Fishing for remedies in cognitive decline

I f you enjoy a salmon fillet at least once a week, and also include broccoli and leafy greens in your daily diet, you may be practicing the best defense against Alzheimer’s disease. Population studies have indicated a connection between acute foods and cognitive health, inspiring more investigation into the effectiveness of diet and dietary supplements for the prevention and treatment of neurological disease.

Dr. Lynne Shinto, N.D., M.P.H., is an OHSU assistant professor of anatomy and affiliate of the Oregon Center for Complementary and Alternative Medicine in Neurological Disorders (ORCCAMIND). She specializes in integrative medicine to treat neurological diseases. In her latest study, she will be expanding on the promising results of an earlier 1-year pilot study of the effects of fish oil and the antioxidant, lipoic acid in persons with Alzheimer’s disease. Lipop acid is found in many foods, such as broccoli and spinach, and its anti-oxidant effects are thought to protect brain and nerve tissues.

Previous studies have shown that people with the disease have low levels of omega-3 fatty acids, docosahexaenoic acid, or DHA. “A lot of people who fall DHA is really important in Alzheimer’s disease,” Shinto said. “DHA is clearly depleted in people with Alzheimer’s.” The omega-3 used in this study comes from fish and is taken in the form of fish oil capsules. It is not known yet whether the use of lipic acid combined with omega-3 can help prevent or slow the course of Alzheimer’s disease. However, results of the earlier study indicated that participants with Alzheimer’s disease in the placebo group showed a slowing of the Alzheimer’s disease process when compared to participants on placebo. Volunteers taking the supplements showed less decline, as measured by cognitive and activity of daily living assessments. Since inflammation, high lipid levels, and insulin resistance have each been associated with Alzheimer’s disease pathology, the combination of lipic acid plus fish oil has the potential to maximize therapeutic

Continued on page 2 . . .
The Layton Aging and Alzheimer's Disease Center

The Layton Aging and Alzheimer's Disease Center is one of 30 NIH Alzheimer's Disease Centers in the United States and the only one of its kind in Oregon. The Center is recognized as a national leader in dementia care and research, and is committed to serving the needs of people throughout the Northwest.

Patient Services

Our clinic is staffed by neurologists, nurses and psychologists who have expertise and interest in aging and dementia. Many of our staff work are actively involved in Alzheimer's disease and dementia research. We work together with other research partners and the service community to carry out studies in several areas, with particular focus on the oldest old (people over 80) and those with early-stage dementia.

Volunteering for Clinical Studies

To find out what our current clinical studies, please contact Joan Lee or Lisa Jener 503-494-7515.

The C. Rex and Ruth H. Layton Aging and Alzheimer’s Disease Center: 20 Great Years

May 7th, Center staff, research participants, friends and university partners gathered at OSUHS to celebrate 20 years of research and service to the community. The C. Rex and Ruth H. Layton Aging and Alzheimer's Disease Center was established in 1989 as The Oregon Alzheimer's Disease Center, with grants from the National Institute of Health. It is one of 50 National Alzheimer's Disease Research Centers in the U.S. Over these 20 years, the Center has conducted over fifty clinical trials, several of which have contributed to the approval of medications for Alzheimer's disease.

More than 20,000 patients have received 196,000 assessments in the clinic. Volunteer research participants now number over 4,000. Moreover, the independent NIH or VA funded research scientists in Oregon and throughout the country depend on the data and resources of the Layton Center to conduct on-going research.

At the celebration, Center director Dr. Jeffrey Kaye, M.D., expressed appreciation for the dedication of long-time staff and volunteers and the generous ongoing support of the Layton family. Doctors Mark Richardson, Dean of the School of Medicine, Daniel Doris, Vice President for Research, and Dennis Boudreaux, Neurology Department chair also added their gratitude. Each spoke about the importance of the research carried out by the Center, emphasizing its value in national and international resources.

As Dr. Kaye explains, “If we think about those with Alzheimer’s disease, 40% of the patients are actually surviving after their death. It is a time to cease, but to celebrate, to celebrate our efforts. I am excited to see years from now that phase begins.”

