

# HealthPartners® Center for Memory & Aging

**Email:** [memoryloss@healthpartners.com](mailto:memoryloss@healthpartners.com)  
**Websites:** [www.alzheimersinfo.org](http://www.alzheimersinfo.org)  
[www.healthpartners.com/memoryloss](http://www.healthpartners.com/memoryloss)  
**Facebook:** [www.facebook.com/fightmemoryloss](http://www.facebook.com/fightmemoryloss)

651-495-6565

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## Do you know what we invented?

**Our Center invented** the intranasal insulin treatment that not only improves memory and functioning in Alzheimer's patients in multiple clinical trials and improves memory in normal healthy adults, but may also treat other brain disorders (such as LBD, FTD, PTSD, Parkinson's and TBI). We have also developed intranasal deferoxamine and intranasal adult therapeutic stem cells to treat Alzheimer's disease, Parkinson's, stroke, brain tumors, spinal cord injury, MS and other brain disorders.

## VOLUNTEERS Needed!

Escort visitors or patients, work at the hospitality station, work at concierge services.

Make a Difference!

Contact Bonnie for more information at 651-254-9249 or email

[bonnie.l.watson@healthpartners.com](mailto:bonnie.l.watson@healthpartners.com)

## Our Work Relies on Charitable Donations.

Donations can be made by check to "RHF-Alzheimer's Research" and mailed to **CMA, 640 Jackson Street, MS 11202C, St. Paul, MN 55101**. Secure on-line donations to support research for treatment, prevention of Alzheimer's disease and other memory disorders can be made by [clicking](#) here or going to <https://3086.thankyou4caring.org/memory-and-aging-donations>. Have questions, want to discuss a planned gift or special bequest, call 651-254-2376. Gifts made to the Center are processed through Regions Hospital Foundation, a charitable organization that as part of its mission raises funds on behalf of HealthPartners Center for Memory & Aging and other programs in patient care, medical research and education.

Ask the Experts: Learn, Meet and Connect Speaker Series.

1 CUE is Available

Email [MemoryLoss@HealthPartners.Com](mailto:MemoryLoss@HealthPartners.Com)

## Thursday, May 18

### Not all Dementia is Alzheimer's — Lewy Body Dementia & FTD

Dr. Michael Rosenbloom

Noon to 1:00 pm

HealthPartners Neuroscience Center  
295 Phalen Boulevard, St. Paul 55130

1st Floor, NSC Conference Center

One CEU Available

RSVP to [Jan.l.karrmann@healthpartners.com](mailto:Jan.l.karrmann@healthpartners.com)

or call 651-495-6565

We are scheduling more educational talks at the Neuroscience Center Building. If you are interested in learning more about these, email [memoryloss@healthpartners.com](mailto:memoryloss@healthpartners.com) or visit [www.facebook.com/fightmemoryloss](http://www.facebook.com/fightmemoryloss).



## Healthy Brain Diets

Often times researchers are asked, "What can I do to help prevent memory loss?" Dr. William Frey answered just that at a recent presentation when he spoke about two diets: the Mediterranean Diet and the MIND Diet. Studies suggest that both diets reduce the risk of developing brain cell loss and Alzheimer's disease.

The Mediterranean Diet consists of a high consumption of olive oil, legumes, unrefined cereals, fruits and vegetables, moderate to high consumption of fish, moderate consumption of dairy products and wine, and low consumption of non-fish meats.

The MIND Diet consists of a high consumption of leafy greens and other vegetables, moderate to high consumption of nuts, blueberries and strawberries, beans, and whole grains, moderate consumption of fish, poultry, olive oil, and wine, and a low consumption of red meat, butter, cheese, sweets, and fried food.

Consumption of turmeric (present in yellow curry and turmeric tea), green tea and other foods containing natural antioxidants and anti-inflammatory compounds (such as quercetin) are also likely to be beneficial.



Eating a healthy diet, remaining mentally active, and exercising regularly are all important for a healthy brain!



### Food groups to avoid in your diet

1. Red meat: Less than four servings a week
2. Butter and margarine: Less than a tablespoon daily
3. Cheese: Less than one serving a week
4. Pastries and sweets: Less than five servings a week
5. Fried or fast food: Less than one serving a week

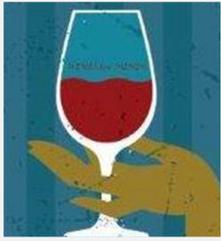
### Food groups to include in your diet

1. Green leafy vegetables: (spinach, kale, chard, collard greens and salad) at least six servings a week
2. Other vegetables: at least one a day
3. Nuts: five servings a week (walnuts, pistachios, sunflower seeds)
4. Berries: (blueberries, strawberries) two or more servings a week
5. Beans: at least three servings a week
6. Whole grains: three or more servings a day
7. Fish: once a week (salmon, tuna, herring, sardines, black cod)
8. Poultry: (chicken or turkey) two times a week
9. Olive oil: use it as your main cooking oil
10. Wine: one glass a day

**In The News:** February 13, KSTP aired a story about Dr. William Frey, II and his Intranasal Insulin research. See the story [Nose Spray Being Developed, Tested For Alzheimer's Patients](#) on our facebook page or email us for the link: <http://kstp.com/news/alzheimers-disease-nasal-spray-development/4394939/?cat=1>

## A Cross Country Bicycle trip to Raise Money for Frontotemporal Dementia

Evan Page, a speech pathologist in the Rehabilitation Institute at HealthPartners, is undertaking a cross country bicycle trip in this spring to raise awareness of frontotemporal dementia and progressive aphasia and to raise money for the Center for Memory & Aging's research. Evan departed San Diego, California on March 5 and arrives in St. Augustine, Florida, on May 2. For information about the trip and to follow his bog, go to <http://www.southernsojourn.solutions/>



