



Alzheimer's Disease Research Center of California
Katherine & Benjamin Kagan Alzheimer's Disease Treatment Development Program
UCLA Alzheimer's Disease Research Center

UCLA Alzheimer Disease Center

The best treatment for individuals with memory complaints depends on the best diagnosis. The Neuropsychology Laboratories of the UCLA Alzheimer Disease Center (ADC) provide a vital diagnostic service to patients who are referred by their physicians as well as those who seek an appointment on their own as long as they have a primary care physician. Referring physicians receive a comprehensive report evaluating the cognitive functions of the patient, including possible etiology underlying the cognitive findings, implications for behavior and functional capacity, and practical recommendations to compensate for identified weaknesses.

UCLA ADC Neuropsychology Laboratory

Neuropsychological tests can detect mild memory and other cognitive problems that are not evident on less sensitive bedside or medical office assessments such as the mini-mental status examination (MMSE). The test results are particularly valuable in determining whether memory changes are due to normal aging or more severe cognitive deficits reflective of mild cognitive impairment (MCI), degenerative dementias such as Alzheimer's disease (AD), frontotemporal dementia (FTD), or dementia with Lewy bodies (DLB).

A comprehensive neuropsychological evaluation involves objective testing of multiple cognitive domains including general intellect, attention and concentration, information processing speed, learning and memory, language, visual-spatial skills, and higher level executive functioning involving problem solving, mental flexibility, logical reasoning, and divided attention. Patient performance compared to the performance of large groups of healthy people provides valuable information:

- Is the score normal for the person's age and educational background?
- Can a pattern of strengths and weaknesses be identified?
- Can a specific type of dementia be diagnosed?

This information, when integrated with results of other tests such as brain imaging and blood tests, helps the physician make the most informed diagnosis possible. In addition, neuropsychological assessment provides an excellent means to monitor the progression of cognitive impairment through longitudinal evaluations. Results help identify problems that one may encounter in everyday life and guide the formulation of practical compensatory strategies, planning for assistance, or treatment.

The Neuropsychology Laboratory at the UCLA-Westwood campus is directed by Po H. Lu, PsyD, clinical neuropsychologist and assistant clinical professor of neurology at UCLA. The two off-campus neuropsychological laboratories, Memory Disorders Clinic (MDC) at Centinela Freeman Regional



Po H. Lu, Psy D, Director,
UCLA ADC Neuropsychology Laboratory

(continued on page 3)

FROM THE DIRECTOR



Jeffrey L. Cummings, MD

The science of AD and its treatment continue to speed along. A new trial reported at the recent meeting of the Alzheimer's Association by Myriad Pharmaceuticals showed that their anti-amyloid agent appeared to slow the decline of patients if it had been started very early in the disease. Amyloid is widely thought to be the main cause of nerve cell loss in AD. Several other promising agents are under study.

Scans capable of showing the amyloid in the brain also are making progress. The agent developed in Pittsburgh has been used to show that patients with AD have amyloid in the brain and that some patients with more mild memory loss have the protein in the brain. These individuals will likely develop AD. An agent developed at UCLA has recently shown that amyloid can be seen in the brain of individuals who develop genetic AD many years before they will get the disease.

Clinical trials conducted by the UCLA ADC are helping to find new treatments for AD. The most novel of these involves a drug called curcumin which is derived from curry spice. In a trial funded by the Institute for the Study on Aging and the French Foundation for Alzheimer Research, patients are treated for six months with high dose curcumin, low dose curcumin or placebo. After the placebo-controlled portion of the study, all patients are treated with the drug. This and other exciting studies are still entering patients. *(Please see pages 6 and 7)*

The UCLA ADC recently completed a planning session with other Centers in the State of California to advance AD research in the State. California leads the nation in many aspects of AD research, thanks in part to the support received from the State for the Alzheimer's Research Centers of California (ARCCs).

Several new scientists have joined the UCLA ADC circle in the past few months. David Teplow, PhD and Gal Bitan, PhD were recruited from Boston. Their work focuses on protein abnormalities and is very relevant to the accumulation of amyloid in the brain in AD. Liana Apostolova, MD, joined the Department of Neurology after completing an ADC Fellowship. Her work emphasizes the role of imaging in identifying and following patients with mild cognitive impairment.

The collaboration between the UCLA ADC and the Deane F. Johnson Center for Neurotherapeutics at UCLA (JCNT) continues to thrive. The JCNT recently received a grant from the Lincy Foundation to support research relevant to treatment of neurologic diseases including AD

The UCLA ADC clinical site directed by Tony Strickland, PhD has been located at the Charles R Drew University. The operation will now move to the Centinela Freeman Regional Medical Center, Marina Campus as of December 1, 2005. Great new facilities have been developed there.

Speaking of moving, the ADC will move from its current location in the Reed Neurologic Research Center to a location on Weyburn Street in Westwood Village. The new location affords more space for researchers and staff and will allow better communication among members of the ADC. We look forward to welcoming you there!