The C. Rex and Ruth H. Layton Aging and Alzheimer’s Disease Center marks 20th anniversary

Engineers discuss health technology in online study

A new Oregon Center for Aging and Technology (ORCATECH) working group targets a cohort of retired engineers and computer scientists. The study’s survey and design is devoted to evaluating insight, attitudes and beliefs about current and emerging technologies aimed at facilitating independent living and health of older adults.

The subject in this unique study will be individuals who log into the EHS website and sign the online consent form. Although anyone can sign on to the website, ORCATECH is specifically interested in finding technically skilled, retired persons who have an interest or expertise in the area of in-home health monitoring and/or have cared for or are currently providing care for another older adult.

Volunteers will participate in a social networking blog/online bulletin board that poses information about technology developments that enhance independent living. Participants will visit the site to read about a new topic presented every month for 6 months and respond to surveys and discussion. These surveys capture responses about current and anticipated use of specific technologies and values-based concerns related to technology development. The study also also assess participants to engage in discussions about new ideas in home-based health technology.

For more information, and to find out how you can volunteer for the study, visit: http://hsu.oregonstate.edu/EHS/
The C. Rex and Ruth H. Layton Center marks 20th anniversary

By William N. Layton Jr.

May 7th, Center staff, research participants, friends and university partners gathered at OHSU to celebrate 20 years of research and service to the community. The C. Rex and Ruth H. Layton Aging and Alzheimer’s Disease Center, now known as the Layton Center, was established in 1990 as The Oregon Alzheimer’s Disease Center, with grants from the National Institute on Aging. It is one of 50 National Alzheimer’s Disease Research Centers in the U.S. Over those 20 years, the Center has conducted over fifty clinical trials, several of which have contributed to the approval of new medications for the treatment of Alzheimer’s disease. More than 20,000 participants have received 196,000 assessments in the clinic. Volunteer research participants now number over 4,000. 80% independent NIH or VA funded research scientists in Oregon and throughout the country depend on the data and resources from the Layton Center to conduct their on-going research.

At the celebration, Center director Dr. Jeffrey Kaye, M.D., expressed appreciation for the dedication of long-time staff and volunteers and the generous ongoing support of the Layton family. Doctors Mark Richardson, Dean of the School of Medicine, Daniel Dorsa, Vice President for Research, and Dennis Slade, Executive Director of the Oregon Health & Science University Foundation, all added theirudos for the importance of the research carried out by the Center, emphasizing its role in national and national science.

As Dr. Kaye explains, “I think our ideas about disease causation have matured so that we are now in a phase where the exploratory basic knowledge of the past years is finally being rigorously tested. It is not a time to pause but to redouble our efforts. I am excited to see what this next phase brings.”

Fishing for remedies . . .

From the first page of a document.
To find out about our current clinical research opportunities, we are carrying out studies in several areas, including diabetes and dementia research. We are also actively involved in Alzheimer’s disease and related disorders research. Our Center has conducted over fifty clinical trials, several of which have contributed to the approval of medications for Alzheimer’s disease treatment. More than 20,000 patients have received 190,000 assessments in the clinic. Volunteer research participants now number over 4,000. Many independent NIH or VA funded research scientists in Oregon and throughout the country depend on the data and tissue resources of the Layton Center to conduct their ongoing research.

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For more information, please contact Jeffrey Kaye, M.D. presents Kip Layton with roses during the May 7th celebration of the Layton Center's 20th anniversary.

The C. Rex and Ruth H. Layton Aging and Alzheimer’s Disease Center was first established in 1989. It was named for Dr. C. Rex Layton and Ruth H. Layton, who have generously supported our efforts. I am excited to see what this next phase brings.”

To fishing for remedies... Continued from past page...

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Elaine Bloomquist is another Rose Villa resident who joined the ISAAC study at its inception. At the time, she was already enrolled in another OHSU research study. Though Elaine had some familiarity with using computers before enrolling in the ISAAC study, she attended the training classes offered at the beginning of the project. Since Elaine uses the internet regularly, mostly to research family health concerns, she is in finding information through Google. With MD and the Mayo Clinic website as her favorites for her use of finding in-depth information, Elaine sees that access to information about current research "stays in real-time hopeful aspects" of living with conditions affecting family members.

