

NEWSLETTER

FALL/WINTER 2018

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Director's Letter

The UCLA Longevity Center's research and education programs aim to help people not just live longer, but to live well and healthy as they age.

One of the greatest threats to achieving that goal is age-related cognitive decline, so nearly everyone is keen on keeping up with the latest research news about Alzheimer's disease, the most common form of dementia. The Alzheimer's Association International Conference held in Chicago in July 2018 offered some encouraging updates, including announcements from Eisai Co., Ltd. and Biogen Inc. regarding their Phase II clinical trial of BAN2401. The investigators found that this antibody, which attacks abnormal amyloid plaques in the brain, not only led to lower plaque levels observed on PET scans, but also offered cognitive benefits. Although these are encouraging results, more research is needed to definitely prove these benefits. The next step would be to confirm these findings in a larger phase III clinical trial.

Other research reported at the conference involved findings from studies of the digestive system. Prior work points to eating patterns and midlife obesity impacting dementia risk, and recent research has demonstrated associations between changes in the billions of bacteria in the gut – known as the microbiome – and physical and mental symptoms. Moreover, dietary changes can

influence these gut bacteria and levels of inflammation. Several studies reported at the conference elucidated how the digestive system relates to Alzheimer's disease and other forms of dementia. Measures of these gut bacteria may provide useful biomarkers for future study and provide insights as to why consuming healthy fats such as omega-3 fats in fish and nuts may protect the brain and lower the risk for dementia.

In another report at the meeting, investigators described their work using virtual reality technology to provide high school students a better understanding of the experience of suffering from dementia. This approach could be offered to caregivers, family members and professionals who deal with dementia patients in order to increase their empathy for the patient's experience and thus improve their care.

In other dementia-related research, investigators at the French National Institute of Health and Medical Research reported on 9,000 middle-aged people ages 35 to 55, who were followed for about 23 years, to shed further light on the connection between alcohol consumption and dementia risk. Previous studies of older adults over briefer follow-up periods indicated that moderate drinking is brain-protective, and these new findings provide further evidence to support

(Continued on page 2)

this link between alcohol consumption and dementia risk. Research volunteers who drank more than two glasses of wine a day or abstained from alcohol had a higher risk for developing dementia. The heavy drinkers had a 40 percent greater risk of dementia, and those who abstained from alcohol were 74 percent more likely to develop dementia later in life. Moderate alcohol may boost blood circulation by reducing blood-clots that block brain circulation, and too much alcohol could have toxic effects on brain cells.

Head trauma can increase the risk for dementia. People who have experienced brain injuries leading to an hour or more of unconsciousness have a two-fold greater risk for developing dementia, and even mild traumatic brain injuries can lead to chronic traumatic encephalopathy, or CTE, a condition involving cognitive, mood, and behavioral changes that can be confused with Alzheimer's dementia. In later stages, CTE can lead to symptoms of Alzheimer's disease and other forms of dementia. Currently, CTE can only be diagnosed after death, when examination of brain tissue reveals clumps of a protein called tau. Our research team at the Longevity Center reported recent progress in this area with studies of military personnel who had

suffered head trauma and had reported memory and mood problems. In brain PET scan studies of a molecular tracer that several of us invented, called FDDNP, we found that the patterns of brain signal in military personnel were similar to those we previously reported on in former professional football players with memory and mood problems. Moreover, the location and quantity of the tracer in the brains of the military personnel were distinct from the distribution patterns seen in people with Alzheimer's disease or in healthy individuals. We hope that eventually this technology, FDDNP PET, will help us to diagnose CTE in living individuals so we can develop treatments that would be effective early in the course of this condition, which often leads to dementia.



A handwritten signature in black ink that reads "Gary Small".

Gary Small, M.D.
Director, UCLA Longevity
Center



In Memory of Sue Rosenfield

All of us at the Longevity Center were saddened when we learned that Sue Rosenfield had passed. She was a longtime supporter of the UCLA Longevity Center. She and her husband Bob were dedicated to the Center's mission of helping people to live better longer.

Sue and Bob participated in many of the Longevity Center's programs including Brain Boot Camp and the first Memory Care group. They both felt that being part of the program had a tremendous impact on their lives. Sue was a vocal advocate for the Center and can be seen on the video on the Center's website speaking about their experience with Dr. Small and the Longevity Center.