Sincerely yours,



Jeffrey Cummings, MD

Director, UCLA Alzheimer Disease Center

Neuropsychology Program

(continued from page 1)

Medical Center, Marina Campus, and Olive View Medical Center (OVMC) in Sylmar, CA, serve ethnic minority populations. The MDC at Centinela Freeman, directed by Tony Strickland, PhD, ABPP, associate professor of psychiatry and biobehavioral sciences at UCLA, serves elderly African American patients as well as elderly Hispanic patients in South-Central Los Angeles. The OVMC, directed by L. Jaime Fitten, MD, professor of psychiatry and biobehavioral sciences at UCLA, serves the elderly Hispanic population in the San Fernando Valley, most of whom are monolingual Spanish speaking. Neuropsychological pre-assessments are provided at no-cost at both off-campus sites to these underserved populations. The neuropsychological assessments at OVMC and for the Spanish-speaking patients at Centinela Freeman are administered by bilingual and bicultural professional staff, and the neuropsychological test battery employs instruments that were standardized and validated on Hispanics from Southern California. The Neuropsychology Laboratories allows clinical activities and research projects to embrace different ethnic groups and provide comparative data critically important for understanding cognitive impairments affecting elderly populations in an ethnically and culturally diverse state such as California.

An important research function of the laboratories at all three sites is the collection of uniform neuropsychological data required as part of the Unified Data Set (UDS) for the National Alzheimer Coordinating Center (NACC), which gathers the same data from Alzheimer's Disease Centers across the nation. The laboratory is also involved in the characterization of cognitive features of various subtypes of mild cognitive impairment and investigating neuropsychological and neuropsychiatric variables that may predict progression of MCI to AD. The laboratory is participating in a multi-center federally funded study in collaboration with UCSF to characterize the cognitive features of patients with FTD-spectrum disorders or presenile onset AD. As part of a collaborative effort with the Mayo Clinic, the laboratory is also involved in a project on the validation of clinical trial instrumentation for frontotemporal lobar degeneration.

To schedule an appointment at UCLA, please contact Ms. Cindy Wang at (310) 794-1322. Please contact Gloria Rodriguez, RN at (310) 823-8911 for Centinela Freeman Regional Medical Center, and Ms. Mary Anne Sanchez at (818) 895-9541 for Olive View Medical Center. Additional information may be obtained from Dr. Po Lu at (310) 206-2474, Dr. Tony Strickland at (310) 823-8911, or Mr. Freddy Ortiz at (818) 895-9541.

UCLA ADC RESEARCH NEWS

John Ringman, MD, director, Kagan Alzheimer Disease Treatment Development Program (TDP), is leading a clinical trial of curcumin, an herbal medication derived from the plant *curcuma longa lin*. Curcumin is an ingredient commonly used in the preparation of curry and has also been used in Ayurvedic medicine, a form of traditional Indian medicine, for diverse ailments for thousands of years. Curcumin has anti-inflammatory, anti-oxidant, and cholesterol-lowering properties, processes which have all been suggested to be involved in the development of AD. Studies in animal models demonstrate curcumin's efficacy in reducing beta-amyloid plaques which are thought by most researchers to be critical in causing the symptoms of AD. Preliminary studies in humans have demonstrated the safety of curcumin. This is a one-year study in which subjects with AD receive curcumin for at least six months. The goals of this study are to demonstrate what doses are tolerated well in people with AD, whether curcumin affects measures in the blood and cerebrospinal fluid that reflect the pathology of AD, and to gather initial data on the effectiveness of curcumin on the symptoms and progression of the disease. *(Please see page 6.)*

George Bartzokis, MD, director, UCLA ADC Clinical Core, has developed and published a novel conceptualization of the human brain based on the unique role of myelin (the insulation of the axons or "wires" of our brain's Internet). Myelin makes possible the high speed processing of information needed for higher human cognitive functions. Using this model, he postulated that the process of myelination and subsequent age-related myelin breakdown underlies the risk factors that contribute to the unique human predisposition to develop age-related degenerative disorders such as AD. Together with his ADC colleagues, Dr. Bartzokis is successfully testing these hypotheses in several experiments using magnetic resonance imaging (MRI) methods that can quantify myelin breakdown. The group has confirmed post-mortem data and demonstrated that in healthy aging the process of myelin breakdown primarily affects brain regions involved in AD. This suggests that age, the principal risk factor for AD, may act through the process of myelin breakdown. In recent experiments, the group developed data suggesting that the Apolipoprotein E gene (the second most important risk-factor for AD) may also act by modifying the process of myelin breakdown. Finally, the group has shown that declines in cognition that occur with aging and AD are associated with the process of myelin breakdown. The novel focus of the research com-

(continued on page 9)

CLINIC NEWS

The **UCLA Alzheimer Disease Center** is committed to meeting the needs of the multicultural population of Los Angeles. A triage process ensures appropriate patient referral to one of the three diagnostic and research clinics of the ADC: UCLA/Westwood Memory Disorders and Alzheimer's Disease Clinic, Memory Disorder and Cerebral Clinic at Centinela Freeman, or Neuropsychiatry Research Memory Clinic at Olive View Medical Center.