When Kathryn's son encouraged her to document her memories of life as a child during the Great Depression, she took on the project with the help of her ISAAC computer. On the computer, the process of 300 years of writing and compiling material from several sources. The resulting history combines information from her mother's writings, on-line genealogies, picture albums offered by several family members and, of course, Kathryn's own memories. The resulting history of the life as ISSAC participants, many residents of Rose Villa and Kathryn Thompson at the Layton Aging & Alzheimer's Disease Center at the Oregon Health & Science University.
Rose Villa residents embrace technology

Almost two residents of the Rose Villa retirement community in Milwaukie, Oregon keep up with the times.

Kathryn Thompson had some familiarity with computers before she joined the ISAAC study. Her son taught her how to use the Internet and how to send and receive email. However, she did not feel comfortable with using the computer for anything more than sending email and using the Internet for research. Kathryn's computer experience showed how she could benefit from using the ISAAC computer. She was interested in learning how to use the computer and how it could be helpful to her. Kathryn was pleased to learn how to use the computer and how it could be helpful to her.

Many residents of Rose Villa and Williams View, neighboring retirement communities along the Willamette River, participate in the research program. The community-based longitudinal study is designed to allow ORCATECH researchers to gather information about normal aging. The monitoring system provides baseline data about how participants change over time and also tests monitoring equipment that may someday be commonplace in the homes of older adults.

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Elaine Bloomquist is another Rose Villa resident who joined the ISAAC study at its inception. At the time, she was already involved in another OHSU research study. Elaine is particularly interested in research that could result in better and earlier detection of Alzheimer's disease. Her motivation comes from personal experience: She cared for her husband as he slowly declined due to the disease. She knows that early detection helps people to adopt strategies that may slow progression. She and her husband benefited from being able to plan how they would live with the disease.

Though Elaine had some familiarity with using computers before enrolling in the ISAAC study, she attended the training classes offered at the beginning of the project. Now Elaine uses the internet regularly, mostly to study family health concerns. She enjoys reading information on Alzheimer's disease and other health issues. She also enjoys sharing information with others about current research "studies using real hope filled approaches" of living conditions affecting family members.

Fishing for remedies in cognitive decline

If you enjoy a salmon fillet at least once a week, and also include broccoli and leafy greens in your daily diet, you may be practicing the best defense against Alzheimer's disease. Populous studies have indicated a connection between certain foods and cognitive health, inspiring more investigation into the effectiveness of diet and dietary supplements for the prevention and treatment of Alzheimer's disease.

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Dr. Shinto said. “DHA is clearly depleted in people with Alzheimer’s disease.” The omega-3 used in this study comes from fish and is taken in the form of fish oil capsules. It is not known yet whether the use of lipic acid combined with omega-3 can help prevent or slow the course of Alzheimer's disease. However, results of the earlier study indicated that participants with Alzheimer's disease in the lipic acid plus omega-3 group showed a slowing of the Alzheimer's disease process when compared to participants on placebo. Vitamins like those supplements offered less decline, as measured by cognitive and activity of daily living assessments. Since information, high-fiber, and similar treatments have been associated with Alzheimer’s disease pathology, the combination of lipic acid plus fish oil has the potential to maximize therapeutic benefits.

Various studies have shown that people with the disease have low levels of one type of omega-3 fatty acid, docosahexaenoic acid, or DHA. A lot of people feed DHA is really important in Alzheimer’s disease,” Shinto said. “DHA is clearly depleted in people with Alzheimer’s disease.” The omega-3 used in this study comes from fish and is taken in the form of fish oil capsules. It is not known yet whether the use of lipic acid combined with omega-3 can help prevent or slow the course of Alzheimer's disease. However, results of the earlier study indicated that participants with Alzheimer's disease in the lipic acid plus omega-3 group showed a slowing of the Alzheimer's disease process when compared to participants on placebo. Vitamins like those supplements offered less decline, as measured by cognitive and activity of daily living assessments. Since information, high-fiber, and similar treatments have been associated with Alzheimer’s disease pathology, the combination of lipic acid plus fish oil has the potential to maximize therapeutic benefits.