

WRAP Update

Newsletter of the Wisconsin Registry for Alzheimer's Prevention

See you soon!

You're invited to an Info Session near you. WRAP is hosting five informational sessions this spring. All WRAP participants are invited to attend and to bring along a friend or family members. These events are an opportunity for our study's researchers and staff to meet and talk with research participants, share new discoveries, and answer your questions. Light refreshments will be served at each event.

There's no cost to attend, but we do ask that you RSVP.

Spring 2023 Info Sessions

- April 25 - Neenah
- April 29 - Milwaukee
- May 2 - Madison West
- May 6 - Madison East
- May 9 - La Crosse

RSVP today

Contact your study coordinator or email us at wrap@medicine.wisc.edu. Be sure to mention which event you're planning to attend and number of guests. Find out more about the events by scanning this QR code:



wrap.wisc.edu/infosessions

WRAP enters new phase of research

By Sterling Johnson, PhD, Principal Investigator, WRAP Study

Dear WRAP Participant, you are among the first to hear the news that funding for the WRAP study is being renewed and expanded with a five-year grant from the National Institutes of Health. This accomplishment is a testament to the impact this study is having in the world, and to each of you, our dedicated study volunteers, who make this possible. Thank you!

What will the next phase of WRAP look like? We will keep doing what has made the study so successful. Our research will continue in-depth measurement of memory and thinking abilities and measurement of biological markers of Alzheimer's disease and related memory disorders. We will keep our focus on lifestyle, health behaviors and genetics to find out what makes some people more susceptible to Alzheimer's and related diseases and others more resistant. We will continue to focus on prevention science: How can we prevent the disease from occurring? How can we slow it down when it's present? And how can we lower risk for dementia due to Alzheimer's disease or other causes?

In order to address these questions, we first need to identify the proteins that cause eventual symptoms of Alzheimer's disease. The WRAP team and others have discovered these proteins are detectable in blood samples. We have about 20 years worth of samples that will be measured for concentrations of certain proteins to see if disease onset and progression can be detected in these precious samples.

In a new partnership, we are connecting with UW School of Medicine and Public Health cardiovascular researchers to better understand connections between brain health and the vascular system that supports the brain. Vascular disease in the brain is a common cause of cognitive decline, and often co-occurs with Alzheimer's disease.

Importantly, this new award will provide resources to focus and expand our service and impact in communities of color. We want to ensure research conclusions are generalizable to all communities; we want to improve brain health in our participants; and we want to understand why dementia affects people of color at higher rates. Read more about the work happening at our WAI Regional Milwaukee Office inside this newsletter.

Because of you, discoveries from WRAP will eventually translate into better medical practice and accessible solutions for individuals, enabling a personalized medicine approach to preventing and slowing Alzheimer's disease. We're excited about the next five years of the project. I want to thank all of you, our dedicated research participants that make WRAP possible. I look forward to seeing you at an Info Session this spring. ☺

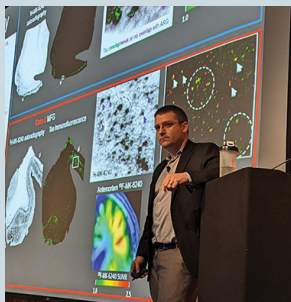


*Sterling Johnson, PhD
PI WRAP Study*

News Briefs

Human Amyloid Imaging Conference

Researchers from UW–Madison, including WRAP, recently presented at the Human Amyloid Imaging conference, held January 11–13 in Miami, Fla. The three-day event focused on highlighting developments in neuroimaging research. Sterling Johnson, PhD, Tobey Betthausen, PhD, and Karly Cody, PhD candidate, led presentations on amyloid PET and tau PET imaging. UW researcher Matt Zammit, PhD, was awarded the conference’s Young Investigator Award.



– Tobey Betthausen, PhD at HAI conference.

Vilas Distinguished professorship

WRAP PI Sterling Johnson, PhD, was recently awarded a Vilas Distinguished Professorship. The award recognizes exemplary scholarship, teaching, and service.

The Vilas Distinguished Professorship is supported by the estate of professor, U.S. senator and UW Regent William F. Vilas (1840–1908). Funds from the Vilas Trust are made available to assist in research and scholarly activities; and are among the most prestigious awards granted by the university.