The UCLA Memory Disorders and Alzheimer's Disease Clinic assesses patients with degenerative neurological conditions including Mild Cognitive Impairment, Alzheimer's disease, Lewy Body dementia, and Frontotemporal dementia. The clinic is staffed

by a multidisciplinary team of physicians, neuropsychologists, and other health professionals. The evaluation process includes a comprehensive visit with a physician and clinically indicated diagnostic tests. Test results are collected and discussed in a multidisciplinary consensus conference, each patient receiving the benefit of input from this group. The patient and family return for a family conference visit with the physician at which time the diagnosis and prognosis are presented, and recommendations for treatment are provided.

After diagnosis, the patient has the option of returning to the primary care physician for medication and medical management or receiving follow-up neurological care from a neurologist affiliated with the UCLA clinic. Patients may also have the option of participating in clinical research and/or clinical trials.

Patients with cognitive complaints as well as normal volunteers, over the age of 45, are welcome to participate in the Center's nationally and state-funded research programs, which strive to contribute to a cure for degenerative diseases such as Alzheimer's disease and related dementias. If you or someone you know is having memory problems or is seeking a second opinion, please contact Jill Shapira, RN, NP (310) 206-6516 or Ms. Julie Jacobson (310) 825-1817 for additional information.

The Memory Disorders Clinic at Centinela Freeman Regional Medical Center, Marina Campus (MDC) provides assessment services primarily to underserved residents of greater Los Angeles County. This past year, the Clinic staff worked closely with collaborators at UCLA and Olive View to acquire proficiency in implementing the new data management system. The Clinic expanded its caregiver support and education to include a Men's Caregiver Breakfast meeting, facilitated by Program Director, Dr. Tony Strickland. This group provides a unique opportunity for men to discuss their roles, responsibilities, and other issues related to the caregiving experience in a setting that is more comfortable than a mixed gender group.

This past April, Dr. Ernestina Saxton, Clinic Research Director, retired. We are very grateful for the many years of compassionate service that she so expertly provided, and we all wish her well. We now welcome Dr. Sunil Singhania to our staff as Clinic Research Director. In addition we are pleased to have a new post-doctoral fellow, Javier Hernandez, PsyD. Dr. Hernandez will be doing the neuropsychological assessment in both English and Spanish.

During the coming months we will welcome the many students and residents who spend several weeks in our Clinic, learning how to provide a thorough work-up for individuals experiencing memory changes. We are encouraged when we see our efforts multiplied not only in terms of research data, but also in training other health care providers in the area of AD and other related disorders.

For additional information or to schedule an appointment, please contact Gloria Rodriguez, RN at (310) 823-8911.

The Neuropsychiatry Research Memory Clinic at Olive View Medical Center(OVMC) is actively studying the role of nutritional and metabolic factors and cognitive functions in elderly Hispanics. Researchers at OVMC have identified factors that may significantly impact different aspects of brain function. These factors include diabetes, high blood pressure, high cholesterol levels, obesity, and some metabolic factors associated with vitamins and other nutritional factors. We have recently submitted for publication a study which suggests a strong association between these metabolic factors and depression and dementia in elderly Hispanics.

Our group will continue to study the area of nutrition and metabolic factors, emphasizing the identification of possible

(continued on page 5)

ALZHEIMER'S ASSOCIATION UPDATE

Helpline Goes Online

If you provide services to individuals and families affected by Alzheimer's disease or related dementias, the Alzheimer's Association of Los Angeles, Riverside, and San Bernardino Counties invites you to list those services in its Helpline database. Helpline staff and volunteers have provided information and referral services to over 10,000 people annually, 24 hours a day, 7 days a week. Helpline is now available online. To list your service, simply log on to www.alzla.org/online-helpline. Under resource directory, click on your agency resource type and enter your information. Register now and be listed on the Online Helpline! For more information, please contact the Helpline Manager at (323) 930-6247.

Early Stage Dementia Services in West Los Angeles

The Alzheimer's Association launched the **West Los Angeles Memory Club** in spring 2005 as part of its specialized services to early stage families. The Memory Club is an educational support group for persons with early stage dementia and their care partners. A care partner may be a spouse, an adult child, or anyone committed to the care of the individual. It is designed to help early stage families adapt to the many changes they face after diagnosis.

