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Alzheimer's Research and Prevention Foundation —proud to be the voice of Mind/Body Medicine in the Alzheimer's Community

From the Founder—Dharma Singh Khalsa, M.D.

This year has been an incredible year of growth and recognition for the Alzheimer's Research and Prevention Foundation (ARPF). We are the leading voice of Alzheimer's Prevention and advocate for the prevention and reversal of memory loss — a crucial goal in lessening the burden Alzheimer's disease places on families and society.

The ARPF is dedicated to helping individuals maximize brain health and function, regardless of age or stage of life, through the integration of conventional and complementary therapies. The foundation educates the public about lifestyle choices that support brain health, like meditation, physical and mental exercise, diet and nutritional supplements. In collaboration with some of the nation's leading academic centers, ARPF is the driving force behind clinical research investigating the benefits of meditation in people with

memory loss.

ARPF has spearheaded extensive clinical research examining the effects of meditation on memory and brain function, including the first-ever study on the impact of meditation in people with memory problems. The study, conducted at the University of Pennsylvania and published in the Journal of Alzheimer's Disease, revealed that a specific meditation performed daily for eight weeks increased brain activity in areas central to memory and actually improved cognition in patients suffering from cognitive impairment. (See inside story for more information).

The meditation that the ARPF is investigating is Kirtan Kriya, a 12-minute practice from the Kundalini yoga tradition. This meditation holds tremendous potential to bolster the effects of

meditation and other strategies used to slow or prevent memory loss. The foundation believes it may even hold the potential to reverse cognitive decline.

In response to the publication of our study conducted at the University of Pennsylvania, we have had quite a bit of press, including an interview with WebMD, as well as TV and newspaper interviews. The response has been incredible and we are thrilled to know that the ARPF information is reaching a broader audience.

And now you can find us on Twitter and Facebook! We are growing but our message remains the same— Research and Prevention of Alzheimer's Disease.

Join us in the fight today.

WHO IS THE Alzheimer's Research & Prevention Foundation?

We Are . . .

The Alzheimer's Research and Prevention Foundation (ARPF), founded in 1993 by Dharma Singh Khalsa, M.D., is a 501(c)(3) non-profit organization, based in Tucson, Arizona, that's dedicated to the prevention and early intervention of

cognitive decline and Alzheimer's disease through an integrative or holistic medical program. We do this by **conducting clinical research and providing educational outreach**. We believe that chronic, unbalanced stress is a major cause of

cognitive decline and that an integrative medical program can prevent and reverse memory loss. We are committed to empowering brain longevity, which will ensure an enhanced quality of life for present and future generations.

**Just 12 Minutes
of Meditation A
Day can slow
memory loss
and help brain
function.**

**WORKING
TOWARDS
PREVENTION
SINCE 1993**



6300 E. El Dorado Plaza,
Suite 400
Tucson, AZ 85715
www.alzheimersprevention.org

ACCOMPLISHMENTS FOR 2009

Results of Pilot Study Published in Journal of Alzheimer's Disease Reveal that Meditation Improves Cognition in those with Memory Loss

The Alzheimer's Research and Prevention Foundation recently announced data demonstrating that a specific meditation performed daily for eight weeks increased brain activity in areas central to memory and actually improved cognition in patients suffering from memory problems. The results of the study, conducted at the University of Pennsylvania, were published in an early online version of an article scheduled to appear in the *Journal of Alzheimer's Disease* (Volume 20:2, DOI 10.3233/JAD-2010-1391).

The risk of Alzheimer's disease (AD) rises dramatically as people age and, as the ranks of our nation's elderly swell, the number of people facing this dreadful disease will devastate our already overburdened healthcare system. Slowing the progression of AD by five or ten years would lessen this

burden dramatically, but few options to slow, or perhaps even prevent memory loss exist.

"While meditation is already practiced by millions, this is the first study to investigate its potential to reverse memory loss in patients with cognitive impairment," said Dharma Singh Khalsa, M.D., the founding president and medical director of the Alzheimer's Research and Prevention Foundation, a meditation expert and study co-author. Kirtan Kriya (KK), the meditation evaluated in the study, is a 12-minute practice from the Kundalini yoga tradition. "These results confirm what we have long observed in clinical practice, that this brief, simple meditation can have a meaningful impact on memory and on the quality of people's lives as they age."

