Background

WHO: The Stanford ADRC is part of a nationwide network of Alzheimer’s Disease Centers supported by the National Institutes of Health.

WHAT: Our focus includes both Alzheimer’s disease and Parkinson’s disease. They are the first and second most common neurodegenerative disorders. We believe that research and patient care can be advanced by comparing and contrasting distinctive features of each.

GOALS: The ultimate goals are to cure Alzheimer’s disease and, even more important, to prevent it from developing.
What is Dementia?

- Dementia is a physical illness that affects the brain.
- These changes can affect how:
  - someone acts
  - their ability to make new memories or remember old memories
  - can change their personality, making them act in ways they never have before
- Dementia is a general term that covers many types of dementias:
  - Each type has its own symptoms
- Currently there is no cure for any of the dementias:
  - Treatments that are available are limited
  - Early diagnosis is very important!
Dementia in the US

- 1 in 9 people age 65 and older has Alzheimer’s Disease

- By mid-century, someone in the US will develop the disease every 33 seconds

- Among people age 70, 61 percent of those with Alzheimer's are expected to die before the age of 80 compared with 30 percent of people without Alzheimer's — a rate twice as high.

- In 2015, 15.9 million family and friends provided 18.1 billion hours of unpaid care to those with Alzheimer's and other dementias. That care had an estimated economic value of $221.3 billion.

Large longitudinal observational study done at Kaiser Permanente Northern California health care system (2000-2014) through medical chart review

- N=274,283 of which, 4543 were American Indian
- Ages 64+
- No dementia diagnoses initially
- Study lasted for 14 years
  - mean observation time = 9.1 years

This is one of a very few studies that looked at dementia in the American Indian population

It is the most current information we have on how often dementia occurs (incidence) in the American Indian population

American Indians & Dementia

- Tracked dementia-related risk factors
  - Diabetes
  - Depression
  - Hypertension
  - Stroke
  - Cardiovascular disease

- Why track these risk factors?
  - Those with depression, stroke, & diabetes were more likely to develop dementia
    - depression = 42 % more likely
    - strokes = 32 % more likely
    - diabetes = 24 % more likely

American Indians & Dementia

Large health disparity surrounding dementia

Of those that survive to age 65 without a diagnosis of dementia: Percentage who will be diagnosed with dementia over the next 25 years

Why Talk about Research?

- Advancements in treatments and cures are made through research
- Research informs health programs and policy makers where to place resources.
- Research depends on volunteers
- Right now, we lack diversity in dementia research and this affects our understanding of possible genetic or environmental factors that may lead to better prevention, treatment, or even a cure.
There are two primary barriers to participation in dementia research.

- Lack of knowledge about dementia
  - Dementia Awareness Campaign

- Distrust of medical research
  - Partnerships with Community Organizations
Partnering with the Community

Stanford ADRC has partnered with the Latino community to raise awareness about dementia.

Stanford ADRC & Nuestra Casa

- Jan 2016: Met to discuss collaboration to create awareness of dementia within the Latino community of East Palo Alto
- Feb-May 2016: Together developed a culturally sensitive training/resource manual for Promotoras.
- June and July 2016: The trainings were presented twice, with the second meeting included Promotoras from Bay Area outside of EPA.
- Continuing to work together on our current project: Dementia Awareness Campaign
Dementia Awareness Campaign

- Many think of dementia as a normal part of aging, which it is not.

- Dementia Awareness Campaign has two primary goals.
  - Increase awareness about dementia by starting a community conversation about dementia, what it is and what it is not and what support is available for those families affected
  - Because early diagnosis is critical for treatment, encourage individuals concerned about their memory to consult with their physician

- The Dementia Awareness Campaign has been well received by the San Mateo County Health System
DAC: Current progress

New materials were developed both in English and Spanish.
Trained Promotoras to promote dementia awareness and do basic screen for concerned individuals
The DAC launched in East Palo Alto with a series of talks called “Conversations about Memory” and continues to work with the Latino community to schedule additional community talks.

Envejecimiento Saludable y Su Memoria

Carlos Prieto, MD

Todo el mundo se hace mayor cada día. ¿A alguna vez se preguntó cómo el envejecimiento afecta la memoria? ¿Ctó si hay algo que puede hacer ahora que pueda beneficiar a su memoria mantenerse fuerte?

FECHA: 10 / 11 / 2016
Martes

HORARIO: 6:00 - 8:00p

DONDE: Nuestra Casa
2396 University Ave.
East Palo Alto

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La Diabetes y La Pérdida de Memoria

Patricia Bodegas, MD

¿La diabetes aumenta el riesgo de perdida de la memoria? ¿Qué tiene que ver la azúcar en la sangre con el cerebro? Venga a descubrir qué es la conexión entre la pérdida de memoria y la diabetes.

FECHA: 10 / 12 / 2016
Miercoles

HORARIO: 6:00 - 8:00p

DONDE: Lewis & Joan Platt
EPA Family YMCA
550 Bell Street
East Palo Alto

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Los Impactos En La Familia

César Rodríguez

La pérdida de memoria no solo impacta a una persona. Venga a escuchar cómo la pérdida de memoria afecta a la familia y aprenda donde puede usted acudir a recursos y soporte.

FECHA: 10 / 13 / 2016
Jueves

HORARIO: 6:00 - 8:00p

DONDE: Nuestra Casa
2396 University Ave.
East Palo Alto

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Conversations About Memory

Healthy Aging & Your Memory

Carlos Prieto, MD

Everyone gets older every day. Have you ever wondered how getting older changes your memory? Or if there is anything you can do now that can help your memory stay sharp?

DATE: 10 / 11 / 2016
TIME: 6:00 - 8:00p

WHERE: Nuestra Casa
2396 University Ave.
East Palo Alto

Diabetes & Memory Loss

Patricia Bodegas, MD

Does diabetes increase the risk for memory loss? What does high blood sugar have to do with the brain? Come and find out what the links between memory loss and diabetes.

DATE: 10 / 12 / 2016
TIME: 6:00 - 8:00p

WHERE: Lewis & Joan Platt
EPA Family YMCA
550 Bell Street
East Palo Alto

Impacts on the Family

César Rodríguez

Memory loss can impact more than just the person who has memory problems. Come and hear how memory loss can impact the family and learn where you can turn for help.

DATE: 10 / 13 / 2016
TIME: 6:00 - 8:00p

WHERE: Nuestra Casa
2396 University Ave.
East Palo Alto

Dinner included
Please RSVP to 650-498-5903

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Llame para confirmar su asistencia al 650-319-3423
What We are Seeking

Partnership with the American Indian community

- Raise awareness that dementia is not a “normal” aging
  - As part of raising awareness, we would like to work with a community advisory board to:
    - Develop cultural sensitive materials
    - Offer training for lay and professional medical personnel in recognizing dementia
    - Start a community wide conversation concerning Healthy Brain Aging & Dementia

- Increase American Indian participation in dementia research
Questions?