## Wines For Minds—FTD Fundraiser

The Center for Memory & Aging hosted a dinner on April 28 to raise money to start a clinical trial for Frontotemporal Dementia, the most common cause of young onset dementia in those under 60. Those who attended enjoyed a gourmet dinner paired with exceptional wines at District Fresh Kitchen + Bar in Wayzata. All of the proceeds from the night were donated to the trial. To date we have raised almost half of our \$100,000 goal. Call 651-254-3062 with questions or donate at <http://www.regionshospital.com/.../foundat.../winesforminds.html>



Top row: Barbara Hamilton-Sustad, Anoush Ansari; Vicki Martini, Deborah Dolan, Michelle Barclay, Terry Barclay; Barbara Hamilton-Sustad, Megan Remark

Middle row: Terry & Sue Lauda, Barbara Hamilton-Sustad, Herman Bleich, Blythe Brenden; Robbie Drodgy, Rachel Koep, Lynn Von Eschen; Jan Volkenant, Dr. William Frey II;

Bottom row: Tiki Spell, Carol Smith, Cynthia Jurgensen, Kathleen Dodson-Smith, Julie McGlynn, Jo Ellen Saylor, Linda Bartling, Tricia Davis

## Interested in clinical trials?

Clinical trials are constantly changing. For information call 651-495-6363 or email [ClinicalTrials@HealthPartners.com](mailto:ClinicalTrials@HealthPartners.com).

**Phase II Intranasal Insulin Study** looks at the effect of insulin on cognition and function in individuals with amnesic mild cognitive impairment (aMCI) or mild Alzheimer's disease (AD) when delivered as a nasal spray (intranasally). **The study length is 8 months.**



**(Recruitment is now closed)**

**Lundbeck Study (STARBEAM) –**

This investigation studies a medication (Lu AE58054) that is expected to work in conjunction with Aricept for symptomatic treatment in mild-moderate Alzheimer's disease. **The study length is 28 weeks & an additional 32 weeks**

**(Recruitment is now closed)**

**Merck MK-831 019 Study** is a study for mild cognitive impairment testing a novel drug (MK-8931) that may reduce levels of Abeta, an abnormal protein that is associated with Alzheimer's disease. Mild cognitive impairment is considered an earlier stage of memory loss that may progress to dementia. The decision to study this drug in the mild cognitive impairment population is based on the hypothesis that treating this disease earlier in the process may lead to better outcomes. **The study length is 112 weeks.**

**IDEAS Study** assesses the impact of amyloid PET imaging on patient outcomes compared to standard of care alone. The results of this study will be used to help assess whether the Centers for Medicare and Medicaid Services (CMS) will cover the cost of this type of imaging in the future. This study does not use an intervention. **The study length is 3 visits over 3 months, CMS claims about your care may be used for up to 3 years.**

**Pilot Down syndrome Study** studies the effect of insulin on memory and cognitive function in older adults with Down syndrome when delivered as a nasal spray (intranasally). **The Study Length is 6 weeks.**

## READING CORNER



Dr. William Frey, II was interviewed by Julie Nelson on Kare11 News on June 29 after the passing of Pat Summitt, legendary University of Tennessee basketball coach, who died at 64. Pat was diagnosed with early on-set dementia. Dr. Frey discussed prevention and current Alzheimer's research which is the intranasal insulin delivery method, developed here at our Center, and discussed how it improves memory. To hear the interview, visit:

<http://www.kare11.com/mb/news/expert-talks-to-julie-nelson-about-pat-summitt-and-early-onset-dementia-/258386382>

Cathy Wurzer of MPR News interviewed Dr. Michael Rosenbloom about our "Partners in Dementia" program which focuses on pairing first year University of Minnesota medical students with patients diagnosed with memory loss. The goal is to help students and patients learn from one another.

*"In Minnesota, as of this year, there are about 90 thousand people, over the age of 65 living with Alzheimer's. Marv Lofquist of Golden Valley is one of them.*

*In 2011, when he was in his late 60s, Lofquist went to the doctor after he began noticing it was getting harder and harder to remember things like dates and scheduled times for appointments.*

*In May of 2012, the retired college chemistry professor was diagnosed with mild cognitive impairment, or MCI.*

*While not all patients with MCI go on to develop Alzheimer's, almost all cases of Alzheimer's start with MCI and Lofquist's memory loss is progressive. Yet, five years after the diagnosis, and after leaving the classroom, Lofquist finds he's still teaching.*

*He is part of a new partnership between the University of Minnesota Medical School and HealthPartner's Center for Memory & Aging that pairs 20 first year med school students with people living with Alzheimer's Disease." (Read more at <http://www.mprnews.org/story/2016/08/11/alzheimers-patients-teach-next-generation-of-doctors-about-care.>)*

**Contact us if you want a hard copy of the story or visit [www.alzheimersinfo.org](http://www.alzheimersinfo.org) and go to "Media".**

Thank you to everyone who made the 2016 Breakfast a success!



**Top row:** Jean Crow, Dr. Jared Fine, Megan Remark; Dr. Leah Hanson, Mary Margaret; Carmel Ayotte with author, Jolene Brackey

**Bottom row:** Dr. William Frey, Frank Bennett, Mary Lenard, Ken Lehmann, Mary Margaret Lehmann; Ray Ayotte, Dr. Terry Barclay





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