Sue was a native Angeleno. As a young girl, she was involved in acting and appeared in "A Miracle on 34th Street," "Mr. Smith Goes to Washington," and "It's a Wonderful Life." She had a long career in business and retired after 21 years as a VP with Bank of America. Sue participated in charity and volunteered at the Skirball Cultural Center.

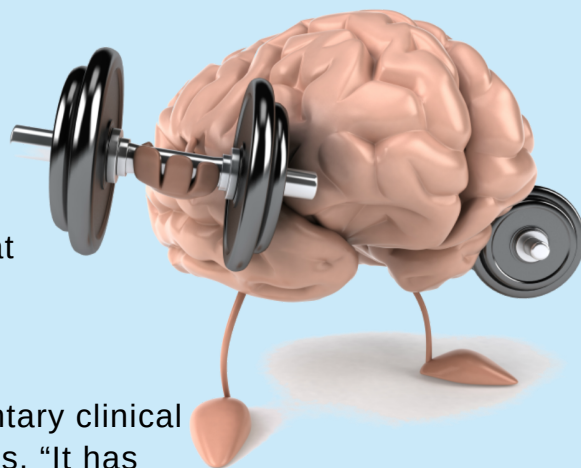
She was proud of her devoted family and loved being with them. Sue made it a point to organize outings and family vacations. She is missed by her family and all of us who had the opportunity to know her.

UCLA Longevity Center's Brain Boot Camp

When it comes to working out our bodies, we know what to do: sit-ups, push-ups, cardio, weights. But, what about giving your brain a work out? Join: UCLA Longevity Center's Brain Boot Camp (BBC)!

This interactive educational program provides participants with lifestyle strategies and tools to keep their brains vital and healthy. Research shows that activities and focused attention techniques like the ones taught at BBC significantly benefit concentration and memory retention.

Brain Boot Camp was created by Dr. Gary Small, Geriatric Psychiatrist & Director of the UCLA Longevity Center, and by Dr. Karen Miller, Clinical Neuropsychologist and Director of BBC. This program consists of a three-hour session that is designed for people who want to improve and maintain their memory abilities.



According to Dr. Angela Huntsman, a UCLA voluntary clinical faculty member and one of the program instructors, "It has been a delight to teach BBC skills, which lead to better focus, concentration, and short-term memory." BBC is an engaging interactive program that awakens our understanding of how our brain works. This program teaches techniques for individuals seeking to improve their memory to develop better input information to naturally augment how our brains works best.

"As a program, I thought it was excellent," said Brain Boot Camp participant Bonnie McWhinney. "You have to have a little personal discipline and practice what you get," continued Bonnie. "My driver's license renewal test came up and I was rather cocky and just skimmed over the manual. After I didn't pass, I took the skills I had learned in BBC, used them to study, and passed with flying colors."

"Brain Boot Camp is a unique program because you can take the 3-hour class or you can learn the information within a 1:1 setting with one of our BBC trainers. Having led this program for more than a decade, I have the privilege of witnessing thousands of individuals benefit from the program and be able to incorporate many of the memory techniques to everyday life situations, such as memorizing new names of people we encounter in everyday life and improving overall retrieval of newly learned information (book titles, details from a newspaper article, the plot of a movie, etc.)," said Dr. Miller.

Brain Boot Camp classes are hosted once a month at the UCLA Longevity Center. To find out about upcoming classes, or to reserve a spot in a class please contact: 310-794-6314 or cfanous@mednet.ucla.edu.

Study Predicts Most People with Earliest Alzheimer's Signs Won't Develop Dementia Associated with the Disease

UCLA Fielding School of Public Health researchers determine risks based on age, gender and biomarker screening

By Stephanie Cajigal – UCLA Health



obencem/123rf.com

whether or not a positive screening test means a patient is likely to develop Alzheimer's disease dementia," said Ron Brookmeyer, the study's lead author and a professor of biostatistics at the Fielding School. "These estimates may reassure some people that despite testing positive on screening tests, their chances of developing Alzheimer's disease dementia are low."

