

NEWSLETTER



ALZHEIMER'S ADVANCES

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More than 100 years since Alois Alzheimer identified the plaques and tangles in the brain that led to Alzheimer's disease (AD), we still do not know what causes the disease or how to prevent it. There are currently five marketed drugs that temporarily reduce symptoms of Alzheimer's. Namenda was the last drug approved for AD in 2003.

It is vital that AD be detected in pre-dementia stage. Currently, when AD is detected, brain atrophy has already begun and the prognosis is about 9 years to death. Studies are ongoing for earlier diagnosis and slowing the disease progression.

Every 8 seconds a baby boomer turns 65. Approximately 5.1 million Americans are diagnosed with

AD. This number will spike to almost 15 million by 2050. The federal government currently spends 88 billion from Medicare every year to care for individuals with AD—that's 17% of the Medicare budget. If we do not make real progress, it could cost 600 billion a year from Medicare and 200 billion from Medicaid in 2050. Caregivers work 12.5 billion unpaid hours each year to care for family members with AD.

Recently, President Obama signed into law the historic National Alzheimer's Project Act (NAPA), the most significant piece of legislation related to AD in the last 3 decades. The law established the first-ever national strategy for curing, treating and lessening the effects of the disease. What's in the Bill? A national plan: coordination of research, acceleration of development, improving early diagnosis, improving care and treatment, & ensuring the inclusion of ethnic and racial populations. Today, the National Institute of Health (NIH) spends 469 million in AD research a year. Research is medicine's field of dreams which lead to ideas that lead to cures. In research we find hope for a cure. (Applied Clinical Trials/April '11, care Ad/spring '11, & Preserving Your Memory/spring '11)



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RESEARCH UPDATES

Alzheimer's Disease— Researchers at the Scripps Research Institute in Juniper, FL, have developed a new approach that may help identify AD before symptoms appear. The technology works by "reading" the immune system— searching for antibodies in the bloodstream. The technology is in its early stages and much more research is needed to determine how effective this approach can be

in detecting AD. (Preserving Your Memory/Spring 2011)

Research into AC253, a drug originally developed to treat diabetes but never released to the market, has shown promise in combating the protein beta amyloid. The drug seems to block the protein's toxic effects on brain cells. Further research is needed. (Preserving Your Memory/Spring 2011)

Eli Lilly purchased Florbetapir, an imaging agent that may help detect AD. The FDA unanimously agreed to approve the test, but it is contingent on a training on how to read the scans. (Preserving Your Memory/Spring 2011)

Eli Lilly halted 2 late-stage trials for AD. One actually showed worse cognitive functioning than patients taking placebo. (NY Times online/8/18/10)

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Helpful Resources

Clinical Trials.gov
<http://www.clinicaltrials.gov>

Centerwatch
www.centerwatch.com

Alzheimer's Arkansas Programs & Services
www.alzark.org
 800.689.6090

National MS Society
www.nationalmssociety.org
 501.663.8104

American Diabetes Association
www.diabetes.org
 501.221.7444

Epilepsy Education Association of Arkansas
www.epilepsyarkansas.com
 501.772.4788

Arkansas Chapter—American Parkinson's Disease Association
www.arparkinson.org
 501.622.3990

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10 OUTDOOR ACTIVITIES



Here's a list of outdoor activities that are suited for Alzheimer's patients and their caregivers. Try to incorporate these activities into a regular schedule, when possible. Regularity is important for a person with Alzheimer's. It reduces anxiety and stress when the regular activity is enjoyable.

1. Take an early morning or late afternoon stroll. Studies have shown that simple exercise on a routine basis, such as taking a walk every day, maybe help improve mood and decrease anxiety in Alzheimer's patients. By getting out early morning or late afternoon you can still enjoy a reasonably comfortable walk while avoiding mid-day heat.
2. Shop at a Farmer's market. Summer is the prime time to shop farmer's markets. There are numerous crops in season June through September, which means there will be a variety of fruits and vegetables. Plus, seeing colorful foods can lead to better eating habits in people with Alzheimer's.
3. Spend time on a porch swing. It's sure to ignite pleasant memories. Plus, the rhythmic motion of the swing can be soothing to a loved one with Alzheimer's.
4. Visit a local park. City parks are professionally landscaped havens filled with beautiful vegetation, meandering walking trails, and even sculptured art.
5. Bird watch in your back yard. It only requires a pair of binoculars or just your own two eyes. You might want to add bird feeders and birdbaths to your property to attract a greater assortment of birds.
6. Enjoy a concert in the park. You might want to attend one that features music you know the person with Alzheimer's likes. Be cautious of crowds. A person with Alzheimer's may feel anxious and helpless around strangers or groups of people.
7. Explore your city's downtown district. Instead of getting in your car to drive from one shopping center to another, take your errand list downtown and walk from store to store.
8. Stargaze on a clear night. Stargazing can include the use of a telescope or just the naked eye. Check your library or the internet for guides on the stars, planets, and constellations visible in your hemisphere at any given time.
9. Collect seashells. Whether you live by the sea or only make an annual visit, shell collecting can be quiet, simple activity to share with your loved one. Later, you can incorporate the shells into decorative or craft projects so that your family will be reminded of the beach all year long.
10. Have a picnic. A picnic is an easy way to spend time outside, and you can have one anywhere—on your patio, at a park or on the beach. Regardless of what you eat or where you eat it, the joy a picnic is in setting aside a special time to dine with friends or family in a relaxing environment.