The Memory Club meets in weekly two hour sessions for ten weeks. The first hour is devoted to topics pertinent to the entire group, including the latest medical updates, clinical trials, legal and financial planning, and creating a resource support system. For the second hour, the group separates into two peer groups: the persons with dementia and



UCLA Memory Defender team at the 13th Annual Memory Walk held on October 22, 2005 at Hollywood Park Racetrack. The Memory Walk sponsored by the Alzheimer's Association of Los Angeles, Riverside, and San Bernardino Counties raised more than \$525,000 in the fight against AD.

the care partners. There is a maximum of ten people in each group, and the trained facilitators lead private, therapeutic support sessions. The Memory Club provides a safe, social environment to learn about living with early stage dementia and to communicate feelings about the diagnosis and prognosis. In addition to the Memory Club, clients can be referred for care consultation and resource referral.

If you would like additional information about the Memory Club, please contact Kecia Watari, PhD, Early Stage Services Manager, Los Angeles, Riverside & San Bernardino Chapter of the Alzheimer's Association, at (323) 930-6240.

Clinic News

(continued from page 4)

genetic markers and groups of gene candidates that may be linked to the propensity of metabolic and circulatory disorders to produce specific types of brain damage in elderly Hispanics. Of course for this to happen, we need the cooperation of the Los Angeles area Hispanic community. We invite elderly Hispanics who have not had proper investigation or treatment of their cognitive or memory problems to

contact our program. These volunteers will receive a complete evaluation of their cognitive problems conducted by a bi-lingual, bi-cultural staff at OVMC, and referrals and recommendations for treatment and continuity of care will be provided.

For additional information or to schedule an appointment, please contact Ms. Mary Anne Sanchez at (818) 895-9541.

Current Clinical Trials at UCLA ADC

Be Part Of The Solution – Volunteer For A Clinical Trial
(310) 206-3779

Clinical trials are studies that test new medications in people in order to discover treatments and cures for diseases. New treatments are possible only through the participation of patients and family members. Clinical trials at the UCLA ADC are conducted under the direction of John Ringman, MD, Director of the Kagan Alzheimer Disease Treatment Development Program. All participants receive a free-of-charge medical history, physical and neurological exam, laboratory and memory tests and questionnaires. Participants must have a diagnosis of mild to moderate AD, be in good general medical health, and have a study partner – a friend or relative who can accompany the study participant to study visits and answer questions about him/her.

CURCUMIN	CLASP	VALID
<p>Curcumin is a yellow substance from the root of the plant <i>curcuma longa linn</i> (turmeric), which is a natural dietary component with antioxidant, anti-inflammatory, and cholesterol lowering properties.</p> <p>Purpose: To determine if curcumin can slow the progression of AD.</p> <p>Involvement: 7 UCLA visits over 48 weeks</p>	<p>Cholesterol Lowering Agent to Slow Progression of Alzheimer Disease</p> <p>Simvastatin (Zocor®) is commonly used to treat high cholesterol, a risk factor for heart disease and stroke. Studies in animals and people have shown a link between lowering cholesterol and decreased severity and risk of AD.</p> <p>Purpose: To examine the effects of simvastatin in treating AD.</p> <p>Involvement: 8 UCLA visits over 20 months</p>	<p>VALproate In Dementia</p> <p>Behavioral problems severely impact the quality of life for patients with AD, complicate medical management, are a major source of stress, and are associated with increased cost of care and nursing home placement.</p> <p>Purpose: To see if valproate (Depakote®) can delay or possibly prevent difficult behaviors in people with AD.</p> <p>Involvement: 12 UCLA visits over 26 months</p>
DAD	TAP/DAP	ANTIOXIDANTS
<p>Depression in Alzheimer Disease</p> <p>Clinically significant depression occurs in about 20 to 40 percent of people with AD. Dementia itself can lead to certain symptoms commonly associated with depression, including apathy, loss of interest in activities and hobbies, and social withdrawal and isolation.</p> <p>Purpose: To see how mood affects people with AD and how the mood of caregivers affects AD patients</p> <p>Involvement for Participants: 2 UCLA visits over 3 months</p> <p>Involvement for Caregivers: 2 UCLA visits; 6 follow up phone calls</p>	<p>Treatment of Agitation/Psychosis in Dementia/Parkinsonism</p> <p>Behavioral problems such as psychosis (delusions, hallucinations) and agitation (aggression, verbal outbursts, disruptive or socially inappropriate behavior) often accompany progressive cognitive decline of dementing illnesses.</p> <p>Purpose: This study is looking at quetiapine (Seroquel®) for the treatment of psychosis and/or agitation in patients with AD or dementia with Lewy Bodies complicated by symptoms of Parkinson's Disease.</p> <p>Involvement: 9 UCLA visits over 12 weeks</p>	<p>Recent studies in animals and humans tell us that damage from oxidation builds up in the cells of the body as we get older. Nerve cells in the brain (neurons) are particularly vulnerable to this damage and there is evidence that such damage contributes to the development and progression of AD.</p> <p>Purpose: To see whether or not certain vitamins with antioxidant properties have an effect on damage in the brain of patients with AD.</p> <p>Involvement: 4 UCLA visits and 2 phone calls over 5 months</p>

