



## *The NC Registry for Brain Health is Adapting to the Pandemic*

COVID-19 has impacted the work of the NC Registry for Brain Health as it has so many parts of our lives. While some research has been paused and much of the Registry's outreach and education has shifted online, we are pleased to continue our work even in these unprecedented times.

Registry staff are currently ensuring that information on file for participants is current. If you've not received a call to update, please feel free to call 919.613.8633 or email [ncbrainhealth@duke.edu](mailto:ncbrainhealth@duke.edu)

Finally, we are sad to share the news that we lost an integral member of our NC Brain Health Registry team in July. Daniel I. Kaufer, MD, died of cancer on July 2. Dr. Kaufer was the founding director of the UNC Memory Disorders Program and the chief of the Memory and Cognitive Disorders Division within the Department of Neurology. He was known as an extremely creative researcher and dedicated physician. Above all else, Dr. Kaufer was a man of true integrity and a good friend to many in his life. He is already greatly missed.

### BRAIN HEALTH RESEARCH UPDATES

[Lancet Commission issues report with recommendations to reduce dementia risk](#)

The Lancet Commission on dementia prevention, intervention, and care published a report July 30, 2020 that highlights recommendations for policy makers and individuals to help reduce dementia risk worldwide. Read <https://hubs.ly/H0s-vHKO>

Read more about brain health research at our website, [ncbrainhealth.org](http://ncbrainhealth.org)

## NC Registry for Brain Health at AAIC

Kathleen Welsh-Bohmer, PhD, member of the NC Registry Executive Committee, shared an overview of the NC Registry for Brain Health at the Alzheimer's Association International Conference (AAIC) in late July. The conference was completely virtual and was available to the public for free. Dr. Welsh-Bohmer's presentation was part of a panel focused on Alzheimer's disease from a public health perspective and on recruitment for research studies on dementia. The panel answered questions from participants and provided an opportunity to share information about the NC Registry, but also learn how other states, countries and organizations are approaching recruitment for brain health research. [Click here to view Dr. Welsh-Bohmer's conference presentation.](#)

Other panelists included experts in raising awareness of Alzheimer's clinical trials in the African American and Hispanic communities. One of the key goals of the NC Registry for Brain Health is to increase diversity in our registry, and we were pleased to be able to share our challenges and successes so far, as well as learn from other groups across the country and around the world about what has worked for them.

We were excited to see an emphasis on recruitment and diversity among several of the AAIC panels and presentations. In addition, there were major research announcements during the conference. The most important was news related to a blood biomarker for Alzheimer's disease. See Did You Know below for more details.



### Did you know?

Scientists are making strides in the development of a blood test for Alzheimer's disease. Research shared at the AAIC 2020 Conference showed that a new blood test tried in several studies identified people with Alzheimer's vs. no dementia or other types of dementia with accuracy ranging from 89 percent to 98 percent. While this data is very promising, scientists need to continue research on validating the test before the test can be used as a diagnostic test to identify Alzheimer's disease. [Read more at this link.](#)



## UPCOMING EVENTS

### [World Alzheimer's Month](#)

#### **All of September**

World Alzheimer's Month is the international campaign by [Alzheimer's Disease International](#) (ADI) every September to raise awareness and challenge the stigma that surrounds dementia.

### [Understanding Lewy Body Disease](#)

**Sept 10, 2:00-3:30 pm**

Dr. Meg Word-Sims, MemoryCare Staff Physician

### [Assistive Technology: Easing your Caregiver Journey](#)

**Sept 17, 2:00-3:30 pm**

A discussion on Assistive Technology – how it can help make your life as a caregiver easier.

Emily Danciu Grosso, SimplyHome Sales and Marketing Director

## HELPFUL RESOURCES

### [“What are we doing today...and how can we do it well?”](#)

Speakers **Jennifer L. Womack, PhD OTR/L FAOTA** and **Ryan Lavalley, OTR/L**

The presentation will explore strategies to improve routines and activities for people with moderate stage dementia, as well as common caregiving challenges in the context of COVID-19.

## TOOLS YOU CAN USE

Enjoying and engaging in music promotes healthy aging, mental well-being, and social connection. Check out ways to add music to your routine at:

[https://www.aarp.org/content/dam/aarp/health/brain\\_health/2020/06/gcbh-music-infographic-english.doi.10.26419-2Fpia.00103.002.pdf](https://www.aarp.org/content/dam/aarp/health/brain_health/2020/06/gcbh-music-infographic-english.doi.10.26419-2Fpia.00103.002.pdf)



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[www.ncbrainhealth.org](http://www.ncbrainhealth.org)



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