Brookmeyer and Nada Abdalla, a doctoral candidate at the Fielding School, drew data from previous studies

that tracked the progression of Alzheimer's disease in thousands of people and included that information in a computer model that also incorporated published U.S. death rates. They found, for example, that a 60-year-old woman without any biomarkers for Alzheimer's has about a 20 percent chance of developing Alzheimer's disease dementia. A woman of the same age would have a 96 percent chance if she already has shown some decline in memory and thinking skills and if biomarker screening has detected amyloid protein and neurodegeneration in her brain.

Men have a lower risk of developing Alzheimer's disease dementia because their average lifespan is shorter. A 60-year-old man with no biological signs of Alzheimer's, for example, has about a 14 percent risk for developing Alzheimer's disease dementia, according to the paper. Brookmeyer said interventions to slow the progression of the disease could significantly lower a person's risk of developing Alzheimer's disease dementia.

During the past decade, researchers have identified new ways to detect the earliest biological signs of Alzheimer's disease. These early signs, which are detected by biomarkers, may be present before a person starts to exhibit physical symptoms. What biomarker screening doesn't reveal, however, is how likely it is that a person who tests positive will eventually develop the dementia associated with Alzheimer's disease.

That's where the new predictions from researchers at the UCLA Fielding School of Public Health may be helpful. In a paper published by *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, the authors lay out the probabilities that a person will develop Alzheimer's disease dementia based on age, gender and the results of biomarker tests, which can detect the presence of certain protein fragments in brain and spinal fluid or brain cell changes linked with the disease. The estimates show that most people with preclinical signs of Alzheimer's disease dementia will not develop the full-scale disease.

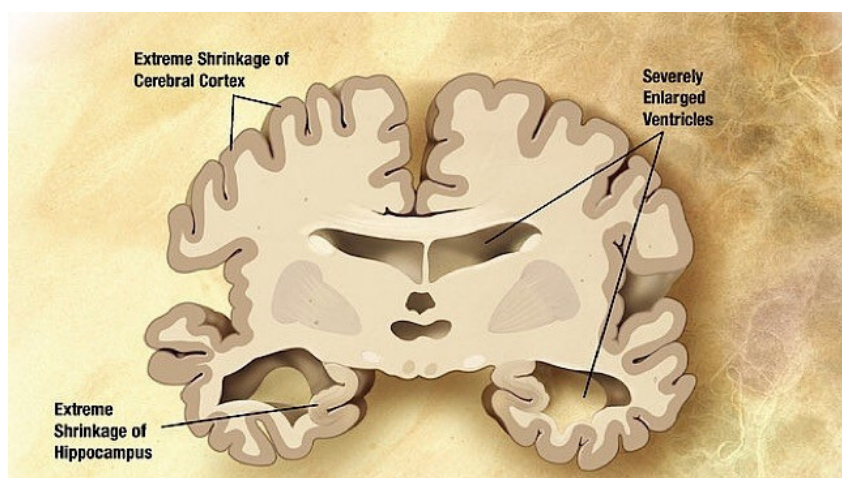
If not Alzheimer's, What is It? Memory Symptoms may be due to Other Conditions, and Often are Treatable

By Leigh Hopper – UCLA Health

Alzheimer's disease is the much-feared, most common cause of memory problems in the elderly. Sometimes, however, memory problems are caused by something else entirely, including conditions that can be treated if diagnosed, according to doctors at UCLA.

Here are three treatable conditions that can mimic Alzheimer's disease symptoms:

- 1) **Hypertension.** High blood pressure can cause memory loss and a slowdown in information processing, resulting in behavior that may resemble Alzheimer's disease. Symptoms may improve with effective treatment of hypertension, including changes in lifestyle and medications.
- 2) **Substance abuse.** Heavy alcohol use can cause memory loss, which can be mistaken for Alzheimer's disease. Cognition often improves when the person stops using alcohol.
- 3) **Psychiatric disorders.** Bipolar disorder and depression, for example, can cause memory loss. Adjustment to the patient's medications and an increase in physical activity may lessen these symptoms.



"There are multiple treatable problems that lead to memory loss," said Dr. David Merrill, an associate professor of psychiatry and biobehavioral sciences at UCLA. "Understanding these causes leads to better cognitive health because treatment for Alzheimer's is different from other causes of cognitive decline."