Please call (310) 206-3779 for more information

Participants Needed for AD Clinical Trials

John M. Ringman, MD

Director, Benjamin and Katherine Kagan Alzheimer Disease Treatment Development Program

Recently I gave a talk to a general public audience about the many things we know and do not know about AD. I was asked, “So how far along are we towards curing the illness?” I thought about how to answer this question that was both straight-forward and very complicated. How could I summarize the state of the field? After some thought, I said, “That depends on how you measure it. I would say that regarding our understanding of the causes of and changes occurring in the disorder, we’re about 80% of the way there. Unfortunately, if you’re talking about treating it, I’d say we’re only 20% of the way.”

We are working very hard to increase those percentages. Drug development is a long and complicated process requiring an initial inspiration followed by years of testing for safety and effectiveness in animals and then years of testing for safety and effectiveness in people. Such studies cannot be performed without the involvement of persons affected by AD. At the Kagan Alzheimer Disease Treatment Development Program (TDP) which is part of the UCLA ADC, we

test medications (clinical trials) that have demonstrated promise in preliminary studies for slowing the progression of and for helping ameliorate the symptoms of AD.

We invite you to join us in this important work. In order to increase our capacity to enroll persons into these studies, we are happy to announce the opening of the **Trial-Ready Assessment Research Clinic**. This free clinic will provide evaluations for patients with cognitive complaints who express interest in clinical trials. The patients will meet with Liana Apostolova, MD, a neurologist experienced in the field of dementia, who will introduce the concept of clinical trials and conduct a clinical evaluation.

Progress in the fight against AD cannot be made without the participation of persons affected by the disease in medication trials. Please consider getting involved! **We cannot do it without you!**

For additional information or to schedule an appointment, please contact Ms. Jenny Bardens at (310) 206-3779.

Gal Bitan Receives 2005 Turken Research Award

The UCLA Medical-Scientific Advisory Board to the Alzheimer’s Association awarded the 2005 Turken Research Award to Gal Bitan, PhD. For the last fifteen years, the Sam and Ida Turken Charitable Foundation has helped spur innovative AD research at UCLA through an annual research award. The four sons of Sam and Ida Turken created the Los Angeles-based Turken Foundation in honor of their parents in 1986. Ms. Beth Devermont, the great-granddaughter of Sam and Ida Turken, continues the Foundation’s work today. The Foundation makes this annual award to a distinguished UCLA researcher who is at the beginning of his/her career in the study of AD.

Dr. Bitan completed his postdoctoral work at the Center for Neurologic Diseases at the Harvard Medical School and recently joined the UCLA faculty. His work focuses on pro-



Jeffrey Cummings, MD, Director, UCLA ADC, Beth Devermont, Turken Foundation, Gal Bitan, PhD, Turken Research Awardee, Debra Cherry, PhD, Associate Executive Director, Alzheimer’s Association

tein misfolding and the central role of amyloid in AD. Dr. Bitan received the award at a luncheon held at the UCLA Faculty Center on October 25, 2005.

Starting in 2001, the Turken Foundation expanded its commitment to AD research by providing financial support for the Turken Lecture presented at Neurology Grand Rounds at the UCLA Center for Health Sciences. The 2005 recipient of the Turken Lecture Award was Pierre Tariot, MD, from the University of Rochester. On October 25, 2005,

Dr. Tariot presented on “Mood Stabilizers to Treat Dementia: A Case Study of Reverse Translational Research.”

The Turken Award and Lecture are a model of the synergy created by the AD research community, the Alzheimer’s Association, and private philanthropy.

ADC NEWS

Treatment Advances for Alzheimer Disease Conference

The Education Core of the UCLA Alzheimer Disease Center collaborated with the University of Southern California's Alzheimer Disease Research Center and the Alzheimer's Association of Los Angeles, Riverside, and San Bernardino Counties to present *Treatment Advances for Alzheimer Disease: Evidence Based Biomedical and Psychosocial Strategies* on June 1, 2005. The mission of the conference was to bring the latest biomedical and psychosocial findings to the health professional community, facilitating the translation of these findings into practice. Faculty for this half-day conference was Jeffrey L. Cummings, MD, director of the UCLA ADC and Mary Mittelman, DrPH, director of Psychosocial Research and Support Program, New York University School of Medicine. More than one hundred physicians, nurses, psychologists, social workers, and other health professionals were in attendance.

For information regarding future educational events, please go to www.adc.ucla.edu or www.geronet.ucla.edu.

