



Highlights from the Alzheimer's Association International Conference



The Alzheimer's Association International Conference is an annual meeting that brings together scientists from across the globe to discuss the latest findings in

Alzheimer's disease (AD). This year the meeting was held in Denver, Colorado as a combination of in person and Zoom sessions, due to COVID19 restrictions. Despite the challenges of the last year and a half, considerable scientific progress has been made in understanding how Alzheimer's disease develops in the brain, along with both new insights in lowering disease risk and developing effective therapeutics. Some of these key highlights include:

- Improving air quality may reduce dementia risk.
- Global prevalence of dementia is expected to nearly triple to more than 152 million by 2050.
- Transgender and gender nonbinary adults in the United States are reporting memory issues and depression, providing an opportunity for outreach to those groups.
- Communities of color, historically underrepresented in dementia research, are more willing to participate if they are invited, want to contribute to the study's goal, or have a family member with dementia.

Read more: https://alz.org/aaic/releases_2021/overview.asp

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

HOW THE REGISTRY WORKS TO SERVE EVERYONE IN NC

The NC Registry for Brain Health was founded with the intent of finding ways to reach people in North Carolina who often are not part of research studies. With that goal we have built a diverse Registry with people from multiple races, ethnicities and geographic backgrounds across the state. We are excited to offer new Spanish language materials on our website including our [brochure](#), [FAQs](#) and [resource list](#) as we work to reach the Spanish-speaking population of the state.



DURHAM, N.C.-- Duke Health researchers found that residents had higher rates of death and hospitalizations for Alzheimer's Disease when they lived in areas of North Carolina where the air has higher levels of particle pollution than recommended by the World Health Organization.

The findings, appearing online in [PLOS ONE](#), are consistent with other research establishing an

association between air pollution and increased risk of neurological conditions such as Alzheimer's and Parkinson's diseases.

The Duke team's report is notable because it found that one form of air pollution, particulate matter, is especially concerning. Particulate matter is the tiny residue from traffic, coal burning power plants, and various industrial processes.

All sites in North Carolina meet EPA standards for acceptable levels of particulate matter at 35 micrograms per cubic meter of air. But some areas of the state, including the region around Charlotte, exceed the more stringent standard set by the WHO of 10 micrograms per cubic meter. [Read more at this link.](#)

TAKE ME OUT TO THE BALLGAME

Members of the Registry have hosted sign ups and informational tables at local baseball games this summer. Special thanks to Dr. Patrick Martin from COACCH, as well as Rev. Henry Edmonds, Rachel Dewees, Dr. Marianne Chanti-Ketterl and Nancy Sickel from Duke for attending Greensboro Grasshoppers and Durham Bulls games. If you attended games, you may have seen promotional information for the Registry in the online game materials.



HELPFUL RESOURCES

The [AARP Virtual Community Center](#) includes information about online events for older adults. Registration is required for many events, and topics include Caregiving, as well as Cultural Connections, Exercise & Wellness, hobbies and technical help. See the [full list of events at this link.](#)



UPCOMING EVENTS

How Is Dementia Diagnosed?

Wednesday, September 22, 1:00 – 2:00 p.m.

[Dr. Andrea Bozoki](#) will present on the topic and answer questions in this session hosted by the Duke Dementia Family Support Program.

Learn more [here](#).

Book Discussion: The Problem of Alzheimer's

Friday, September 24, 2:00 p.m.- 3:30 p.m.

Author Dr. Jason Karlawish will discuss his new book with MemoryCare Founder, Dr. Peggy Noel in this live online broadcast.

Learn more [here](#).

Caregiver Community Event (taking place virtually)

Tuesday, October 26, 8:00 a.m. to 4:30 p.m.

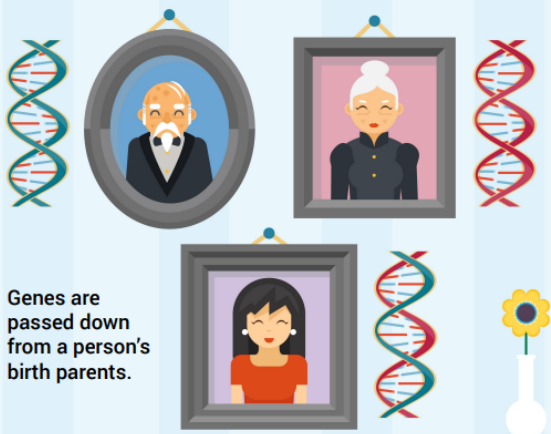
You'll hear from experts and connect with services and support systems.

Learn more by visiting the [website](#) or register [here](#). The event is free, but registration is required. Instructions about how to attend will be sent several days ahead of the event.

TOOLS YOU CAN USE

If a family member has **ALZHEIMER'S DISEASE** will I have it, too?

A family history of Alzheimer's does not mean for sure that you'll have it. But, it may mean you are more likely to develop it.



Many people with a family history of Alzheimer's disease are concerned about the risk of also being diagnosed with the disease. This [two-page infographic](#) from the NIA gives some guidance on risk and the genetics of Alzheimer's disease

Hispanic Heritage Month (Sept. 15-Oct. 15) is a time when we honor the history, culture, and diversity of the Latino community.



For more information, please visit us at www.ncbrainhealth.org



NC Registry for Brain Health