



Mission Statement: To provide the very best in clinical care, research, and education for patients and families with Alzheimer's disease and related disorders

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PHYSICIAN AS CAREGIVER

The following are comments made at the ADRC Participant Appreciation Luncheon at Dawson Memorial Baptist Church, February 2008, by Dr. John Brockington, Associate Professor of Neurology and Director, General Neurology Division.

It is an honor and a privilege to stand before you today and share my thoughts on the role of physicians as caregivers. Let me first say that virtually everyone is a caregiver in some way, either of ourselves or others or both, either personally or professionally or both, and so what I am about to share with you can be realistically generalized to include everyone here. I can only tell you of my experience, however, and then leave it to you to see how this may apply to you.

When I first started medical school, I thought of physicians as caregivers in a conventional sense of the word. That is, they saw patients and diagnosed their problems and gave them medicine or did surgery and basically helped them to try to get better. I thought, at that time, I would be a caregiver like that.

When I told some of my medical school professors that I really liked studying the brain and neurological problems and wanted to become a neurologist, some of them were a little concerned. They felt that a lot of neurological diseases could not be treated, and that I would be frustrated because I couldn't easily fix those problems. They measured success as a caregiver by whether or not patients got better. So I thought, okay, I will try to be a neurologist who does fix things, and maybe that way I would be a good physician.

And then I got married. I found out that not everyone wanted me to tell them what to do, even if I thought something was wrong and I could fix it. As a doctor, husband, parent and even as a son, it has been tempting for me to seek quick remedies. But not everything is so easily fixed. I learned this the hard way. Some people in my house might tell you I am still learning this the hard way. Just ask my wife how I "fixed" her gumbo the other night. And so I thought, maybe a caregiver should sometimes just be quiet and listen, and maybe that was really all some people wanted. Well then, I thought, I will become a good listener and maybe that way I could be a better physician.

I finished residency, and for a while went in to private practice, seeing patients every day, but I gradually started to feel that something was missing. I felt that even though I was treating patients as best I could, it somehow wasn't enough for me. The care I was giving was limited, but I wasn't sure why or how. But for some reason, I didn't think I was a very good caregiver. It may have been that the business aspects of private practice took too much precedence



John Brockington, MD

UAB ADRC OUTREACH AND EDUCATION

ALZHEIMER'S DISEASE IN THE AFRICAN AMERICAN COMMUNITY: MIND, BODY, AND SPIRIT ADRC ANNUAL CONFERENCE SATURDAY, SEPTEMBER 6, 2008

The ADRC will host our annual conference Saturday, September 6, at the Harbert Center. This year's event is entitled "Alzheimer's Disease in the African American Community: Mind, Body, and Spirit". The program will be held at the Harbert Center in downtown Birmingham from 8 am until noon.

There are over 84,000 Alabamians suffering from dementia. Although there is no cure, a proper diagnosis is important and treatments are available which may help the patient function better. A healthy lifestyle is important for caregivers and baby boomers who want to learn more about preventing dementia. In addition to providing a prevention message, the conference will focus on three aspects of Metabolic Syndrome: stroke, diabetes and nutrition. Obesity, insulin resistance with Type II diabetes and cardiovascular disease have been associated with increased risk of cognitive decline in later life. The conference will end with a spiritually based message to reinforce caregiver mental health and understanding.

There is no cost of attending this program, but registration is required and will only be accepted by mail or fax. Continuing Education will be offered to nurses and social workers for \$10. For more information contact Sharonda Hardy at (205) 996-7569.

PARTICIPANT APPRECIATION LUNCHEON FEBRUARY 29, 2008

The ADRC held our second annual Participant Appreciation Luncheon, Friday, February 29, at Dawson Memorial Baptist Church. Over 200 caregivers, patients and research participants enjoyed the opportunity to meet and eat lunch with the faculty and staff of the ADRC. The luncheon provides the Center an opportunity to thank our research participants, whom we consider our partners in finding better ways to diagnosis and treat Alzheimer's disease.

Each of the Center's physicians spoke to the group, including Dr. Marson, Center Director, who provided an update on the Center's activities. Dr. Marson also provided entertainment by playing a number on his harmonica.

