

BIDMC's Cognitive Neurology Unit

MEMORY A2Z NEWSLETTER

News ■ Resources ■ Research Opportunities ■ Education ■ Support

Update from the FDA: A Promising New Treatment for Alzheimer's Disease soon to be available



Lecanemab may offer Hope to those who Suffer from Memory Loss

As active investigators in multiple clinical trials targeting Alzheimer's disease, BIDMC's Cognitive Neurology (CNU) Team joins the FDA in celebrating the accelerated approval of **lecanemab** (to be marketed as **Leqembi**), a new anti-amyloid therapy that has been declared "a major victory" in the fight against Alzheimer's disease. In clinical trials, **lecanemab** has been shown to slow disease progression by approximately 27% in patients with Alzheimer's disease. Our clinical team has reviewed the available data and agrees that this, the *first medication to show a clear disease-modifying effect*, is an exciting new milestone in the treatment of Alzheimer's disease.

Once the FDA has given its final approval, we will be contacting interested patients to schedule screening evaluations with the Cognitive Neurology Team. To see whether **lecanemab** is the right treatment for you or your loved one, talk with your healthcare provider about the possible benefits and potential side effects associated with this new medication.

To add your name to the list of those interested in treatment with lecanemab:

- ◆ Click the **BLUE BOX** to Register Online.
- ◆ Our clinical staff will be scheduling interested patients for screening evaluations in the order in which their requests were received.

*We look forward to continuing the important work
of Fighting Alzheimer's disease together!*

**Register
Online**

Education HIGHLIGHT

Amyloid Plaque??

Tau Tangles???

What Happens to the Brain in Alzheimer's Disease?

CLICK the NIH bar for an informative video showing how Alzheimer's changes the brain

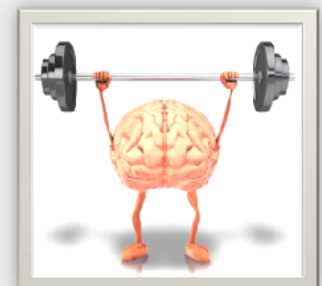


WELLNESS Programs in the CNU

For thousands of years, meditation has been used to achieve peace, tranquility, and relaxation. Research studies have demonstrated that meditation and mindfulness can have a profoundly positive impact on the brain.

The Mindfulness and Meditation Group offers 8-week group sessions three times per year during which participants learn meditation and stress management skills to improve wellbeing. The group meets via Zoom. For more details or to register for the next available session, call **617-667-4074**. Costs are generally covered by most insurance policies under the category of *Behavioral Health Benefits*.

The BrainFit Club (BFC) focuses on behavioral interventions such as cognitive rehabilitation, mindfulness, stress-reduction, and healthy lifestyle behaviors to optimize brain health, cognitive and socio-emotional functioning, and general well-being. We also provide services and resources for Caregivers.



Most services (and all groups) are currently offered via Zoom or similar virtual format. Groups typically meet 1 hour/week for 8 weeks and feature skill-building in the areas of Memory, Attention/Executive Function, and Mindfulness/Meditation. Caregiver Skills/Support, and Individual Wellness Assessments for diet and exercise regimens to optimize and sustain brain health are also available.

Click for more information:





Research Study in the Spotlight



The LeAD Study

Research has shown that the brains of people with memory problems can be more excitable than the brains of people without memory problems. Evidence from recent studies points to the possibility that this

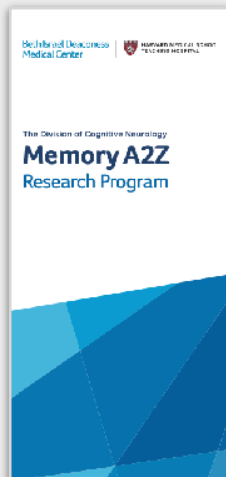
increase in brain excitability (hyperexcitability) may contribute to making memory problems worse. *The main purpose of the LeAD study is to see whether Levetiracetam (LEV), a medication commonly used to decrease brain hyperexcitability in people with seizure disorder, can also reduce brain hyperexcitability in people with mild cognitive impairment (MCI) and early Alzheimer’s disease (AD) to improve cognition (thinking). This study measures the safety and effectiveness of two different doses of LEV compared to a placebo to see if this medication*

LeAD Study Fast Facts:

Trial Type: *Treatment*
A Placebo-controlled Crossover Study

- ◆ **Age:** 50-90 years old
- ◆ **Diagnosis:** MCI or Mild Alzheimer’s
- ◆ **Duration:** 6 months; ~15 visits
- ◆ **Study Design:**
 - ◆ *Baseline* procedures and testing
 - ◆ 4 wks Treatment #1; 4-wk Break
 - ◆ 4 wks Treatment #2; 4-wk Break
 - ◆ 4 wks Treatment #3; 4-wk Break
 - ◆ *Follow-up* procedures & repeat testing

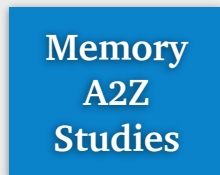
can improve memory and thinking in people with MCI or early AD, and if so, determine which dose is more effective. *If you qualify for and take part in this study, you will undergo all study-related visits and testing at no charge. The study requires approx. 15 visits over a 6-mo. period. You will be compensated for your time and for parking at the hospital. To learn more, call the LeAD Team at 617-855-8412. For information on Memory A2Z Research studies for MCI, AD, or Frontotemporal Dementia (FTD), click the blue box below or call 617-667-0249.*



LeAD
AHeAD
SYN-D



Gamma/GUARD
GIFTeD
New IDEAS



BIDMC's Cognitive Neurology Team

*Working together to provide Comprehensive Care
for Patients with Memory Disorders and their Caregivers and Families.*

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| ◆ Cognitive Neurology
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..... |
| ◆ Neuropsychiatry
..... | ◆ BrainFit Club
..... |
| ◆ Neuropsychology
..... | • Mindfulness
..... |
| ◆ Social Work
..... | • Meditation
..... |
| ◆ Research
..... | ◆ Caregiver Support
..... |

For more information, Click on a Specialty or Service.

Additional Resources

Alzheimer's Disease & Related Dementias - National Institute on Aging:
<https://www.nia.nih.gov/health/alzheimers>

Alzheimer's Association:
<https://www.alz.org/help-support/i-have-alz/programs-support>

MCI Caregiver Support:
<https://www.caregiver.org/resource/mild-cognitive-impairment-mci/>

More Information on Amyloid Therapy:
<http://www.cognitiveneurologyunit.com/amyloid/>

*Interested in receiving, or sharing this Newsletter
with a family member or friend?*

Click the link below to add your/their Name and Email Address to the
CNU Mailing List: MemoryA2Z@bidmc.harvard.edu
and type "Newsletter" in the subject line.