Spending time outdoors is an important way to help your loved one with Alzheimer's disease remain connected to the world around them. In fact, compared to cognitive therapy alone, recreational therapy appears to lead to a greater improvement in functional status. So try some or all of these activities this summer. (Preserving Your Memory/Summer 2008)

Partial Onset Epilepsy Clinical Study

Volunteers are needed to participate in a clinical research study of an investigational add on medication for individuals with partial-onset epilepsy.

You may qualify for this study if:

- You are at least 18 years of age
- You have been diagnosed with epilepsy with partial onset seizures
- You currently take 1 to 3 antiepileptic drugs (AEDs) that are at stable dosages, and you have taken at least 2 prior (or ongoing) AEDs and, you have ongoing seizures.

Participation will last approximately 23 weeks and you will attend 8 study visits that will take place at your doctor's clinic.

Individuals who qualify for the study will receive the following, at no cost:

- Study medication
- Study related care including close monitoring of their epilepsy
- You may also be compensated for time and travel

Participation is voluntary and you would be able to withdraw at any time. For more information, please contact:

888-527-5061

Research Updates Continued...

Researchers found 5 new genes tied to the onset of AD, bringing the total to 10 genes confirmed. The newly-linked genes are connected to cholesterol or inflammation. (careADvantage/Spring 2011)

Parkinson's Disease—Methylyphenidate did not improve gait and tended to worsen measures of motor function, sleepiness, and quality of life in PD. (DocGuide 4/13/10).

Impax announced positive results for IPX066 in Advanced and Early PD compared to carbidopa-levodopa. They are working to file an NDA in the fourth quarter of 2011. (Biospace 3/15/11)

APDA announced a new breakthrough with Johns Hopkins. Researchers have discovered a drug that halts the disease 100 percent of the time in mice by blocking a mutilated enzyme that kills brain cells. Although it holds

great promise, researchers anticipate another 5 years before the drug could move into trial phase. (ACAPA website)

Epilepsy—Eisai Perampanel didn't significantly reduce seizures compared to placebo. (Clinicaspace.com 4/14/11)

Vertex reported results from a phase II trial of VX-765. Subjects had a 50% reduction rate of seizures. (CWWeekly 3/14/11)

H. Lundbeck released positive results from a phase III trial of clobazam for the treatment of Lennox-Gastaut syndrome (LGS). Plans to file an NDA with the FDA are underway. (CWWeekly 12/13/10)

Multiple Sclerosis—Biogen Idec reported results from a phase II trial of BG-12. A second phase III trial, CONFIRM, is currently underway. Results are expected in the second half of 2011. (CWWeekly 4/18/11)

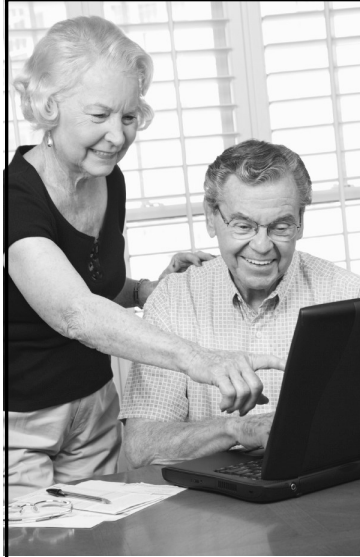
Genzyme completed a phase II trial showing nearly 2/3 of alemtuzumab treated patients remained free of clinically-active disease as much as four years. Two pivotal phase III trials are currently ongoing. The company expects to file for US and EU approval in early 2012. (BioSpace 4/15/11)

Teva announced initial results from the 2-year phase III ALLEGRO study, which demonstrated that RRMS patients treated with 0.6mg daily oral laquinimod experienced a statistically significant reduction in annualized relapse rate compared to placebo. Teva has filed a patent application. (Biospace 12/9/10)

Genentech & Biogen released positive results from a phase II trial of ocrelizumab. The companies plan to move development into phase III. (CWWeekly 10/25/10)

Sanofi-aventis reported positive results from a phase III trial of teriflunomide for the treatment of RRMS. Additional phase III trials are currently underway. (CWWeekly 10/25/10)

EMD Serono announced that the FDA has concerns for cladribine as an oral disease-modifying therapy for relapsing forms of MS. It is under further review. (National MS Society).



