

vital: volunteers in touch with aging and life

Come On! Let's Get Moving & Grooving with IGROOVE!



Wake Forest University and Wake Forest University School of Medicine will receive \$3 million over five years from the National Institutes of Health (NIH) to help researchers take the next steps in nearly a decade of research that indicates dance can promote cognitive health.

The grant funds a new study called IGROOVE that will help researchers determine what kinds of dance, the frequency of the dance classes and what aspects of the dance class – music, social interaction, cognitive challenge - affect fitness, memory and brain health.

The research will be co-led by Christina E. Hugenschmidt, Ph.D., associate professor of gerontology and geriatric medicine at Wake Forest University School of Medicine, and Christina T. Soriano, M.F.A., dance professor and vice provost of the arts and interdisciplinary initiatives at Wake Forest University.

The study is highly innovative in its research techniques and methodology. The team will test outcomes for different “doses” of dance. Participants will attend classes one, two or three days a week for six months and either learn four different styles of dance or be randomized to a music appreciation class.

Dancing raises heart rate and also encourages social connections. Formal dances like the tango or classical dance are also cognitively challenging.

“We are thrilled that the NIH continues to support Wake Forest’s research on dance and how movement benefits brain health,” Soriano said. “Because dance is a fun and social activity, older adults may be more likely to keep dancing as they age.”

Preliminary results from these past studies suggest that improvisational dance can improve secondary symptoms of dementia that affect quality of life – including gait and balance challenges, mood changes, apathy and depression.

“In spite of all the promising findings about dance, very basic information is lacking that is available for other forms of exercise, Hugenschmidt said. “How often do you need to dance to see improvements in fitness and brain function? What about dance affects improvements - is it improved fitness, the music, social connections or cognitive challenges? This new study will help us answer these questions.”

Want to groove with us? Please see more information on IGROOVE on page 3 of this issue of Vital.

Spring/Summer 2023

What's Inside:

AgingWell Series	3
AHEAD	4
AMAZE Research Team	7
BEAT-AD	6
FOCUS	11
HALLO-P	2
IGROOVE	3
LIVES	9
MAP	10
Dementia Caregiver Research	5
PRECISE Pain Study	9
PREVENTABLE	11
SenNet	2
SNIFF combo	5
Sticht Center Staff Spotlight	10
SToMP AD	8



Could *When You Eat* be as Important as *How Much You Eat*?

The HALLO study is working to discover if certain eating patterns affect how we age.



Study participants will receive at no charge:

- Weekly nutrition and physical activity counseling with a registered dietitian & health coach
- A personalized report that provides before and after study results of your:
 - ✓ Bone density & body composition;
 - ✓ Blood lab values
 - ✓ Calorie Needs - Metabolism.

IRB 00072563

To be eligible, participants must:

- Be 60 years of age or older
- Not be taking insulin
- Be willing to attend weekly diet education classes

For more information call:

336-713-8539, option 3

or e-mail: HalloStudy@wakehealth.edu

WakeHealth.edu/BeInvolved



Do You Consider Yourself Healthy?

If so, we invite you to be a part of a research study that is designed to help us better understand how cells in your muscles age over time.

- This is an observational study, which means that there are no medications or lifestyle changes involved.
- You will be compensated up to \$150.00.
- This study only involves 4 visits over the 3-year study period: two visits in the first year and two visits 3 years later. Urine will be collected every 7 months throughout the 3-year study.

You may qualify if you are:

- ◆ Healthy and between the ages of 20-30.
- ◆ Not pregnant or have any disease limiting your abilities.

To learn more, please call: **336-713-8539, option 4**

or e-mail: SenNetStudy@wakehealth.edu

WakeHealth.edu/BeInvolved

IRB00077384

Do you enjoy dance and music? Want to be more social?

By joining the IGROOVE study, you can have fun and learn something new while helping to create knowledge about whether participating in the arts can improve heart and brain health. You'll have the opportunity to meet new people, learn new things, and be social, all while contributing to the future of aging care and research.

Did you know that physical activity, being social and cognitive challenges are all important for brain health as you get older?

You may qualify to participate if you:

- are 65 years old or older
- have concerns about your memory but no diagnosis of memory loss
- would like to be more physically active
- can commit to attend classes for up to three hours a week for six months
- enjoy movement and music
- not currently taking a dance class

IRB00086190



You will learn about music and movement from experts in our community and you will be compensated for your time.