Brain Matters

For more than one decade, the Brain Matters lecture series has provided state-of-the-art information about basic science projects, neuropathology, neurobehavior, and clinical trials related to AD and other dementias. The lectures are geared to health professionals with an interest in AD and related dementias. This series is presented on Mondays from 4:00-5:00 pm in Room C-240 (Oldendorf Conference Room) in the Reed Neurological Research Center. Presenters include members of the Brain Research Institute Affinity Group, faculty of the UCLA ADC and the Johnson Center for Neurotherapeutics at UCLA, as well as invitees from other institutions. A monthly calendar may be accessed at www.adc.ucla.edu or www.geronet.ucla.edu. For additional information, or if you prefer to receive a monthly calendar via email, please contact Ms. Denise Gutierrez at (310) 312-0531 or dgutierrez@mednet.ucla.edu.

Advances in Neurological Therapies Conference

The UCLA ADC collaborated with the Deane F. Johnson Center for Neurotherapeutics (JCNT) and the Department of Neurology to present the first annual *Advances in Neurological Therapies* on November 5, 2005 at Covell Commons, UCLA. This conference provided a unique opportunity for more than eighty-five community and academic-based neurologists to receive cutting edge information from leading UCLA researchers in the field of Alzheimer's disease (Jeffrey Cummings, MD), Parkinson's disease (Yvette Bordelon, MD, PhD), Multiple Sclerosis (Nancy Sicotte, MD), Stroke (Jeffrey Saver, MD), Epilepsy (John Stern, MD), and Headache (Andrew Charles, MD). Following a luncheon welcome by Ms. Kate Edelman Johnson, founding sponsor of the JCNT, John Mazziotta, MD, PhD, chair, Department of Neurology, provided the keynote address, "Cycle of Discovery." For information regarding the professional education events of the UCLA ADC, please contact Ms. Diane Katz at (310) 312-0531 or dkatz@mednet.ucla.edu.



Left to right, Jeffrey Cummings, MD, UCLA ADC, Margaret Gatz, PhD, Education Core, USC ADRC, Mary Mittelman, DrPH, School of Medicine, Debra Cherry, PhD, Alzheimer's Association, Peter Braun, Alzheimer's Association, Diane Katz, MA, MPH, Education Core, UCLA ADC

WELCOME NEW STAFF

Jenny Bardens, RN, BSN is the new clinical trials coordinator for the Kagan TDP. She oversees studies investigating new treatments for AD. Currently the program has four NIH-sponsored trials and one investigator-initiated trial.

Heather Chi is a research associate working on the Alzheimer's Disease Neuroimaging Initiative (ADNI), a study to determine whether imaging of the brain can measure the progression of Mild Cognitive Impairment (MCI) and early AD.

Javier G. Hernandez, MA, PsyD joined the Memory Disorders Clinic at Centinela Freeman as a Post Doctoral Fellow, responsible for neuropsychological assessment, active participation in consensus conferences, providing feedback to patients and families, and assisting research coordinators in the screening and triage of prospective new patients. Dr. Hernandez graduated from the Ponce School of Medicine, Puerto Rico.

Danny Huang, PhD is a programmer analyst in the Administrative Core. He is responsible for data management and quality assurance.

Elvira Jimenez, MPH is a new staff member of the Kagan TDP. She works with the Frontotemporal Dementia (FTD) team on various research projects.

Sunil Singhanian, MD is the recently appointed clinic director of the Memory Disorders Clinic at Centinela Freeman.

Dr. Singhanian also holds the position of Associate Medical Director of the Physician Assistant Program and the Division of Geriatrics at Charles Drew University.

Sumiko Takayangi, PhD is a staff research associate, involved in research support and data management.

Jerlyn Tolentino is a staff research associate, responsible for providing clinical assistance to the Kagan TDP. Ms. Tolentino responds to telephone questions regarding clinical trials.

Sandra Viggiani, MS is a psychometrician at OVMC. She received her degree in Applied Cognition and Neuroscience from the University of Texas, Dallas.

Alice Yau, BS manages research data for the Kagan TDP under the supervision of the clinical trials coordinator, and conducts, scores, and reports results of the standardized behavioral, mood, and neurocognitive tests.

Rena Yi, BA provides research support at the Kagan TDP, assisting in recruitment, data management and administration of standardized tests to patients.

Joni Zuckerbrow-Miller joined the UCLA ADC in the newly-created position of clinical trials and research recruitment coordinator. Ms. Zuckerbrow-Miller coordinates community outreach and public relations to increase public awareness regarding the clinical trials at the UCLA ADC.

UCLA ADC Research

(continued from page 3)

bined with the technology to measure the myelin breakdown process in vivo promises to make it possible to develop treatments that can delay or prevent devastating age-related degenerative diseases such as AD.