Dr. David Clark spoke about differential diagnosis for Alzheimer's disease and dementias other than Alzheimer's. Dr. Richard Powers, who also serves as the Medical Director for the Alabama Department of Mental Health, gave an update on advocacy issues related to aging and dementia. Dr. Lindy Harrell talked about changes that have occurred during her 25 year career in caring for Alzheimer's patients. Dr. John Brockington's talk on "The Physician as Caregiver" is on page 1 of this newsletter.



(Clockwise from top left): Center physicians Dr. Lindy Harrell, Dr. David Clark, Dr. Richard Powers, and Dr. John Brockington address the luncheon attendees.



ADRC staff Shawntée Cruz and Penny Forsyth help greet and serve lunch to the luncheon attendees.

2008 HARPER FELLOWSHIP PROGRAM

The Harper Fellowship Program provides minority undergraduate students from Alabama's Historically Black Colleges and Universities an opportunity to spend part of their summer at the ADRC learning about Alzheimer's disease and research topics. The ADRC received 17 applications for two fellowship slots this year, with students representing Alabama A&M, Miles College, Stillman College and Oakwood University. The six week fellowship program has been devised to expand the students' professional skills and allow them to observe clinical care and research activities related to Alzheimer's disease.

The ADRC's 2008 Harper Fellows are RaSheda Gulley and Frank McGinnis. Ms. Gulley is a native of Midfield, AL and attends Alabama A&M University, majoring in Social Work. Mr. McGinnis is a native of Pensacola, FL and attends Oakwood University, majoring in Psychology. The ADRC partnered with the Minority and Health Research Center. The Minority and Health Disparities Research Center Summer Enrichment Program consists of a 4-week course on developing a career roadmap, enhancing scientific communication, and conducting research related to health disparities. The students will have opportunities to work with ADRC faculty mentors, participate in clinical care, observe research practices and conduct social assessments of patients through Alzheimer's of Central Alabama. This unique educational experience will serve as a springboard for these students, who are seeking to attend medical and graduate school.



Frank McGinnis and RaSheda Gulley are our 2008 Harper Fellows.

MEMORIAL DONATIONS: NOVEMBER 2007—JUNE 2008

The UAB ADRC is very grateful to those who through their contributions have advanced the Center's ability to discover the causes and effective treatments for Alzheimer's disease.

In memory of Lila Harper Addison

Cullman Regional Medical Center

In memory of Maurice Appuhn

John F. Appuhn

In memory of Christine Bugala

Stanley J. Bugala

In memory of Amelia Certa

Maria P. Hawkins

In memory of Bob Hand

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Dr. Huw F. Thomas

In memory of Thelma Veal

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Walter Duminski

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In memory of Katherine Weems

The UAB Educational

Foundation

If you are considering making a tax-deductible donation to support research taking place here in the Alzheimer's Disease Research Center at UAB, please know that we would be pleased to speak with you about the many philanthropic opportunities available. To contact us by phone please call 205-975-7240 or email us at tbrannan@uab.edu. You may also simply mail a check made payable to the UAB Department of Neurology and on the memo line please specify that the gift is for the ADRC. The check should be mailed to the following address:

UAB Department of Neurology
Sparks Center, Suite 350
1720 7th Ave South
Birmingham, AL 35294

DIRECTOR'S MESSAGE

The year 2008 has already been an exciting and active time for the Alzheimer's Disease Research Center (ADRC) at UAB:

- In May, after many months of hard work and preparation, we submitted our competing renewal application to the National Institute on Aging for five additional years of funding for the ADRC. This funding makes possible the many clinical, research, and educational activities carried on by the ADRC, and links the citizens of Birmingham, Alabama, and the Southeast as a whole to the standards of dementia care and research excellence mandated by the National Institutes of Health.
- Planning has been completed for our annual conference this coming September which will again address the topic of Alzheimer's disease in the African-American Community. This year the conference will discuss how common illnesses in African-Americans, such as vascular disease, stroke, diabetes, and also diet and nutrition, are related to increased risk for AD and related dementias. Members of the African-American religious community will also help participants understand how good health care practices are related to spiritual health and to a healthy mind.
- Our 2008 Harper Summer Fellowship was successfully completed under the direction of Dr. Roy Martin (see page 3). Harper Fellows Ms. RaSheda Gulley (Alabama A&M, Huntsville) and Frank McGinnis (Oakwood College, Huntsville) engaged in new and challenging classroom, research, and clinical experiences related to AD. The ADRC Harper Fellowship, named after nurse and researcher Mary Starke Harper of Tuskegee, annually provides outstanding undergraduate students from Historically Black Colleges in Alabama with a unique six week training experience at UAB in Alzheimer's disease and neuroscience.