For more information, please contact

Margaret Brown at:

336-713-MOVE (6683)

www.igrooveatwake.org

www.wakehealth.edu/IGROOVE



There has never been a better time for all of us to look at ways that we can stay healthy. This is especially true today as older adults can often be at a higher risk for more serious complications from the COVID-19 virus.

The *Virtual* **AgeingWell** Series
2023 healthy body • healthy brain

Now older adults, and those who love them, can stay connected and learn about ways to stay healthy- all from the safety and comfort of home- by participating in the FREE monthly *virtual AgeingWell Series!*

The **AgeingWell Series** is a 1-hour, on-line program that not only provides valuable information on different healthy living tips, but includes feature segments on topics such as "*EatingWell*" hosted by local chefs from area restaurants who provide cooking demonstrations of some of their most popular dishes. Also included in the monthly webinars are segments on either "*MovingWell*" with local trainers demonstrating different types of physical activities that are effective, safe, fun and can all be done at home, or "*LivingWell*" segments that guide the **AgeingWell** participants on cultural journeys that explore local destinations filled with interest and adventures!

This Series is sponsored by the Wake Forest Baptist Health, Sticht Center for Healthy Aging and Alzheimer's Prevention and is presented from **5:30-6:30 pm** on the **second Tuesday of each month** via **Zoom**.

To register, just e-mail: AgeingWellSeries@wakehealth.edu and you will be sent a link to join!

Help us get **AHEAD** of Alzheimer's Disease!



Did you know that brain changes related to Alzheimer's disease can begin up to 20 years before a person notices any symptoms?

The **AHEAD** Study is an exciting step in the fight against Alzheimer's disease.

The **AHEAD** Study tests whether an investigational treatment can slow or stop the earliest brain changes due to Alzheimer's disease in people with a higher risk of developing the disease later in life.

We're all in this fight together—researchers, study participants and study partners, family members, and friends. Finding a treatment that targets memory loss early could let us think ahead to a future without Alzheimer's disease.

Our study is the first of its kind to:

- Enroll participants as young as 55 years old who are at risk of developing symptoms of Alzheimer's disease as they get older;
- Use a blood test to rule out people not likely to be eligible based on amyloid PET imaging;
- Target the earliest changes in the brain due to Alzheimer's disease by enrolling participants with intermediate levels of brain amyloid;
- Use an approach that tailors dose levels of the investigational treatment to study participants' brain amyloid levels;
- Test an investigational treatment that has been shown to lower brain amyloid in people with symptoms of Alzheimer's.

We are looking for healthy adults who:

- Are between the ages of 55 and 80
- Have normal memory and thinking abilities
- Are willing to have an MRI and PET scan of their brain
- Have a family member or friend who can attend clinic visits once a year and answer questions about your memory and normal daily activities

To find out more about the study or to see if you qualify, please call 336-716-MIND (6463), or e-mail us at: MindADRC@wakehealth.edu

Feeling Forgetful?

Are you or a loved one having memory problems?

Why not join a research study?

SNIFF-Combo is testing whether the combination of 2 commonly used medications for diabetes can improve memory.

Participants will receive at no cost:

- A physical exam and memory testing
- Scans of your brain, and blood tests to check your general health. The results of some of these tests will be shared with you.
- Compensation for your travel and time.

You may be eligible to participate if you:

- Are between the ages of 55-85, are non-diabetic, and in general good health.
- Are currently experiencing memory problems or have a diagnosis of early/mild Alzheimer's Disease.

To learn more please call us at: **336-716-MIND (6463)**

IRB 75245



Acoustic Stimulation for Caregivers of People Living with Dementia

Cereset Research (CR), is a noninvasive brain feedback system that translates brainwaves into auditory tones in real time. CR supports improved balance of brain frequencies, which can relieve symptoms of stress, anxiety, and insomnia.

- Participants will receive six (6) sessions with ambient nature tones with or without added CR tones.
- Participants will be followed for about three (3) months after the intervention is completed.

You may qualify if you are:

- 18 years or older
- Currently a caregiver of at least 10 hours per week for a person living with dementia and are experiencing symptoms of stress, anxiety, and insomnia

This study involves:

- Six (6) sessions, (60 minutes each) listening to tones relaxing in a zero gravity chair
- Up to five (5) study visits



To learn more, please contact us:

336-716-9447

BBRP@wakehealth.edu

WakeHealth.edu/BelInvolved



IRB00078520



Can a healthy diet *improve* memory?

We need *your* help to stop memory loss in older adults.

The **BEAT-AD** study is a 9-month study testing two different diets that may improve memory function and brain health in older adults who are experiencing mild memory problems.

