6009**

Title _____ First Name _____

Surname _____

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x Understanding Alzheimer's books (\$35 each incl p&p) Total \$ _____

I would like to make a donation of:
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OR I would like to make an ongoing credit card donation of:
 \$ _____ every _____ month/s

Credit Card (Visa/Mastercard) Cheque Money Order*
 Cheque or money order made payable to McCusker Alzheimer's Research Foundation

Card Number: _____

Card Holder's Name: _____

Expiry: / Signature: _____

Please send me more information on:
 Leaving a gift to McCusker Foundation in my Will

Thank you! A receipt will be sent to you. All donations over \$2 are tax deductible.