Po H. Lu, PsyD; director of the UCLA ADC Neuropsychology Laboratory and colleagues have reported that testosterone replacement therapy improved the overall quality of life for men with mild AD, and similar, although less robust, benefits were seen in healthy elderly men given the therapy. In a multi-center study (UCLA, UC Irvine, UC San Francisco) sponsored by the John Douglas French Foundation, male patients with mild AD and healthy control men were randomized to receive either testosterone or placebo treatment, in the form of hydroalcoholic gel that was applied to

the skin. Cognitive and neuropsychiatric outcome measures were administered at baseline, prior to randomization, and repeated at the end of the study. At the end of the 24-week study trial, AD patients with testosterone treatment demonstrated significantly better quality of life (as rated by their caregivers) than patients on placebo. A similar trend was seen in the healthy control sample. In addition, the investigators observed either greater improvement or less decline on measures of visual-spatial abilities and mood symptoms in AD patients who were treated with testosterone. These findings will be published in the February issue of *Archives of Neurology*. UCLA is currently conducting several research studies investigating the benefit of other medications for patients with different stages of AD. For more information, call UCLA at (310) 206-3779.

Thank You

The UCLA Alzheimer Disease Center would like to thank our many friends and donors for their support in fighting Alzheimer's disease. These private donations help fund the innovative health services and clinical and basic science research projects that support the Center's commitment to improving lives of patients with Alzheimer's disease.

MEMORIAL CONTRIBUTIONS

BERY ADRIAN

By:

Ms. Donna Kent

VIRGINIA ADAMS

By:

Ms. Karen R. Caley

DOUGLAS ANDERSON

By:

Ms. Darlene Dauer

GARY BRUMFIELD

By:

Ms. Evelyn Brumfield
George & Belinda Folsie
Doug & Donna Hill
Ms. Barbara Hirth
Ms. Barbara E. Hirth-Lomax
Mr. John K. Mote
Ms. Kathryn E. Mueller
Mr. Grant Thulin
Mrs. Joan F. Vesper

BOB BORDER

By:

Ms. Marla C. Shaw

CONSTANCE S. DELANEY

By:

Joan McCarthy-Disney Worldwide
Outreach

JOHN STOCKTON EDWARDS

By:

Mrs. Jeanne Edwards

ROSA FANNING

By:

Mrs. Roslyn Rabow

HELEN FEINBERG

By:

Ms. Martha J. Marvick

HARRY J.L. FRANK JR.

By:

Mr. James H. Frank

ROBERT O. GAU

By:

Ms. Sally F. Black-Barron

MARVIN GREENE

By:

Ms. Barbara S. Nani

FRED GUTEKUNST

By:

John & Wauneva Harmon
Dr. Joseph W. Landon
Erine & Tayemi S. Ukkested

MAXINE HAYDEN

By:

Mr. Mohammad Pourshahmir
Ms. Linda J. Groce-Scinto

WILLIAM HILL

By:

Paul & Darlene Sprunger

WINIFRED JACKSON

By:

Ms. Evelyn E. Brownfield
Ms. Wanda Claypool
Ms. Joanne Doke
Mr. Broadie Feldmeier
Ms. Mary Fry
Robyn & Garret Gerlich
Mr. Albert Goodson
Mrs. Genevieve Hodgson
Mr. James M. Houillion
Mr. & Mrs. Richard T. Jones
Mr. Robert M. Jones
Victor & Eugenia Wise

JEAN KOLESZAR

By:

Mrs. Eleanor Chapparo

GLORIA ROSE MARCUS

By:

Ms. Lillian Rostoker

RITA MENDELSON

By:

Mr. Stuart Laff

MARGARET D. MICHEL

By:

Ms. Barbara Dayan
Ms. Jane T. Heustis
Rod & Barbara MacDonald
Ms. Lillie C. Mason
Mrs. Irene A. Schillmaier

DONALD THOMAS NANI, SR.

By:

Pande R. & Kathleen F. Crist
Mr. Richard Fewell
Mr. John T. Kollenda
Mr. Leon Libenson
Ms. Helen H. Miyashiro
Jack & Darlene Redman
Ms. Joanna P. Williams

EVA ORTON

By:

Ms. Betty Jean McLaughlin

VICKI PLOWMAN

By:

B.D. Brereton
Everett A. & Marlene Emerson
Mr. Charles T. Grim
Mr. Kevin Salk
Mr. Darin Neal Salk
Mark & Heidi Sampson
Mrs. Libby S. Weselman

ROSCOE PORTER

By:

Ms. Lupe Sandoval

MILES RASKOFF

By:

Mr. Thomas Gardner

RACHEL ROONEY

By:

William A. & Miriam E. Johnson

WILLIAM SPOLIANSKY

By:

Frances & Lester Boxer
Mrs. Lee Collins & Family
Ms. Claudia Davidovich
Jose & Sara Davidovich
Robert & Anita Hirsch
Evelyn & Mario Pener