WRAP participant impact

Today, more than 20 years after its inception, the Wisconsin Registry for Alzheimer’s Prevention (WRAP) includes more than 1,700 research participants, many of whom return every other year to volunteer for the study. Each year, UW–Madison researchers publish dozens of research papers utilizing data contributed by WRAP participants. These are a few recent examples.

Blood marker p-tau217 a tool for disease detection

A study in Sweden used WRAP data to analyze a newly identified blood marker called p-tau217. The scientists found that this was a useful marker of disease progression even prior to symptoms, a finding that will be informative for studying the impact of new disease-modifying treatments. The potential identification of blood markers for Alzheimer’s disease detection is a substantial new development in the field.

Title: “Differential roles of A β 42/40, p-tau231 and p-tau217 for Alzheimer’s trial selection and disease monitoring”

Journal: *Nature Medicine*

Analyzing associations between sleep and cognition

A study by Lianlian Du, PhD and other UW researchers investigated associations between sleep problems, cognition and health, using data from WRAP participants. Three groups were identified: healthy sleepers, intermediate sleepers and poor sleepers; and the poor sleepers group ranked lower on all measures identified, including measures of depression, self-reported health, memory complaints, and cognitive composites. There were, however, no differences between sleep groups

on PET-based measures of amyloid. This study indicates that clustering techniques can be used to identify sleep characteristic subtypes which are associated with concurrent mental, physical and cognitive health, but not beta amyloid. Future research will follow this group over time and will also examine how other risk factors differ between sleep groups. The ability to identify persons’ risk factors has implications for clinical trial design and early intervention or prevention efforts.

Title: “Associations between self-reported sleep patterns and health, cognition and amyloid measures: results from the Wisconsin Registry for Alzheimer’s Prevention”

Journal: *Brain Communications*

Quantifying Alzheimer’s risk

A study by Corinne Engelman, PhD and other UW researchers compared biomarkers from WRAP, Wisconsin ADRC and ADNI participants, to analyze the APOE genetic effect on Alzheimer’s disease. They found the APOE-npscore provided a better model fit for all three CSF measures than APOE carrier status and allele count. The APOE-npscore reflects the genetic effect on neuropathology and provides an improved method to account for APOE in AD-related analyses.

Title: “Neuropathology-based APOE genetic risk score better quantifies Alzheimer’s risk”

Journal: *Alzheimer’s & Dementia*

Read more about these studies by searching their titles at pubmed.gov.

Building a future to remember

Update from the WAI Regional Milwaukee Office

Since its founding in 2008, the Wisconsin Alzheimer's Institute (WAI) Regional Milwaukee Office has been working to foster partnerships, deliver culturally appropriate education and training to providers, and offering outreach programs to those living with dementia and family caregivers. Enacting their motto, "Meet the people where they are," today the office reaches more than 30,000 individuals each year through its programs and services.

In 2023, the WAI Regional Milwaukee office launched a research refresh, an exciting new phase in its growth and journey, with the addition of three new study coordinators and an expanded launch of programs.



Community Engagement

WAI Regional Milwaukee Office's programs and services include dementia-related screening and cognitive testing, caregiver interventions, treatment planning, and community programs for people living with memory loss and family caregivers, including the



The Amazing Grace Chorus®, Coffee & A Chat, Drive-thru Health and Resource Fairs, and the annual event Breaking the Silence: Addressing Dementia in Communities of Color.



Research

As one of WRAP's research study sites, the WAI Regional Milwaukee Office is launching a new campaign to share the importance of participating in research. Each year, many WRAP participants attend study visits in Milwaukee. Participants can also enroll in the African Americans Fighting in Midlife study (AA-FAIM), a sub-study of WRAP, which is designed to understand how mid-life modifiable risk factors impact African Americans at risk for Alzheimer's disease. ☞

Open Studies

Dementia Care Research Project

The Center for Health Disparities is conducting a Dementia Care Research Project; an opportunity for people with memory concerns and their caregivers to get involved in dementia care research.