If you have Alzheimer's

The time is now...

Join us in this clinical study, which is investigating a way to slow the progression of Alzheimer's disease

A research study-BAPI- is now underway to explore a possible investigational drug (bapineuzumab) for Alzheimer's disease.

You may be able to participate in the BAPI study if you:

- Are 50-88 years old
- Have a diagnosis of probable Alzheimer's Disease

A medical team, including a physician, will monitor participants throughout the study. Ask your doctor if the BAPI Study is right for

For more information, please contact Clinical Trials, Inc.

(888) 527-5061

CURRENT STUDIES

Epilepsy

- Uncontrolled partial seizures even with treatment of 1-3 AED's (anti-epileptic drugs).
- Still having Grand-mal seizures while treated with 1-3 Anti-epileptic drugs

Alzheimer's Disease

- Mild to moderate Alzheimer's disease and otherwise healthy

Parkinson's Disease

- Diagnosed with PD, 30+ years of age, currently being treated with Levodopa and experiencing "off" times

Call Clinical Trials, Inc. for more information.

501-227-6179 or
888-527-5061

info@clinicaltrialsinc.com



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www.clinicaltrialsinc.com

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- Stephen Ambrose

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A PERSONAL EXPERIENCE... WITH MULTIPLE SCLEROSIS

According to Sigmund Freud, denial is usually unhealthy and destructive, but for Emmy award-winning TV producer and veteran journalist Richard Cohen, denial has been a great coping device. He has battled multiple sclerosis as well as two bouts of colon cancer.

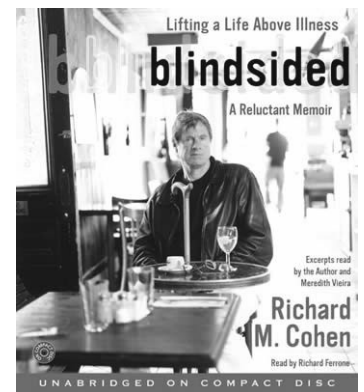
"Letting the disease get to you, letting it define you, putting up limitations even before they exist is all going to keep you down, to keep you from living the life you want to live," says Cohen.

He was diagnosed with MS in 1973 at age 25, just as he landed a position with ABC News. "I don't deny that I have the illness, although I did for a while, but soon you come face to face with the symptoms." Cohen's father and grandmother both had MS.

Cohen went back to Graduate school and in 1976 was denied several jobs because of his MS. "Once I got jobs it was never a problem." Cohen lost his vision in his right eye in 1973, so when he landed a producing job on CBS Evening News with Walter Cronkite, he had to devise a way to pass the company's required physical. "I took the exam, patch

over my right eye first. 'Now cover your left eye, the nurse instructed. 'I just did', I answered sweetly. 'My mistake,' she responded, with a smile. 'Then cover your right eye.' He waited a year before telling his superiors about his condition. Cohen says he never turned down an assignment, no matter how stressful or dangerous. His hard work and determination to not let MS get in the way of his dreams has taken him to assignments all over the world, including covering apartheid in South Africa, the Solidarity movement in Poland, and war in Beirut, Lebanon.

Although he eventually figured out how to handle his career, dating was another issue. While on a 2nd date with his future wife, Today host and former View host Meredith Vieira, Cohen was surprised with her composure when he told her he had MS. "She looked me in the eye and asked questions for which, of course, there were no answers. 'I don't care,' she finally said. Vieira showed the same compassion during his battles with cancer. Talking to his 3 kids, now teenagers, about his medical trou-



bles involved a balancing act. "Kids know when they're being kept in the dark." He doesn't let his disease get in the way of spending time with his family. He couldn't do a lot of athletic stuff, so he found other ways to compensate by spending time talking and sharing things with them.

Today, Cohen is cancer free and busy at work as a writer. He eventually retired from TV news, a decision he says was not based on his health but on his disappointment with the direction that news coverage was headed. He has now written 2 books: *Blindsided*, and *Strong at the Broken Places*.

In the end, Cohen proves that a healthy sense of denial, no matter the prognosis, is one way to face adversity. "I guess my attitude is that I've lived a lot between MS and the cancer. I look back at my life. I've got a great family, I've had the opportunity to cover news all over the world. I think what we all have to do is look beyond our illness and see what else we can build in our lives." (Neurology Now/ July/August 2007)