UCLA researchers are testing a new method to identify such problems.

In a recent, unpublished study of 22 patients at UCLA's Cognitive Health Clinic, participants had MRI scans, and scientists used a software program designed to measure the volume of multiple brain regions and computerized neuropsychological tests to evaluate the participants' brains.

Only five of the people with memory loss showed brain shrinkage patterns characteristic of Alzheimer's disease. The remaining cases were a combination of causes from vascular disease, depression, head trauma and substance abuse.

The results suggest that brain measurements could be used to rule out Alzheimer's and guide treatment, but the methods need to be studied further with more people.

Spotlight on UCLA Longevity Center Community Partners



Julia Evans, PhD

Julia Evans, Ph.D. is a licensed clinical psychologist and a community partner of the UCLA Longevity Center Brain Bootcamp Training Program. Dr. Evans received her bachelor's degree from the University of Southern California, where she studied neuroscience and business. She then obtained her Ph.D. in clinical psychology with an emphasis in neuropsychology from

Loma Linda University. There she led a research study evaluating neuropsychological and neurobiological outcomes following mild traumatic brain injury (mTBI). She went on to complete her pre-doctoral internship, specializing in neuropsychology at Vanderbilt University/ VA Tennessee Valley Healthcare System. Dr. Evans completed her post-doctoral fellowship in neuropsychology at UCLA, where she conducted clinical and research evaluations in the Alzheimer's Disease Research Center and departments of neurology and psychiatry.

Dr. Evans is the founder of the Brain Wellness Institute in Newport Beach, CA., where she works alongside other psychologists, psychiatrists, and physician assistants to provide mental health services, with an emphasis on integrative wellness. Dr. Evans specializes in neuropsychological evaluation, cognitive rehabilitation, and psychotherapy. She works with a variety of clients, with particular focus on the adult and geriatric populations. Dr. Evans' clinical areas of interest include traumatic brain injury, stroke, Alzheimer's disease and other dementias, attention deficit disorder, and mood disorders such as major depressive disorder, bipolar disorder, and anxiety. Dr. Evans incorporates a range of therapeutic treatments, including cognitive behavioral therapy, interpersonal therapy, and mindfulness. Her goal is to provide alternative and complimentary treatment opportunities at the Brain Wellness Institute in the near future, including acupuncture, physical therapy, and yoga. Dr. Evans is excited about the Brain Wellness Institute partnership with the UCLA Longevity Center.

Contact Dr. Evans at (949) 743-1457 or drjuliaevans@brainwellnessinstitute.com



Karen Owoc, CEP

Karen Owoc, CEP, is a community partner of the UCLA Longevity Center Brain Bootcamp Training Program. Based in the San Francisco Bay Area, she is partnering with us to deliver our training program to a wider audience in Northern California. Karen is a native Californian and recognized for her creative demonstrations, effervescent style, and passion for teaching good health. She is the health expert on KRON 4 Morning News and can be seen every weekend as she condenses the latest in medical science into everyday practical tips for their viewers. As the recurring health expert for ABC 10's lifestyle show in Sacramento as well, Karen transforms real food into edible art. She cooks up doable and delicious meals that feed both the body and the brain.

Growing up, Karen enjoyed participating in and following many types of sports. She taught skiing

(Continued on page 7)

at Squaw Valley Ski Resort in Olympic Valley, California and trained on their freestyle ski team. Because of her experience as a competitive athlete and family history of early death from heart disease, stroke and cancer, Karen focused on a career path where exercise is prescribed as medicine.

Karen is a vibrant presenter and medical fitness professional specializing in disease and injury prevention; nutrition education; weight management; and exercise programming for adults with orthopedic disorders, cancer, diabetes, and cardiovascular, neurodegenerative, and pulmonary disease. She is a clinical exercise physiologist, certified by the American College of Sports Medicine, with a Bachelor of Science degree from California State University, Sacramento, in Kinesiology with a concentration in Biodynamics. In addition, Karen holds specializations in Cancer Exercise Training from the American College of Sports Medicine as well as Orthopedic Exercise and Fitness Nutrition from the American Council on Exercise.

