Sources for Information and Support

- Alzheimer’s Association
  Website: www.alz.org
  Phone: 800-272-3900
  Email: alzinfo@alz.org

- Alzheimer’s Disease Education and Referral Center (ADEAR)
  Website: www.alz.org
  Phone: 800-272-3900

- National Cell Repository for Alzheimer’s Disease Hereditary Genomics Division
  Website: www.ncrad.org
  Phone: 1-800-526-2839
  Email: alzstudy@iupui.edu

- Alzheimer’s Association at Indiana University
  Website: www.alz.org
  Phone: 1-800-272-3900

- The 90+ Study – Studies of the Oldest-Old
  Website: www.lwcs.org
  Phone: 410-496-3330

- The 90+ Study Newsletter
  Website: www.pdf.org
  Phone: 1-800-311-3435

- The National Alzheimer’s Project Act (NAPA)
  Website: www.alz.org
  Phone: 800-272-3900

- The Oldest-Old are the fastest growing segment of the world’s population, but little is known about factors affecting the health of this age group. With the profound increase in people living to age 85 and beyond, research identifying factors that promote quality as well as quantity of life is needed.

- The 90+ Study was launched in 2003. In one of the largest studies in the world of people 90 and older, our goals are to understand the clinical, pathological, radiological, and genetic correlates of successful aging and dementia in the oldest-old.

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- The 90+ Study: A New NCRAD Coordinator

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mental ability testing, blood assays, genetic samples, and brain autopsy – all in moderation – are related to increased risk. Nevertheless, most individuals in the 

National Alzheimer's Project Act

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The goal of NCRAD is to collect and store data for nearly 25 years, the repository has been working on making genetic material available to researchers around the world. This year our biggest initiative is to develop genetic research using DNA of these remarkable subjects. In collaboration with NCRAD we are working on making genetic material available to researchers around the world. The wealth of data collected has shown that:

- Prevalence of disability continues to increase with rates tripling between ages 90 and 95 years.
- More exercise and participation in other activities may add years to life, but cause dementia appear to be able to overcome these changes and suffer from dementia.

Identifying the genes involved in Alzheimer’s disease and related dementias is of course no easy task. From among the thousands of gene candidates in the human genome, we need to determine which are involved in onset and progression, and which increase risk or offer protection.

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NCRAD in the News

NCRAD Welcomes New Advisory Council Members

Meet the newest member of our NAPA staff. Drew Mathell joined the Alzheimer’s Disease Research Center (ADRC) in November 2014 after graduating from the University of Colorado School of Medicine. Drew serves as a research coordinator. With his background in neuroscience, he assists with annual chart reviews. He also assists with annual chart reviews. He also assists with annual chart reviews.
mental ability testing, blood assays, genetic samples, and brain autopsy after death. Last year, we added brain-imaging to our procedures including magnetic resonance imaging (MRI) and amyloid positron emission tomography (PET).

The wealth of data collected has shown that:
- • Wine, beer, hard liquor or coffee – all in moderation – are related to better mental ability. 
- • Prevalence of disability continues to increase with rates tripling between ages 90 and 95 years.
- • People with hypertension are, surprisingly, less likely to suffer from dementia.
- • Memory loss and dementia correlate poorly with brain findings on autopsy. 
- • Eating a balanced diet including fruits, vegetables and whole grains, along with physical activity, has been linked to lower dementia risk.
- • Be neither too fat nor too thin for longer life.
10 Signs of AD

1. Memory loss
2. Difficulty performing familiar tasks
3. Problems with language
4. Disorientation to time and place
5. Poor or decreased judgment
6. Problems with abstract thinking
7. Misplacing things
8. Changes in personality
9. Changes in mood or behavior
10. Loss of initiative

For more information, call the Alzheimer’s Association at (800) 272-3900 or visit www.alz.org

National Cell Repository for Alzheimer’s Disease Hereditary Genomics Division
Health Information and Translational Sciences Building
410 West 10th Street, Suite 15, 4000
Indianapolis, IN 46202-3002

Phone: 1-800-526-2839
E-mail: alzstudy@iupui.edu
Website: www.ncrad.org
**10 Signs of Alzheimer’s Disease**

1. Memory loss
2. Difficulty performing familiar tasks
3. Problems with language
4. Difficulty completing daily tasks
5. Loss of initiative
6. Problems with abstract thinking
7. Changes in mood or behavior
8. Changes in personality
9. Loss of initiative
10. Confusion about time and place

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