This issue of the ADRC newsletter is also distinguished by the first of a planned series of personal reflections on dementia care by our Center clinicians and staff. Dr. John Brockington, one of our Memory Disorder Clinic neurologists, and the Director of Neurology outpatient services at the Kirklin Clinic, has written a very personal and thoughtful account of caregiving from the standpoint of a physician. I recommend it to you as an example of the kind of quality care you and your loved ones can expect to receive through the ADRC.

In closing, Alzheimer's disease has been called the coming epidemic of the 21st century. The faculty and staff of the UAB ADRC are working with you and the community to increase awareness, to offer education, provide diagnosis and treatment, and to carry out vitally important research on AD and related dementias. Your support of our efforts is invaluable to our fight. I encourage you to donate some of your time, talents and resources to the UAB ADRC as we carry on our mission to the people of Alabama and the Southeast.

Daniel Marson, JD, PhD

Participant Appreciation Luncheon, *continued from Page 2*

Ann Kirkland was honored as the Caregiver of the Year. Ann has cared for her mother, who is a patient of Dr. Harrell's for over 10 years. Ann lived with her mother until a stroke made home care impossible. Ann visits her mother twice daily in the nursing home to make certain that her needs are met. Ann regularly attends a support group and offers guidance and encouragement to other caregivers.



Dr. Harrell, Pete Roth, last year's award recipient, and Dr. Marson present the Caregiver of the Year award to Ann Kirkland.

PARKINSON'S DISEASE PAGE

Parkinson's disease affects normal control of movement, but are you aware that as many as 40% of the people who have Parkinson's disease (PD) also develop memory loss in the late stages of the disease? UAB has several longitudinal studies that are looking at memory loss in patients with PD. Please see the "ADRC Actively Recruiting Studies" section on page 7 for more information.

Below are helpful websites related to Parkinson's disease.

American Parkinson's Disease Association
1-800-223-2732

Focus on research, patient support, education and awareness.
www.apdaparkinson.org

We Move
1-866-546-3136

Comprehensive resource for movement disorder information and activities.
www.wemove.org

**American Parkinson's Disease Association
National Young Onset Center**
1-877-223-3801

Provide young adults diagnosed with Parkinson's disease information and support services.
www.youngparkinson.org

PD Trials
1-800-457-6676

Find up-to-date information on Parkinson's disease trials currently enrolling participants.
www.pdtrials.org

National Parkinson Foundation
1-800-327-4545

Provide patients and caregivers with resources and patients.
www.parkinson.org

National Institutes of Health
1-301-496-4000

Provides leadership and direction to programs designed to improve the health of the nation by conducting and supporting research.
www.health.nih.gov

**Michael J. Fox Foundation
for Parkinson's Research**
1-800-708-7644

Dedicated to finding a cure through aggressively-funded research and ensuring the development of improved therapies.
www.michaeljfox.org

Parkinson's Disease Foundation
1-800-457-6676

National presence in research, education and public advocacy
www.pdf.org



This peaceful fishing scene was painted by Marie. As evidenced by her skill level, she spent part of her professional career teaching commercial art at the community college level and continues to enjoy painting and creating other types of artwork. She lives with her daughter and enjoys her days at her adult day care center. "Telling Stories," Alzheimer's of Central Alabama's 2009 calendar of Alzheimer's artwork, is available for \$10. Call 205-871-7970.

and my relationships with patients and families suffered. It may also have been that in private practice, my interactions with other neurologists were limited, and to be an effective caregiver I needed more support.