As a health writer, Karen's articles have been published by various national media outlets as well as USA Gymnastics and USA Volleyball publications. She received the San Francisco Press Club Award in 2014 and is the author of *Athletes in Aprons* – her upcoming book that puts an entertaining sports spin on longevity. The Longevity Center is excited to partner with Karen in her efforts to increase accessibility to our programs for individuals, groups, businesses and professional organizations.

Contact Karen Owoc at (925) 735-0700 or www.brainbootcamp.org

Dawn G. Mills, BSG, CLPF, CMC

Dawn G. Mills, BSG, CLPF, CMC, has made guiding and caring for seniors her life's work and passion. Dawn is a graduate from the USC Leonard Davis School of Gerontology, a Certified Care Manager with the National Association of Certified Care Managers, a California Licensed Professional Fiduciary, a member of the Professional Fiduciary Association of California (where she served on the Ethics Committee), and an Advanced Professional member of the Aging Life Care Association.

In the course of her career, Dawn has acted as a Care Manager in both the public and private sectors, operated assisted living communities, developed staff training programs for the care of seniors, coordinated dementia programs and currently serves as a Fiduciary for Conservatorships, Trusts, and Estates. These experiences have given Dawn a wealth of knowledge, hands-on expertise and a proven track record in maintaining and improving the quality of life for seniors.

Sincere care, compassion and professionalism are the qualities of care management that Dawn provides, which include assessing unmet needs, coordinating services and acting as a health care advocate. Children of seniors also benefit from her expertise and support, as she provides solutions and assistance to aging parents.

A California native, Dawn is married and has two beautiful daughters. She loves the desert, is an avid reader, and is currently working on her first book, an homage to the seniors with whom she has been so privileged to work.

Dawn Mills is very proud to be a Community Partner with the UCLA Longevity Center Brain Bootcamp Training Program, and excited to share this beneficial program with seniors.



Contact Dawn Mills at (310) 994-7963 or Dawn@CareFiduciary.com



Michelle Gillette

Michelle is an Optimal Brain Health Coach, Life and Wellness Coach and FocusTV Show Host, passionate about sharing the latest findings in mind and body wellness, functional medicine and nutrition, and positive psychology. She has a special focus on brain health, optimal performance and early Alzheimer's prevention. As such, she is deeply committed to the practice of inspiring wellness: getting multiple generations excited about their potential and translating research and advice so people can optimize their brain health.

She troubleshoots to help make the implementation stage doable and the habits sustainable.

According to Michelle, "The Alzheimer's statistics and headlines are daunting, and they are enough to scare anyone. But epigenetics have taught us that early interventions have the ability to transform current and future health in many people. I believe it is time to add another voice to the conversation: one of hope and guidance about early prevention tactics, because only then can we attempt to get our arms, and brains, around this. Thankfully, there are amazing pioneers out there doing research and guiding us. As a coach, I can help with the implementation, walking clients through in a supportive, meaningful, and effective way." She coaches one-on-one and in groups, and presents to corporations, executives and staff, clubs, and schools, tailoring each presentation to her audience.

After graduating from UCLA, she moved to Chicago and by age 30 she became the Senior VP of a successful LA-based hedge fund. She loved her career and the fast pace of the industry, but after becoming a mom, she traded in her suit and stilettos for a more flexible "encore" career that fueled her passion for wellness and optimal living. She now coaches clients on strategies to make their lives healthier and more fulfilling. She loves learning and continues to take classes offered by the UCLA Longevity Center.

**Contact Michelle Gillette at (213) 361-1824 or michelle@toolstothrive.com
www.Thriveandflycoaching.com**

Instagram: [aging.gracefully](https://www.instagram.com/aging.gracefully) - LinkedIn: www.linkedin.com/in/michelledaygillette

Our certified memory educators and community partners have a varied professional background and all share an interest in helping people improve their cognitive abilities and brain health. Our brain trainer certification programs are available for individuals and organizations. For information on licensing a UCLA Longevity Center program, please contact:

Christina Domer, M.A.
Ph: (310) 206-1675
Email: cdomer@mednet.ucla.edu



Brain Trainer Certification Programs

Memory Training

4-week course for people with normal, age-related memory challenges

Memory Fitness

6-week course for people with mild cognitive impairment, adaptable for dementia patients

Brain Boot Camp

3-hour course for people with normal aging, mild cognitive impairment, and adaptable for dementia patients

UCLA Biologists ‘Transfer’ a Memory

Research in marine snails could lead to new treatments to restore memories and alter traumatic ones

By Stuart Wolpert – UCLA Health

Christelle Snow/UCLA



David Glanzman, senior author of the study, holding a marine snail.

