

DC PrimCaRe Research Network  
Board of Directors  
Washington, DC

Dear PrimCaRe Research Network:

Alzheimer's disease (AD) is an increasing medical problem in the US. Because age is the most important risk factor for AD, prevalence is likely to reach epidemic proportions in the coming decade as the baby boomers become of age. Finding means to prevent or cure AD is therefore an important public health goal. This goal can only be achieved through collaborative research.

The purpose of this letter is to solicit your support to find a cure for Alzheimer's disease by becoming part of our Alzheimer's disease research network. In an effort to expand the bounds of current knowledge on the treatment and prevention of AD, we are conducting several research studies that may be of interest to your patients. Specifically, we are looking to enroll individuals with the following characteristics:

- Persons age 50 years or older with memory concern or have family members with memory concern

If a patient from your office successfully enrolls in one of our studies, we would be glad to discuss incentives with you as a collaborating physician. Additionally, we want to involve a member of your office staff who has significant patient interaction. This individual will receive \$50 for each patient who successfully enrolls. Successful enrolment is defined as someone who is able to participate in the study after completing the screening process.

Attached you will find a summary of the studies that are currently ongoing and the criteria for participation. Together, we can conquer Alzheimer's disease in all facets. Please, do not hesitate to contact me if you need any further information.

Sincerely,

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## **Geriatric Research Summary**

### **Huperzine A**

Purpose: To determine whether the use of natural Huperzine A can reduce memory loss in Alzheimer's Disease.

Criteria:

- Be 55-90 years
- Must be diagnosed with probable AD
- May not use a cholinesterase inhibitor
- MMSE score 10 – 24

### **MIRAGE**

Purpose: To evaluate genetic and non-genetic risk factors for Alzheimer's disease.

Criteria:

- Be 50 years or older
- Must have a full sibling (living or deceased) with probable or definite AD

### **DHA – Docosahexaenoic Acid**

Purpose: To determine the effects of DHA, an omega 3 fatty acid, in slowing the progression of Alzheimer's Disease.

Criteria:

- Be 55-90 years
- Must be diagnosed with probable AD
- MMSE score 18-26

### **Gene, Exercise, and Memory Study (GEMS)**

Purpose: To determine the impact physical activity has on cholesterol levels of individuals with Apo E2 and E4 genotype.

Criteria:

- Be 50-75 years
- Must be able to participate in a vigorous exercise program
- May not:
  - have a history of ulcers or bleeding disorder
  - use beta-blocker, thiazide, or cholesterol medication
  - smoke or have diabetes

## **Physical Activity and Cognition**

Purpose: To determine the extent to which the interactive effects of physical activity with APOE and HRT contribute to Alzheimer's Disease. An additional component will determine whether skin integrity improves with physical activity in postmenopausal black women.

Criteria:

- Be 50 years or older
- Females only

## **REVEAL III**

Purpose: To determine whether APOE genotype disclosure and risk assessment may be given safely through a condensed educational and counseling protocol and whether older individuals (with more imminent risk of AD) respond differently than younger individuals to APOE genotyping, disclosure and risk assessment for AD.

Criteria:

- Be 18 years or older
- May not:
  - have current untreated anxiety or depression
  - be currently experiencing cognitive difficulties
  - for family members with AD: age of onset cannot be less than 60 years