When I started working at UAB, I still wasn't sure if I was really helping people. I did what I could in clinic, seeing patients with a variety of problems, often very complicated ones that other neurologists had trouble with. Sometimes I figured out one of those complicated cases, and I started to think that that was being a good caregiver, helping where others couldn't. I probably got a little full of myself then, but my wife helped me with that, too! I'm better now. In truth, I started to see eventually that I couldn't figure out every case, but I could give patients my very best effort and learn from other physicians who could help me provide good care. I would like to take a minute here to mention one physician in particular who, to me, has exemplified this kind of support, and that is Dr. Lindy Harrell. I have watched her warm interactions with patients and their families in the clinic. I have benefited from her advice and good spirit in learning how to treat Alzheimer's and other dementias. And I will never forget what she told me on one occasion, which is that Alzheimer's disease is a very "human" disease, in that it strikes at the very core of what makes us who we are as human beings. The toll this takes on patients and their families can be overwhelming, and physicians must not neglect what is happening on a social level, at home, in addition to what is happening on a scientific level, in the clinic or research laboratory.

About six years ago, I started working with the Alzheimer's Disease Research Center, in addition to seeing patients in the regular clinics. This is a highly regarded research center, as you all know, with many excellent scientists, neuropsychologists, nurses and physicians. Not all of them were doing what I was doing, but they were all contributing to Alzheimer's research. I started to realize that they were all providing care, too, and they didn't have to see patients in clinic and write prescriptions to do it. And I could see in their efforts that they cared deeply about their work.

Over time, I have come to see being a caregiver as all of these things, and that none are exclusive of the others. Seeing a patient and giving them a successful treatment is one way. Helping to make a diagnosis that is difficult for others to make is also a way of being a caregiver. Guiding someone through a difficult time, or just listening, is still another way. Doing research in a laboratory is giving care. Helping compile charts, answering the telephones, scheduling appointments, none of these are very glamorous, but all are examples of providing care that is not always recognized.

I think this is the essence of the matter. By trying to help those in need, contributing in whatever way one can to the best of one's ability, by using any and all resources available, one gives care. Again, it is my great privilege to stand before you and speak today as a physician. But I also stand beside you as a caregiver and as a family member of an Alzheimer's patient. We are all caregivers here, for the sick and the well, for family and friends and patients, and I do not think that there is any better thing to be.

Just for Fun...

Keep your mind active and healthy with games and puzzles like our beach-themed word search!

(Solution on Page 7)

BEACH BALL	PIER	TIDE	K	P	P	S	A	N	D	O	S	K	Y	W	P	L	G
BIKINI	SAIL	VACATION	B	O	A	T	V	Y	U	D	X	I	S	A	I	L	A
BOAT	SAND	WAVES	E	N	I	A	S	U	N	S	E	T	J	I	E	N	O
DUNES	SHELL		A	B	L	R	S	H	E	R	W	E	U	T	R	K	C
FUN	SKY		C	I	Z	F	U	F	S	W	I	M	M	I	N	G	E
HAT	STARFISH		H	K	R	I	M	U	I	A	E	C	H	B	D	J	A
KITE	SUN		B	I	L	S	U	N	Y	V	A	C	A	T	I	O	N
LOTION	SUNSET		A	N	T	H	E	A	Q	E	P	N	T	I	S	G	R
OCEAN	SURF		L	I	K	R	P	Z	C	S	U	R	F	D	U	X	E
PAIL	SWIMMING		L	O	T	I	O	N	R	Y	N	S	H	E	L	L	O