UCLA biologists report they have transferred a memory from one marine snail to another, creating an artificial memory, by injecting RNA from one to another. This research could lead to new ways to lessen the trauma of painful memories with RNA and to restore lost memories.

“I think in the not-too-distant future, we could potentially use RNA to ameliorate the effects of Alzheimer’s disease or post-traumatic stress disorder,” said David Glanzman, senior author of the study and a UCLA professor of integrative biology and physiology and of neurobiology. The team’s research was published May 14, 2018 in *eNeuro*, the online journal of the Society for Neuroscience.

RNA, or ribonucleic acid, has been widely known as a cellular messenger that makes proteins and carries out DNA’s instructions to other parts of the cell. It is now understood to have other important functions besides protein coding, including regulation of a variety of cellular processes involved in development and disease.

The researchers gave mild electric shocks to the tails of a species of marine snail called *Aplysia*. The snails received five tail shocks, one every 20 minutes, and then five more 24 hours later. The shocks enhance the snail’s defensive withdrawal reflex, a response it displays for protection from potential harm. When the researchers subsequently tapped the snails, they found those that had been given the shocks displayed a defensive contraction that lasted an average of 50 seconds, a simple type of learning

known as “sensitization.” Those that had not been given the shocks contracted for only about one second.

The life scientists extracted RNA from the nervous systems of marine snails that received the tail shocks the day after the second series of shocks, and also from marine snails that did not receive any shocks. Then the RNA from the first (sensitized) group was injected into seven marine snails that had not received any shocks, and the RNA from the second group was injected into a control group of seven other snails that also had not received any shocks.

Remarkably, the scientists found that the seven that received the RNA from snails that were given the shocks behaved as if they themselves had received the tail shocks: They displayed a defensive contraction that lasted an average of about 40 seconds.

“It’s as though we transferred the memory,” said Glanzman, who is also a member of UCLA’s Brain Research Institute.

As expected, the control group of snails did not display the lengthy contraction.

Next, the researchers added RNA to Petri dishes containing neurons extracted from different snails that did not receive shocks. Some dishes had RNA from marine snails that had been given electric tail shocks, and some dishes contained RNA from snails that had not been given shocks. Some of the dishes contained sensory neurons, and others contained motor neurons, which in the snail are responsible for the reflex.

When a marine snail is given electric tail shocks, its sensory neurons become more excitable. Interestingly, the researchers discovered, adding RNA from the snails that had been given shocks also produced increased excitability in sensory neurons in a Petri dish; it did not do so in motor neurons. Adding RNA from a marine snail that was not given the tail shocks did not produce this increased excitability

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in sensory neurons.

In the field of neuroscience, it has long been thought that memories are stored in synapses (each neuron has several thousand synapses).

Glanzman holds a different view, believing that memories are stored in the nucleus of neurons. "If memories were stored at synapses, there is no way our experiment would have worked," said Glanzman, who added that the marine snail is an excellent model for studying the brain and memory.

Scientists know more about the cell biology of this simple form of learning in this animal than any other form of learning in any other organism, Glanzman said. The cellular and molecular processes seem to be very similar between the marine snail and humans, even though the snail has about 20,000 neurons in its central nervous system and humans are thought to have about 100 billion.

In the future, Glanzman said, it is possible that RNA can be used to awaken and restore memories that have gone dormant in the early stages of Alzheimer's disease. He and his colleagues published research in the journal *eLife* in 2014 indicating that lost memories can be restored.

There are many kinds of RNA, and in future research, Glanzman wants to identify the types of RNA that can be used to transfer memories.

