

# Alzheimer's and Memory Disorders Program



↑ The specialists at the Alzheimer's and Memory Disorders Program at Barrow Neurological Institute dismisses the "diagnose and adios" mentality of so many in the medical community.

**E**VERY 66 SECONDS an American is diagnosed with Alzheimer's disease. More than 5.8 million people are being treated for the disease while millions more are never diagnosed. One in three seniors dies with Alzheimer's or other dementia, and it kills more people than breast cancer and prostate cancer combined. Alzheimer's is the sixth-leading cause of death in the United States and the only one in the top 10 that cannot be prevented, cured or effectively treated. From 1998 through 2017, there were nearly 150 failed attempts to develop drugs for Alzheimer's.

While patients are diagnosed with the disease, caregivers carry a huge burden. It is estimated that more than 16 million Americans annually provide 18.6 billion hours of unpaid care, valued at more than \$244 billion. The emotional toll as a loved one's memory and identity fall away is beyond measure.



Nearly

**6 MILLION**

Americans are living with Alzheimer's



**EVERY  
66 SECONDS**

someone in the U.S. develops Alzheimer's



Women in their 60s are  
**TWICE AS LIKELY**

to develop Alzheimer's than breast cancer

## BY THE NUMBERS



### CLINICAL IMPACT

**100,878**

BNI Clinic Visits

**77,000+**

Patients Treated

**5,000+**

Brain & Spine Surgeries



### GLOBAL IMPACT

**47**

Visiting Scholars from  
Argentina, Austria, Brazil,  
China, Chile, Colombia,  
Germany, India, Italy, Ireland,  
Israel, Mexico, Pakistan,  
Philippines, Portugal,  
Romania, Russia, Spain,  
South Korea, Turkey,  
United Kingdom

## PROGRAM ACCOMPLISHMENTS

The Alzheimer's and Memory Disorders Program is committed to helping patients and caregivers understand the illness and the road that lies ahead for both of them. We are proud to go beyond the often experienced "diagnose and adios" to provide real help to care partners. We provided support to individuals in Arizona and 11 other U.S. states, as well as people in Canada, Mexico, and the United Kingdom. During FY20, we spent a significant amount of time building resources for caregiver support including one-on-one guidance, personalized activity plans, educational videos, printed materials, support groups, evaluations to keep patients safe at home, and skill-building caregiver workshops.

Barrow also established Memory Cafés in Central Phoenix and Scottsdale. The Cafés are designed to provide safe, stimulating activities for people living with memory loss. At the same time, the Cafés provide caregivers interaction with others who are in a similar, trying situation, helping them learn effective communication strategies, and take part in support groups. We also developed a Memory Café in Spanish, the Phoenix Valley's first Memory Café with culturally-appropriate programming and music therapy specifically for Hispanic/Latino families affected by dementia.

COVID-19 restrictions meant converting in-person clinic visits to telemedicine appointments to keep patients and their caregivers safer at home. The Program also quickly made resources available online to continue meeting the needs of patients and their families. One such resource was a video addressing some of the challenges associated with COVID-19 such as social isolation.

## RESEARCH ADVANCES

Barrow is designated a Global Alzheimer's Platform (GAP) site, allowing us to be a priority site for Alzheimer's clinical trials among major industry sponsors. Only the top Alzheimer's centers around the world are honored with GAP designation. Additionally, Barrow is also one of the only institutions in the country investigating the connection between Alzheimer's and Down's syndrome. An individual with Down's syndrome is likely to develop Alzheimer's by the age of 40, and Barrow is investigating a preventative vaccine.

Barrow's Alzheimer's and Memory Disorders Program is part of a state wide collaboration called the Arizona Alzheimer's Consortium. Barrow's unique role is to increase minority enrollment into research. Typically,

minority groups are under represented in research studies resulting in a study population that does not reflect the general populus.

## Caregivers Support Impact



## ON THE HORIZON

Early research on how nutrition and exercise affect the development of cognitive impairment shows promise. Barrow will lead the way in this field investigating several lifestyle interventions addressing diet, exercise, cognitive training, sleep, and management of vascular risk factors contributing to cognitive impairment. Another project seeks to understand how genes may influence the development of dementia with the creation of a biobank and cell lines from patients with Alzheimer's and frontotemporal dementia (FTD).

COVID-19 highlighted the necessity of creating a virtual platform to allow patients and caregivers an online resource. The platform will provide on-demand, online modules in both English and Spanish. The modules will include communication strategies, managing difficult behaviors, and joyful activities.

## BY THE NUMBERS



### RESEARCH

**1,377**

Active Research Studies

**959**

Patients Enrolled in Clinical Trials

**\$11.3 MILLION**

Federal Research Grant Support



### DONOR IMPACT

**\$2.4 MILLION**

Basic & Translational Research

**\$5.28 MILLION**

Strategic Initiatives

**\$1.63 MILLION**

Education and Fellowship Programs

**\$1.97 MILLION**

Community Outreach Programs



## THANK YOU FOR YOUR SUPPORT

Thank you for the support you have given Barrow's Alzheimer's and Memory Disorders Program. Your generosity has allowed us to build a program unlike any other in the country and provide wrap-around support for patients and the care partners who love them. We thank you for your support in these unprecedented times. Your generosity is far-reaching and immeasurable.

With Gratitude,  
Anna Burke, MD  
Karsten Solheim Dementia Chair  
Director, Alzheimer's and Memory Disorders Program  
Director, Neuropsychiatry  
Barrow Neurological Institute

↑ Barrow's Alzheimer's and Memory Disorders Program takes care of the patient and their families today while searching for tomorrow's cures.

Barrow Neurological Foundation's mission is simple: to be the catalyst of our donors' passion for transformation by providing the resources for Barrow Neurological Institute to achieve its mission of saving human lives through innovative treatment, groundbreaking, curative research and educating the next generation of the world's leading neuro clinicians.



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