



## 2022 Alzheimer's Association International Conference News

In July, presenters at the Alzheimer's Association International Conference (AAIC) gave some exciting updates on topics like reducing risk of cognitive decline, new digital assessment tools, and the role of social and economic factors in brain health. Here are a few takeaways:

The large, multisite EXERT study, led by Wake Forest and involving Duke as a clinical site, compared two groups of older adults with mild memory symptoms. The active groups exercised or stretched regularly, and the other group did not. After one year, both active groups showed no cognitive decline. This is encouraging and suggests that regular modest physical activity, even stretching exercises, may offer protection for the brain.

Another recent study of nearly 1000 adults showed that experiencing racism can negatively impact memory and cognition in midlife and old age, especially for Black individuals.

[Read more highlights from this year's AAIC here](#) or listen to the Dementia Matters podcast to hear Dr. Percy Griffin, the Alzheimer's Association's Director of Scientific Engagement, [here](#).

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

### Speaker Spotlight



An Alzheimer's Association International Conference (AAIC) presentation by Dr. Kelvin Lamonte Williams of the Maya Angelou Center for Health Equity (MACHE) highlighted a three-year partnership with the Triad Pastors Network (TPN) that increased brain health awareness for more than 40,000 people and enrollment in the NC Registry for Brain Health for 580 African Americans over an 8-month span in 2021.

MACHE and the TPN coordinated town hall meetings, food distribution events, and community outreach. They provided health education and information on Alzheimer's research to communities typically underrepresented in studies.

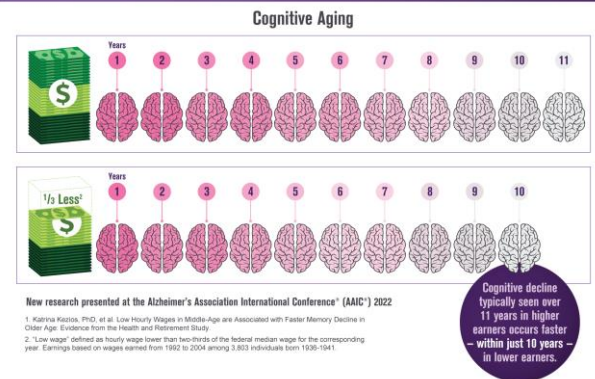
## STUDIES LINK ECONOMIC ADVERSITY TO DEMENTIA, MEMORY DECLINE

Researchers at the Alzheimer's Association International Conference (AAIC) presented data from several studies that linked socioeconomic challenges, like neighborhood disadvantages and persistent low wages, with higher dementia risk, lower cognitive performance, and faster memory decline.

Research findings showed that people living in neighborhoods measuring lower on social and economic factors such as income and car/home ownership and higher on factors such as unemployment rates and household overcrowding, were significantly more likely to develop dementia compared to people with greater socioeconomic advantages, even those with increased genetic risk.

Read the full press release [in English here](#) or [en Espanol here](#).

**Sustained low wages in midlife are associated with faster cognitive decline.<sup>1</sup>**



View the AAIC infographic [Sustained Low Wages in Midlife are Associated with Faster Cognitive Decline here](#)

### DID YOU KNOW?

Biomarkers are measurable indicators of what's happening in the body. They can be found in blood, other body fluids, organs, and tissues. Biomarkers can help doctors and researchers track healthy processes, diagnose diseases and other health conditions, monitor responses to medication, and identify health risks in a person. For example, an increased level of cholesterol in the blood is a biomarker for heart attack risk.

Learn how biomarkers are used to diagnose dementia at [NIA.NIH.gov](http://NIA.NIH.gov) [here](#).

### HELPFUL RESOURCES

In January 2011, the National Alzheimer's Project Act (NAPA) was signed into law. This groundbreaking legislation established the first-ever framework for a national strategic plan to address the Alzheimer's crisis. Thanks to bipartisan congressional leaders working with the Alzheimer's Association and the Alzheimer's Impact Movement (AIM), progress is being made in the fight to end Alzheimer's and all dementias.

Read more about AIM's progress [here](#).

### TIPS ON LIVING ALONE WITH EARLY-STAGE DEMENTIA

If you or a loved one has been diagnosed with early-stage dementia or mild cognitive impairment (MCI) and is living alone, there are steps you can take to manage everyday activities.

The National Institute on Aging (NIA) has information and tips to help you to cope with changes in memory and thinking, prepare for the future, and stay active [here](#).



## UPCOMING EVENTS

### [Healthy Living for your Brain and Body: Tips from the Latest Research](#)

September 8 - 6:30-7:30 pm on Zoom

Speaker: Dr. Marianne Chanti-Ketterl, Duke University  
Presented by the Alzheimer's Association, Wake County Public Libraries,  
NC Registry for Brain Health, and Duke-UNC Alzheimer's Disease  
Research Center. [Click here](#) to register



NC Registry for Brain Health

### [Powerful Tools for Caregivers Weekly Webinar Series](#)

Wednesdays, 2:00–3:30 pm on Zoom  
Sept 7 – Oct 12

Presented by the Durham Center for Senior Life

Contact Noah Penny at [penny@dcsinc.org](mailto:penny@dcsinc.org) or by  
telephone at 919-688-8247 ext. 114

### [Under the Umbrella Series UNDERstanding Vascular Dementia](#)

Thursday, Sept 22, 6:00-7:30 pm

Speaker: Dr. Andrea Bozoki, UNC Chapel Hill  
This free, virtual event is presented by the  
Alzheimer's Association with program partner  
NC Registry for Brain Health

[Click here](#) to learn more and register

## TOOLS YOU CAN USE

High blood pressure during pregnancy linked to increased risk of vascular dementia<sup>1</sup>



Study of nearly  
**60,000**  
women who experienced  
pregnancy found  
gestational hypertension<sup>2</sup>  
is associated with  
**2.75x**  
higher risk of  
vascular dementia

New research presented at the Alzheimer's Association International Conference® (AAIC®) 2022

1. Karen Schliep, Ph.D., MSPH, et al. What subtypes are driving the association between hypertensive disorders of pregnancy and dementia? Findings from an 80-year retrospective cohort study (Funders: National Institute on Aging, National Center for Research Resources, National Cancer Institute).

2. Gestational hypertension – high blood pressure in pregnancy – is associated with vascular dementia, a condition characterized by changes in thinking skills that occur as a result of impaired blood flow to the brain.

For more information, please visit us at [www.ncbrainhealth.org](http://www.ncbrainhealth.org)



NC Registry for Brain Health