DOROTHY TUBOR & BESS
MAYERS

By:
Leslie & Michael Adler Family
Lynne & Keith Miller Appel
Family

Lisa Locker & Justin Atlan
Family

Stephanie, Tom, & Ben DiPietro
Family

Scott, Laurie, & Evan Dubchansky
Family

Bruce & Arianna Fisher Family
Elise R. Block & Lauren Gold
Family

Heidi, David, & Jordan Haddad
Family

Bruce, Kyle, & Grayson Ishimatsu
Family

Bill, Tiiu, & Bo Jacobson Family
Ruth, Scott A., & Max Kruse
Family

Linda, Jimmy, & Matthew Lippman
Family

Nazila, Jonathan, Mathew Mehrannia
& Meskin Family

Sheila & Nathan Nazarian Family
Kein, Jeanie, & Devin Reynolds
Family

Greg, Hilary, & Jack Satz Family
Mark Shelly, & Alexandra Scott
Family

Richard, Victoria, Marisa, & Michael
Tashman Family

OTHER CONTRIBUTIONS

Belmont Corporation

Mr. Jerome H. Berenson

Richard & Patricia Cohn

Ms. Arlene Dunaetz

Mr. Robert A. Eckert

Mr. James H. Frank

Mrs. Harry Frank

Ms. Elizabeth Gans

Ms. Christine M. Jasinski

The John Douglas French

Alzheimer's Foundation

Mr. Jerome Jones

Ms. Cynthia M. Jortner

Mr. Arthur Kassel

Ms. Michelle D. Kollenda

Mendelson Foundation

Ms. Phyllis Shamberg

The Prudential Matching Gifts

Simmons Family Trust

Ms. Lois G. Snyder

Carla, Harris & Brett Tulchin Family

Ms. Christine Walsh

**The UCLA Alzheimer Disease
Center is funded by the National
Institute on Aging (NIA) and the
State of California for research and
treatment of Alzheimer's disease
and related disorders.**

Administration

Jeffrey L. Cummings, MD

Gregory M. Cole, PhD

Karen Metz, MA

Clinical Core

George Bartzokis, MD

Mario Mendez, MD, PhD

Liana Apostolova, MD

Po Lu, PsyD

Michele Carter, RN

Kagan Treatment Program

John Ringman, MD

Jenny Bardens, RN

Olive View Medical Center

L. Jaime Fitten, MD

Freddy Ortiz, MA

Mary Anne Sanchez

Centinel Freeman Regional Medical Center

Tony Strickland, PhD

Sunil Singhanian, MD

Paul Longobardi, PhD

Gloria Rodriguez, RN

Neuropathology and Molecular Genetics

Harry Vinters, MD

Dan Geschwind, MD, PhD

Martina Wiedau-Pazos, MD, PhD

Education and Information Transfer

Diane Katz, MA, MPH

Janet Frank, DrPH

Data Management

Jim Mintz, PhD

Sun Hwang, MPH

Danny Huang, PhD

Imaging

Gary Small, MD

Arthur Toga, PhD

Dan Silverman, MD, PhD

George Bartzokis, MD

Basic Science

Greg Cole, PhD

Sally Frautschy, PhD

Paul Thompson, PhD

George Jackson, MD, PhD

David Teplow, PhD

Gal Bitan, PhD

Translation/Health Services

Barbara Vickrey, MD, MPH

Help fund UCLA ADC research for the care and cure of Alzheimer's Disease

Enclosed is my tax deductible contribution of _____

Please note that this contribution is in *Memory Of* _____

or in *Honor Of* _____

Please send an acknowledgement of this gift to:

Name _____

Address _____

City _____ State _____ Zip _____

Donor Name _____

Address _____

City _____ State _____ Zip _____

Please make checks payable to: THE UC REGENTS

Mail to: UCLA Alzheimer Disease Center

710 Westwood Plaza

Los Angeles, CA 90095-1769

For information about other forms of
giving or major gifts, please contact:

Karen Metz, MA, Administrator,

(310) 206-5238

*2005 tax deductible checks must be dated within December, 2005 and received by January 6, 2006.

UCLA Alzheimer Disease Center

General Information

(310) 206-5238

Website: <http://www.adc.ucla.edu>

Clinical Appointments

Memory Disorders Clinic

UCLA Medical Center

300 UCLA Medical Plaza, Suite B200
Los Angeles, CA 90095
(310) 794-1195

Memory Disorders Clinic

Centinela Freeman Regional

Medical Center, Marina Campus

4650 Lincoln Boulevard
Marina del Rey, CA 90292
(310) 823-8911

Neuropsychiatry Research Memory Clinic

Olive View Medical Center

14445 Olive View Drive
Sylmar, CA 91342-1495
(818) 895-9541

The **UCLA ADC Newsletter** is published by the UCLA Alzheimer Disease Center. To add or change your mailing address to this publication, or for any inquiries, please contact:

UCLA ADC Newsletter
710 Westwood Plaza, Suite 2238
Los Angeles, CA 90095-1769

Editors

Jeffrey L. Cummings, MD
and Diane C. Katz, MA, MPH

Photography

Michael Adkins, Karen Metz



UCLA Alzheimer Disease Center

710 Westwood Plaza, Suite 2238
Los Angeles, CA 90095-1769