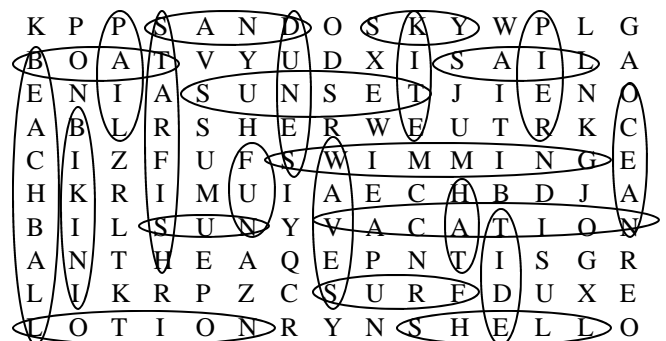
ADRC ACTIVELY RECRUITING STUDIES

Study Type	Study Title	Study Description
Memory Cognition Studies	Alzheimer's Disease Research Center Clinical Core	A study in which the cognitive, functional, and clinical changes of participants with Alzheimer's disease, mild cognitive impairment (MCI), Parkinson's disease and normal older adults are studied over 5 years to observe changes. Understanding these changes may help to develop new treatments for these conditions and the memory loss associated with their progression. Call (205) 934-3847.
	MILES (Measuring Independent Living in The Elderly)	This is a study of how people with mild memory problems and people without memory problems perform everyday tasks. The study will evaluate your everyday abilities, including looking up phone numbers, understanding medication labels, paying bills, and driving. Call (205) 934-3847.
	P.R.I.C.E.S. (Parkinson's Research Involving Changes in Everyday Skills)	This study examines the effects of mild memory loss in patients with Parkinson's disease on everyday skills, financial and medical decision-making in particular. We hope the results of this study will aid physicians in diagnosing and advising patients with memory loss and also aid policy-makers when making decisions regarding issues of competency and memory loss. Call (205) 934-4498.
Treatment Study	Exelon Patch	This is a 24-48 week study comparing the efficacy of 10 cm ² patch versus target Exelon 15cm ² patch in patients who have demonstrated cognitive decline in the initial open label treatment phase in patients with Alzheimer's Disease. All patients will receive medication. Call (205) 934-0946.

Additional memory and treatment studies are anticipated to begin in late 2008.

To learn more about these studies and to learn if you or your loved one can participate, please call (205) 934-3847.

Solution to Just for Fun word search on page 6.



JUST A CHAT WITH ROY MARTIN, PHD



Dr. Martin came to UAB in the Fall of 1995. Prior to joining UAB, Dr. Martin spent several years traveling from training site to training site in his quest to earn his doctorate degree in psychology. His journey began at Augusta College in Georgia where he earned his undergraduate degree, followed by a three year position as a psychometrist in the Department of Neurology at the Medical College of Georgia. Dr. Martin notes that it was during this time that he gained initial experience working with persons with AD and their families. He then went to Louisiana State University where he earned a doctoral degree in clinical psychology, which was followed by a clinical internship and post-doctoral fellowship in West Virginia.

Dr. Martin is currently an Associate Professor in the UAB Department of Neurology and has affiliate appointments with the UAB Center for Aging and UAB Psychology Department. Since arriving at UAB, Dr. Martin has been active member of the ADRC, as well as the UAB Epilepsy Center. Dr. Martin splits his time at UAB between his clinical neuropsychology practice and research work. He has most recently been actively involved with ADRC grant-related activities including working with the ADRC's Education Committee and serving as the Director for the Harper Summer Fellowship program. "This program was started last year with the goal of offering undergraduate minority students from historically black colleges in Alabama an opportunity to gain exposure and experience working in the areas of neurology, dementia research and clinical care," says Dr. Martin. "This program has been a wonderful experience for me to participate in helping these young adults to gain real world experiences that hopefully will shape their desire to pursue health-related careers in aging and dementia care."

When asked why he became interested in AD, Dr. Martin reports, "I first began working with patients and their families during my graduate training and was immediately impressed with how devastatingly the disease can affect ones life, but at the same time how each person brings their unique strengths and character to the table when facing the disease." Over the years Dr Martin. has been involved in research projects examining how AD affects ones ability to function in daily life, especially as it relates to changes in cognitive functioning. Dr. Martin also notes how much he has enjoyed working with the ADRC faculty and staff, a group whom he describes as exceedingly dedicated and devoted to caring for those persons with AD.

Dr. Martin notes that outside of work he is kept busy with an active family. His son recently graduated high school and now "faces the excitement of new opportunities ahead." His son will be attending UAB in the Fall term this year. His daughter will be enjoying her summer with family and friends and looks forward to moving up to 3rd grade. Dr. Martin says that he and his wife of 22 years have been truly blessed and "can't wait to see our children develop." Dr. Martin's wife Cindy works as a substitute teacher and enjoys the flexibility of the work schedule. He and his wife enjoy gardening and socializing with friends. He is also an avid reader and regularly plays basketball at the local recreation center. He notes that this activity causes his wife grief as she is adamantly afraid he'll "break his leg."



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