Welcome New UCLA Longevity Center Board Member Neal Cutler



Dr. Neal Cutler is currently the CEO of Worldwide Clinical Trials, a global CRO that offers a full range of product development services to the pharmaceutical and biotechnology industries. Before this position, he was founder and director of California Clinical Trials from 1987-1999, which was one of the largest Phase I–III clinical pharmacology and investigational sites in the United States. This was expanded into a global CRO, also named Worldwide Clinical Trials, which he successfully merged into a subsidiary of UnitedHealth Group Inc. From 2000-2006, Dr. Cutler founded and served as president and CEO of Alamo Pharmaceuticals, LLC. Dr. Cutler is a board-certified psychiatrist and board-qualified in both neurology and clinical pharmacology. Dr. Cutler has authored over 278 publications, including 9 books on the topics of clinical pharmacology, aging, Alzheimer's disease, schizophrenia, anxiety disorders and diabetes.

Donations & Tributes February 2018 – August 2018

Donations

Benefactor Level (\$1000 – \$1999)

Schwab Charitable Mitchner Family
Philanthropic Fund
Trinity Health

Associate Level (\$250 – \$499)

Gail Burlant
Judith Carroll Survivor's Trust
Carole Eudice Goldberg Esq.,

Friend Level (\$100 – \$249)

Stephen Wise
Melinda Gandin
Harry Edward Tannenbaum
Courtney Beth Gross
Helen Lavretsky
Nancy Levitt

Supporter Level (\$50 – \$99)

Mindy Gandin
Gigi Small
Google, Inc.
Sandra Zeitzev

Tributes

In Memory of Pam Gluckman

Mindy Gandin

In Honor of Mrs. Patricia D. Grey

Gail Burlant

In Honor of Kiki Kaseff

Melinda Gandin

In Honor of Dean Ambrose

Carole Eudice Goldberg Esq.,

In Honor of Dean Ambrose

Nancy Levitt

To donate to the UCLA Longevity Center, please visit: www.longevity.ucla.edu (click on *Support* tab)

OR

Make a check out to :

UCLA Foundation Fund #601070

Mailing Address: UCLA Longevity Center

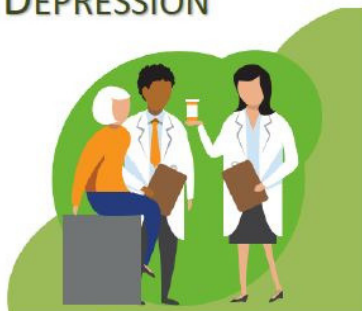
10945 Le Conte Ave. Suite 3119

Los Angeles, CA 90095

OPTIMIZE YOUR TREATMENT FOR DEPRESSION



ASK YOUR DOCTOR
ABOUT THE
OPTIMUM STUDY



OPTIMUM is a research study for participants
60 and older with difficult to treat depression.

- *Eligible participants are randomized to medication options:*

STEP 1: (for 10 weeks) Adding aripiprazole or bupropion to current antidepressant; or switch to bupropion

STEP 2: (for 10 weeks) Adding lithium to current antidepressant; or switch to nortriptyline

- The study team will assess your side effects and mood for up to 12 months.
- Study psychiatrists will provide medication recommendations to your primary care physician.

You may be eligible if you are

- 60 years or older
- Depressed
- Taking an antidepressant, but not feeling better.

Ask your doctor if you qualify.

For more information:

310-206-5240

LateLifeWellness@mednet.ucla.edu

Protocol ID: IRB#16-001829 UCLA IRB Approved Approval Date: 6/6/2017 Through: 11/30/2017 Committee: Medical IRB 3

UCLA Psychiatry and Biobehavioral Sciences

TAI CHI CHIH OR HEALTH EDUCATION AND WELLNESS FOR OLDER ADULTS



**ARE YOU SUFFERING
FROM DEPRESSION?**

ARE YOU OVER THE AGE OF 60?

The UCLA Late-Life Mood, Stress and Wellness Program in the Geriatric Psychiatry Division is conducting a 6-month research study involving 12 weekly 60 minute session of either a health and education wellness class or a Tai Chi class. Participants will undergo two functional magnetic resonance imaging (fMRI) scans. A complete psychiatric evaluation will be provided. Subjects will not be charged for participation and will be compensated.

You must be at least 60 years old. If you or anyone you know is interested in participating, call for an appointment to see if you qualify or for more information at: (310) 794-9523.