The two study diets being compared are:

Mediterranean-style low-carb (ketogenic) diet or American Heart Association low saturated fat diet.

Who is eligible for BEAT-AD?

You may be eligible to participate in the study if you are:

- 55–85 years old
- Currently experiencing mild memory problems but do not have dementia or Alzheimer's disease
- In good general health, and not taking medications for diabetes

What is involved when participating in BEAT-AD?

- Eligible volunteers will be placed in one of two groups at random, like flipping a coin
- One group will follow an American Heart Association low-fat diet for 4 months
- One group will follow a Mediterranean-style low-carb diet for 4 months
- Both groups will receive individual counseling with the study dietician, daily menus, and shopping lists.
- Participants receive a physical exam, memory testing, and blood tests to check cholesterol, blood sugar, and general health both before, during, and after the study. A clinician will review your results with you at the end of the study, and give you personalized dietary recommendations
- Participants will receive a lumbar puncture (a common medical procedure) to collect a small amount of fluid twice during the study to help us understand how the diets affect important chemicals that are related to brain health
- Participants will receive brain scans twice during the study that will help us understand how the diets affect the brain

To learn more, call us today at: 336-716-MIND (6463)



How Are You Sleeping?

AMAZE Research Team

Atrium Wake Forest *M*ovement And *Zzz*'s for *E*veryone

You may be eligible to participate in one or more of our research studies if you:

- Are age 65 or over
- Receive primary care through Atrium Health Wake Forest Baptist
- Have sleep problems, including trouble falling or staying asleep and/or poor nighttime sleep that results in daytime impairment



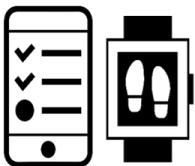
AMAZE Sleep Survey

Complete a one-time survey about how you are sleeping, including your typical sleep-wake schedule and how you feel during the day. IRB00090479



SWELL24: Sleep Well, Live Well

SWELL24 is a brief sleep education program to help older adults improve both daytime activities and nighttime sleep patterns. Participate in one or more parts of this study: (a) Two-part visit, including a brief sleep-health assessment to explore the relationship between nighttime sleep and daytime activities; or, (b) Four session sleep health education program. IRB00089122



PATINA: PATient INtegrated Assessment

Share your thoughts on using technology (smartphones, wearable devices) to help your provider capture a more complete picture of your health and provide tips on managing your health behaviors at home. IRB00091952

Please contact our team to learn more about any of the studies listed above:

AMAZEResearchTeam@wakehealth.edu

Phone: (336) 716-5604

ARE YOU, or IS SOMEONE YOU KNOW, HAVING MEMORY PROBLEMS?

TODAY is the day to start the conversation and **do something about it!**



BE INVOLVED. VOLUNTEER FOR A CLINICAL TRIAL

Researchers at the Alzheimer's Disease Research Center, part of Wake Forest University School of Medicine, are conducting a research study, **SToMP-AD**, to evaluate a new treatment for mild memory impairment or early Alzheimer's disease.

Participants will receive at no cost:

- A physical exam and memory testing.
- Scans of your brain, and blood tests to check your general health before, during and after the study. The results of some of these tests will be shared with you.
- Compensation for your travel and time.

You may be eligible to participate if you:

- Are over 60 years of age and in good general health.
- Are currently experiencing memory problems or have a diagnosis of early/mild Alzheimer's disease.
- Have a study partner who can attend some study visits with you and answer questions about your memory and general day-to-day activities.

What is involved when participating in SToMP-AD?

- Eligible volunteers will be placed in one of two groups at random (like flipping a coin). Half will receive the study drug and half will receive matching placebo capsules.
- Participants will receive study medication (or placebo) for 12 weeks, with 3 follow-up visits over the next 9 months. Total study participation will be for one year and may include up to 18 visits.
- Participants will receive a lumbar puncture (a common medical procedure) to collect a small amount of fluid twice during the study to look for the presence of a protein associated with Alzheimer's disease risk. The results of this test will be shared with you.

To learn more, call **336-716-MIND** (6463).
WakeHealth.edu/BeInvolved

IRB00067429

Interested In Your Brain Health?

You are invited to join the LIVES (Lifestyle Interventions for Vitality and Empowerment of Seniors) Study where participants will receive:

 **12 weeks of personalized exercise by trained health professionals**

 **FREE brain scan**

Must be
≥65
years old

Open to all
levels of
exercise
experience

Compensation
is available for
eligible
participants



IRB Number: 00024800

CONTACT US!

