



## NC REGISTRY FOR BRAIN HEALTH EXCEEDS ENROLLMENT MILESTONE

### Thank you for helping us reach one more milestone!

The NC Registry for Brain Health has now more than **11,000 members** who represent a broad range of ages (18+), races, ethnicities, and regions of North Carolina. Thank you for being part of this community to improve brain health!

According to a recent [Alzheimer's Association report](#), 180,000 people in North Carolina were living with Alzheimer's disease in 2020. By 2025, that number is expected to grow to 210,000 people – a 16% increase over 5 years. The NC Registry is working to change the future projections by connecting people to helpful resources to prevent and manage memory disorders, and by providing opportunities to participate in research studies that support brain health.

Together, the NC Registry's participants and research partners are supporting brain health research that could lead to a brighter tomorrow for all of us.

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

Aprenda más sobre la salud cerebral y cómo participar en ensayos clínicos en nuestra página web, [ncbrainhealth.org](https://ncbrainhealth.org).

### National Hispanic Heritage Month

Hispanic people are 1.5 times more likely than non-Hispanic White people to have dementia, but are underrepresented in research. The NC Registry aims to reach communities underrepresented in dementia research studies and treatment trials to help them get the care they need. [Visit our website](#) for resources and information in English and Spanish.



## Dementia Risk Linked to Blood-Protein Imbalance in Middle Age

In a study that followed more than 10,000 participants over 25 years, researchers identified 32 proteins in the blood that were linked to a higher risk of dementia. Changes in these proteins were observed starting in middle age. Most of the proteins identified are important in biological processes outside of the brain which suggests whole body health plays an important role in brain health.

These findings suggest we may soon be able to detect changes in people's blood work decades before a person shows any signs of a cognitive problem. Read a [summary of the study findings here](#).



### Dementia Friends Rooms Experience

It can be difficult to know whether changes in a loved one's behavior in daily activities may be early signs of cognitive impairment. The International Association for Indigenous Aging developed virtual "Experience Rooms" with common situations and tips to learn about early signs of dementia and ways to help a loved one.

Experience the [Dementia Friends Rooms](#).

### Tips for Long-Distance Caregiving

Caring for a loved one that lives far away can be challenging. The National Institute on Aging (NIA) suggests staying connected by scheduling video calls with your loved one and planning ahead simple and relaxing activities to do together when you visit.

For more tips, check out the NIA article and video on [Long-Distance Caregiving](#).

Did you know? The east and southeastern U.S. have the highest rates of Alzheimer's dementia.

A study on the number of people with Alzheimer's disease (AD) in all 3,142 counties in the United States found that the estimated frequency of AD was highest in some counties in the east and southeast U.S. The study is the first ever to look at county-level rates of AD. The study findings are important because they can help guide public health programs to focus resources on communities that are most affected by AD and other dementias.

Learn more about the study on the [Alzheimer's Association website](#).



## Upcoming Events

### Understanding Dementia Forum

Thursday, September 21 | 9:30 a.m. – 4:00 p.m.  
In-person at the Durham Convention Center

Dementia Inclusive, Inc. is offering a free forum to help our community better understand dementia and to support caregivers as they care for loved ones living with dementia. Learn more and register on the [Dementia Inclusive website](#).

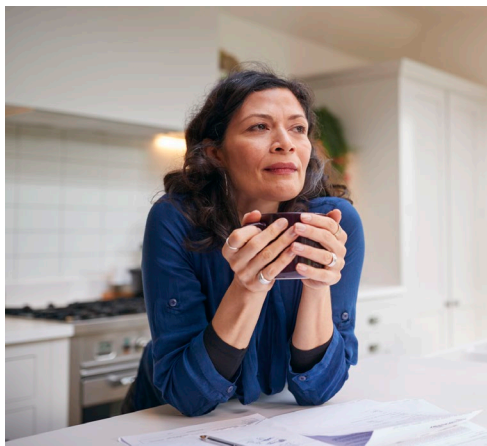


### Alzheimer's Association Walk to End Alzheimer's September – November | In-person across North Carolina

[The Walk to End Alzheimer's](#) is the world's largest event to raise awareness and funds for Alzheimer's care, support, and research. The Alzheimer's Association will host walks across the state of North Carolina from September through November. [Find a walk](#) near you to participate.

To help raise funds for the Alzheimer's Association, the NC Registry for Brain Health will attend the [walk on October 7th](#) in Raleigh. We look forward to meeting you there!

## Tools You Can Use



### Take Care of Yourself as a Caregiver

Taking time for yourself can make you a better caregiver. The National Institute on Aging (NIA) recommends [Activities for Caregivers](#) to help improve your well-being, lower your stress, and build a supportive network.

Recognize your dedication and reach out for help when you need it. Visit the [NIA website](#) for more information on caregiving. [En español.](#)

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



NC Registry for Brain Health