Dementia care research focuses on understanding how to improve the quality of life for people with memory concerns and their caregivers by examining the care they receive at home or within the health-care system. The research coordinators are looking for people with memory concerns, Alzheimer's disease or other dementia and their caregivers to join the study together.

Caregivers must be English speaking, 18 years or older, and have regular contact with the people they are providing care for. Professional caregivers are not eligible.

Contact:
Phone: (608) 262-5553
Email: caregivercore@medicine.wisc.edu

Keynote Speakers

Mark Sager, MD
Art Walaszek, MD



Antonio Freeman,
former NFL Green Bay
Packer

9th Annual Minority Health Month Event

Breaking the Silence:
Addressing Dementia in Communities of Color

April 21, 2023

Italian Community Center
631 E. Chicago St.
Milwaukee, WI 53202

www.wai.wisc.edu/breakthesilence

Program

Breakfast & Networking

Resources & Information

Performance by
The Amazing Grace Chorus®



Wisconsin Alzheimer's Institute
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH
Regional Milwaukee Office

Researcher Spotlight

Maria Mora Pinzon, MD, MS, FACPM

Dr. Mora Pinzon is a physician, scientist and assistant professor at the University of Wisconsin School of Medicine and Public Health. She has worked with the Wisconsin Alzheimer's Institute for 6 years, where her work supports educational activities to provide healthcare professionals and caregivers with the skills and knowledge they need.

Q: Can you tell me about a interesting study you've recently contributed to?

I am very proud of the paper that we published last year describing the WAI Dementia Diagnostic Clinic Network. The network is formed by over 35 clinics across the state; these belong to different healthcare systems and independent practices, and they serve people interested in getting a diagnosis close to home. Our paper described the 20 years of experience of the network and how physicians, nurses, social workers, and neuro-psychologists work together to provide high-quality care to the people of Wisconsin. Some of our clinics are also part of WRAP, they are our experts, and they help us to use what we learn in research in the everyday clinic.

Q: What comes next?

My work specifically is about improving access to care for Alzheimer's disease and related dementias. Access means getting the right care, at the right time, in the right place. To improve access, we need to provide people with the knowledge and tools to seek care, but also, we need to provide healthcare providers with training and resources to help their patients. My research right now is specifically working with Latino communities

and partners to analyze some of the barriers, and identify solutions that can be expanded across the board. For example, during



Maria Mora Pinzon, MD, MS, FACPM, Assistant Professor

summer and fall 2023 we will have a multimedia educational campaign and memory screenings at health fairs and other community settings. In 2024 we will start working with some clinics across the US on learning more about their experiences.

Q: After years of working in Alzheimer's disease services, have you changed any of your personal behaviors?

Since I learned about the MIND diet, I feel guilty when I eat cheese. It is hard to take new habits and do things differently. Because of that, I share with my patients my struggles, hoping we can learn together and support each other in doing those changes. I have prioritized increasing the number of fruits and vegetables in my diet and reducing red meats. These days, I eat a soy-based meal or other protein-rich foods (e.g. lentils, beans, and tempeh) at least twice a week. But reducing the amount of cheese I eat is hard in Wisconsin. We have so many award-winning cheeses—I make sure that if I am eating cheese it is high quality and I make it count!

Q: Anything else you'd like to share with WRAP participants?

Thank you! Each of you makes a difference. Everything we learn from you helps us learn how we can prevent and provide an early diagnosis. And every day we are getting closer to treatments to help those living with dementia.

WRAP Update

A newsletter of the Wisconsin Registry for Alzheimer's Prevention (WRAP). WRAP is conducted at the University of Wisconsin School of Medicine and Public Health.

Funding for WRAP is provided by the National Institute on Aging and the University of Wisconsin School of Medicine and Public Health.

WRAP PHONE: 608-265-5834

WRAP FAX: 608-890-3705

EMAIL: wrap@medicine.wisc.edu

WEB: wrap.wisc.edu



Wisconsin Registry
for Alzheimer's Prevention
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH



AA-FAiM

African-Americans Facing Alzheimer's in Midlife

A WRAP sub-study with an opportunity to learn health information, join wellness programs and participate in research.

Study visits offered in Milwaukee or Madison.

To find out more,
please call:

(608) 264-3365
or (608) 264-2970