(336) 758 - 1748
lives@wfu.edu

This study is associated
with Wake Forest University

Check us out on
Facebook!



GOT PAIN? WE'D LIKE TO HELP.

You may qualify to participate in a research study on how to manage persistent pain more effectively.

The Study Includes:

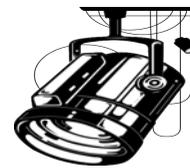
- Learn New Skills to Manage Pain
- Free FDA Approved Medication
- Free Parking
- Compensation Provided

336-716-5633

Pain_studies@wakehealth.edu
WakeHealth.edu/BeInvolved



Sticht Center Staff Spotlight on: Audrey Bell-Farrow



To say that Audrey Bell-Farrow, MBA, MHA, has literally grown up working in the field of research at (what is now) Wake Forest University School of Medicine would not be an exaggeration.

It all began just 41 short years ago in June of 1981 when she first got her first taste of research in a summer program hosted jointly by her university, North Carolina Central University and (what was then) Bowman Gray School of Medicine.

Little did she know then that the field of research would become her life's work.

Her career at Wake Forest School of Medicine has truly spanned the full spectrum of the research world, working the first 20 years in bench-top, basic and clinical research where she not only worked as a clinical coordinator but also as a laboratory supervisor.

The next phase of Bell-Farrow's work took her to the Comprehensive Cancer Center (CCC) as director of clinical research management for the next 13 years. This role soon expanded to include outreach for the CCC as well as the Maya Angelou Center for Health Equity and then the Sticht Center for Healthy Aging and Alzheimer's Prevention. Audrey now works with two programs that are close to her heart- the Alzheimer's Disease Research Center, where she serves as the Community

Research Coordinator and on an National Institute of Health (NIH) funded diabetes clinical trial.

Bell-Farrow says that her years with the organization have shown her the importance of research and that she hopes that her roles have provided a bridge between research and the benefits it has to the community!

She is quick to add that none of this would have been possible without the love and support of her husband of 41 years, Leon Farrow, her three children and five grandchildren.



Do you have memory concerns, forgetfulness or memory loss?

Previous research has shown that metformin may prevent the worsening of memory problems in people with mild cognitive impairment who do not have diabetes. Researchers at Wake Forest are testing the effectiveness of metformin as a treatment for memory decline in individuals with mild memory problems, such as forgetfulness or memory loss.

You may be eligible for the MAP study if you:

- Are between the ages of 55 and 90
- Do NOT have a current diagnosis of diabetes
- Have a study partner who can accompany you to a clinic visit every 6 months and answer questions about your memory and daily activities

To find out more about the study or see if you qualify, please call: **336-716-MIND (6463)** or

e-mail: MINDADRC@wakehealth.edu

Join the largest dementia prevention study.

You could help researchers understand if taking a statin can help adults aged 75 and over maintain health by preventing dementia, disability, and heart disease.



WHY IS PREVENTABLE IMPORTANT?

The benefits of taking statins for older adults without heart disease are not fully understood. By taking part in the PREVENTABLE study, you could help us learn if taking a statin is helpful for older adults like you.

HOW CAN I PARTICIPATE?

You may be a good fit for the study if you are 75 years or older, not taking a statin, and do not have:

- Heart disease (heart attack or stroke)
- Dementia
- A significant disability that limits your basic everyday activities



PREVENTABLE

Pragmatic Evaluation of eVENTs And Benefits of Lipid-lowering in older adults

IRB00079556

To learn more and to see if you qualify, please call us at 336-713-8659 or e-mail us at: jbetanco@wakehealth.edu

Are you a cancer survivor? Need more energy?



We are looking for cancer survivors age 65 and older to help us evaluate the effect of muscadine grape extract on fatigue.

Participation in this research study involves:

- 2 in-person visits and 4 visits by phone
- Completing surveys, blood draws, physical testing (walking, grip strength)
- Taking 8 capsules daily of muscadine grape extract or placebo for 12 weeks

You may be eligible for this study if:

- You are age 65 or older and had cancer in the past
- You feel fatigued

This study is open to all survivors regardless of where you were treated & you will be compensated for your time.

To learn more about the FOCUS trial please contact us:

336-713-4121 or focus@wakehealth.edu

Congratulations!

The winner of the \$100 drawing is
Mattie Bailey of Winston-Salem



To be eligible for our next drawing you only need to be a member of Vital. By receiving this newsletter by mail you are already a member!

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Wake Forest University School of Medicine is the academic core of Atrium Health.



Sticht Center for Healthy Aging
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