



The NC Registry for Brain Health is Growing

We are happy to share that the NC Registry for Brain Health is continuing to grow and find new ways to serve the state of North Carolina. The registry now includes **5,645** participants. We know that it is important for brain health research to reach a wide audience, and we are hopeful that the diversity of our registry will lead to improvement of brain health for everyone in the state.

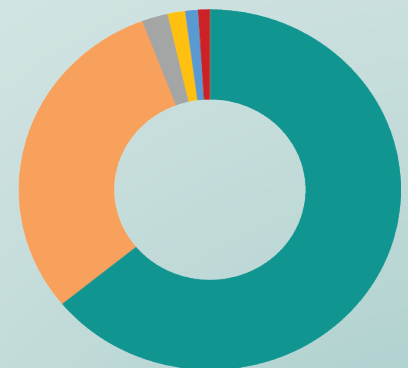
Researchers are using the NC Registry to recruit participants for their studies. One of the studies that has successfully recruited from the NC Registry is examining whether computerized cognitive training helps to delay further cognitive decline among individuals with mild cognitive impairment.

Another study utilizing the Registry is investigating a potential early biomarker for identifying Alzheimer's disease. This study uses Optical Coherence Tomography Angiography (OCTA) to take a picture of the eye to try to detect any differences in the blood vessels in people who have Alzheimer's disease compared to individuals who are cognitively normal.

We look forward to offering more studies and participants the chance to connect to research through the registry.

Did you know?

The NC Registry for Brain Health has a diverse population to help improve brain health for all:



- Caucasian/White
- African-American/Black
- No response
- Other
- Asian
- American Indian/Alaska Native
- Native Hawaiian/Other Pacific Islander

Read more about brain health research at our website, ncbrainhealth.org

An excerpt from the Caregiver Newsletter from the Duke Dementia Family Support Program

A year ago the research world was stunned when interim analysis of the Alzheimer's disease investigational drug, aducanumab, found the drug to be ineffective at improving symptoms and markers of the disease in the brain. In earlier studies, the medication had shown promising results in patients with a mild form of the disease. The drug targets the removal of beta amyloid, the abnormal protein that accumulates in the brains of patients with Alzheimer's disease.

Surprisingly, in October, the company developing the drug announced that with more data, the drug does indeed seem to be working in patients that were given the maximal dosage over the life of the study. The FDA has now approved the company to continue to study the drug in patients who were previously enrolled in the clinical trials for the drug. The company expects patients will start receiving the drug again this spring. While the drug is not yet approved for clinical use, the findings are encouraging and suggest that we may have turned a corner in developing effective treatments for Alzheimer's disease. Recently, there have also been other promising drugs that target inflammation and metabolism, mechanisms believed to also play a role in the disease. New lines of investigation are launching to explore ways to prevent the disease and to slow, stop, or perhaps even reverse its course in those who are affected by the disease.

A major hurdle for research in this area is quickly finding research participants who are interested in helping. This is where the North Carolina Registry for Brain Health (NC Registry) comes in and becomes part of the solution. The mission of the NC Registry is two-fold: to increase awareness of Alzheimer's disease and other dementias, and to involve more people, including under-represented groups, in investigations of brain health and prevention research.

Together, the NC Registry members and the consortium of universities involved in the Registry (Duke University, University of North Carolina at Chapel Hill, Wake Forest University, East Carolina University, and North Carolina Agricultural and Technology State University) are working to connect researchers with individuals interested in participating in research studies on brain health. You can continue to be a part of the solution by asking your friends and family to join the NC Registry and by becoming involved in research studies that are of interest to you.



UPCOMING EVENTS

[Memory Sunday, organized by the Balm in Gilead](#)

Sunday, June 14

[Making the Difficult Decisions in Dementia Care Caregiver Connections Webinar Series](#)

Speaker: Beth Spencer, MSW

Beth Spencer is a "mostly retired" clinical social worker and co-author of several books about dementia.

Part 1: Monday, June 15 at 1pm

Part 2: Monday, June 22 at 1pm

HELPFUL RESOURCES

[Podcast for Brain Health](#)

- Alzheimer's Talks from USAgainstAlzheimer's

[Webinar Recording](#)

[Managing Caregiver Stress Presented by Bryan Godfrey, MA, MSW, LCSW, presented by the Duke Dementia Family Support Center.](#)

[COVID-19 Resources](#)

- [Information about COVID-19](#)
- [Resources from the AARP](#)

BRAIN HEALTH RESEARCH UPDATES

[NC hospital patients with dementia get support from new UNC Health Care initiative](#)

Hospital patients with dementia typically fare less well than those who are cognitively healthy, but help is arriving via new, dementia-friendly approaches that stress empathy and communication.

TOOLS YOU CAN USE

BETTER HEART BETTER BRAIN

A heart-healthy lifestyle reduces the risk of cognitive decline

Take steps to improve your brain health



Stay active & exercise

Strive for at least 150 minutes of weekly, moderate aerobic activity.



Manage blood sugar levels

Diabetes increases the risk of stroke, cognitive decline, and dementia.



Don't smoke

If you smoke, quit. If you don't smoke, don't start.



Sleep well

Aim for 7 to 8 hours of sleep in a 24-hour period.



Check your blood pressure & cholesterol

Work with your doctor to manage blood pressure and cholesterol levels.



Eat healthy

Limit salt intake. Avoid excessive alcohol consumption.

The Brain-Heart Connection: GCBH Recommendations to Manage Cardiovascular Risks to Brain Health
GlobalCouncilonBrainHealth.org • Contact: GCBH@aarp.org
For more brain health tips see [StayingSharp.org](#) • DOI: <https://doi.org/10.26419/pia.00099.002>

Global Council on
Brain Health
A COLLABORATIVE FROM AARP

For more information,
please visit us at:

www.ncbrainhealth.org



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