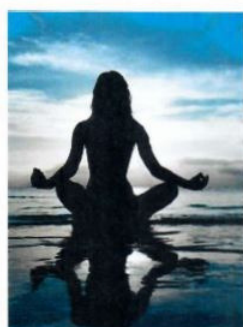
The study will be conducted by Helen Lavretsky, M.D.



Protocol ID: IRB#15-000184 UCLA IRB Approved Approval Date: 1/18/2017 Through: 1/11/2018 Committee: Medical IRB 3

UCLA Psychiatry and Biobehavioral Sciences

YOGA AND MEMORY TRAINING FOR WOMEN



- Are you a woman over age 50?
- Do you have high blood pressure, high cholesterol, heart problems, or diabetes?
- Do you have memory concerns?

THIS STUDY IS FOR YOU!

The UCLA Late Life Mood, Stress and Wellness Program is conducting a year-long research study including 12 weekly 60-minute sessions of yoga or memory training. Participants will undergo 2 functional magnetic resonance imaging (fMRI) scans. A complete psychiatric evaluation will be provided. Participants will be compensated up to \$250 and reimbursed for parking.

For more information please call (310) 267-5264.

This study is being conducted by Helen Lavretsky, M.D.

Group Education and Support
for Patients Newly Diagnosed
with Dementia, Alzheimer's,
and related Disorders

**For Patients and
their Partners**



- ◆ 1.5 hour sessions, once weekly for 5 weeks
- ◆ Led by a licensed psychologist who specializes in aging and memory loss
- ◆ Provides education and support for families to understand the diagnoses, and adjust to life changes
- ◆ Patients must be able to communicate and participate in their own therapy

Topics Discussed

Interventions for stress and anxiety, grief and loss, and depression

Intimacy and communication

Resources for help with memory loss and caregiving

Preparing for the future:
Advanced directives
Discuss patient needs and desires

Maintaining quality of life and adapting to new challenges and limitations

Covered by Medicare and other insurances

For more information please contact:
Christie Fanous at (310) 825-8761 or cfanous@mednet.ucla.edu



Protocol ID: IRB#17-001876 UCLA IRB Approved Approval Date: 5/31/2018 Through: 2/25/2019 Committee: Medical IRB 3



MAY 6, 2018

MSN Australia mentioned **UCLA research** in a story about the potential benefits of consuming curcumin.

MAY 9, 2018

Dr. Gary Small commented in a MedPage Today article about a study showing how depression, memory and small vessel disease intertwine in seniors.

JUNE, 2018

Dr. Helen Lavretsky, director of the late-life depression, stress and wellness research program at UCLA's Semel Institute, commented in Magenta about ways to keep your memory sharp.

JULY 24, 2018

Dr. Gary Small commented in an AARP story about how a healthy diet might lower dementia risk.

AUGUST 7, 2018

Dr. Gary Small commented in an AARP article about supplements for brain health.

AUGUST 27, 2018

A Dr. Phil segment airing on more than 57 local broadcast stations nationwide featured an interview with **Dr. Daniel Siegel**, a clinical professor of psychiatry, about improving overall mental and physical health.

CALENDAR OF EVENTS

Brain Boot Camp

An intensive, three-hour course that includes individualized healthy lifestyle programs, tips for a healthy heart and brain diet, and advanced memory techniques for learning and recalling names and faces. For more information, contact (310) 794-6314.

Memory Training

A course for people with mild memory concerns. Memory Training presents effective memory-enhancing techniques and is taught by certified volunteer trainers. For more information, contact (310) 794-0680.

Senior Scholars

A program for adults age 50 years of age or older to audit UCLA undergraduate courses taught by UCLA's distinguished professors. For more information, contact (310) 794-0679.

Winter Quarter begins January 7, 2018.
The registration deadline is December 7, 2018.

Brain Booster

Boost your brain with our 90 minute cognitive sessions. Led by our team of experts, presenters will provide information on healthy aging research and exercises that enhance overall cognitive function. For more information, contact (310) 794-0680.

Memory Care

A weekly, 3-hour program for memory-challenged, middle-aged people (age 65 and younger) and their loved ones. It teaches memory techniques and strategies to lower stress and stimulate the mind and the body and offers support for people with memory challenges and their caregivers. For more information, contact (310) 794-0680.

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