The frontal lobe of the brain, which became more active as a result of meditation in the study, aids in attention and concentration and has been shown to be affected in patients with dementia disorders. The frontal lobe and the parietal lobe, another part of the brain positively affected in the study, are both parts of the brain which are involved in retrieving memories.

"It would be extremely useful to have a cost-effective, non-pharmacological approach to slowing memory loss that could bolster the effect of medications without fear of side effects or drug-drug interactions," said Andrew Newberg, M.D., assistant professor of radiology at the University of Pennsylvania School of Medicine, and study co-author. "While further study into the impact of Kirtan Kriya is required, the pilot study demonstrates that this meditation could be a very important tool in slowing cognitive decline."

About the Study

Fifteen subjects with memory problems, ranging in age from 52 to 77 years, were enrolled in this open-label pilot study. At the start of the study, cognitive tests, as well as images of the brain were taken for each subject. They were then taught the Kirtan Kriya and instructed to practice it each day for eight weeks. After eight weeks all of the subjects were re-tested with the same procedures that were administered at the beginning of the study.

Outreach Report

The foundation continues its work with Senior Companion Programs, Assisted Living Programs, Health Fairs, Conferences, Health Centers all across the country. Here in Tucson, Arizona, a Foundation board member serves on the advisory council of the local Senior Companion Program. In Connecticut, a Scientific Advisory Council Member works with the Huntington's Disease Association, which

benefits from the ARPF's programs.

Board Members and volunteers contributed thousands of hours to the Foundation doing such things as providing training to the general public on the importance of changes in lifestyle using **The 4 Pillars of Alzheimer's Prevention™**, conducting outreach programs, educating SCP coordinators and other health care providers,

reaching out to corporations and cultural groups with education activities, as well as provided international outreach in Canada, France, South Africa and several tribal nations. And of course, indirect outreach activities is ongoing through our website, other internet sites, television, radio and printed media, which reaches millions of others globally.

DONORS

We couldn't do what we do without our faithful donors. Our donors come from many walks of life and many sources:

- Corporate Donor Campaigns
- Donations in Memory of Loved Ones Lost to Alzheimer's and other Dementia Diseases
- Sponsors of Events, like our Annual "Memory Screening Day"
- People who come to our events and are compelled to give.
- Bequests



We have once again been approved by the **Federation of Health & Medical Research Charities of America** and the **Combined Federal Campaign**.

The ARPF is also a proud participant in the **State Employee Campaigns for Arizona, Connecticut, Texas and California** as well as a member of the **Best Charities in America**.

Memory Screening Days

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This year we actually had **TWO Memory Screenings!** One in Phoenix, Arizona on October 30th and 31st held in conjunction with the **Elder Expo** and the 2nd was the **6th Annual Tucson Memory Screening Day** was held on November 17, 2009 at the Tucson Jewish Community center. We screened about 150 seniors with the help of volunteers from **Our Family Services**. We were especially gratified to have so many sponsors for this years event, including: *Atria, Prescription Lab Compounding Pharmacy, Jorgensen/Brooks Group, Handmaker, Sun Life Home Care, Desert Villa, The Fountains at LaCholla, Aristocrat*

Printing and Design, Radiology Ltd., Carestone Assisted Living at River Centre, Synergy Homecare, Sunrise Senior Living, ACT NOW RNs, Eldercare Council, Our Family Services, Tucson Jewish Community Center, and Our Family Services and its Senior Companion Program.

Each year this event grows in size and we are able to offer free memory screenings to the residents of Southern Arizona. **THANK YOU TO ALL OF OUR SPONSORS AND VOLUNTEERS.** We are proud to be the only organization in Arizona that has been bringing MSD to our community since it became a national initiative.

BOARD MEMBERS & STAFF

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Extraordinary Partnerships

Jamie Zink, Program Manager, Services to Older and Disabled Adults, Our Family Services, has been a steady supporter of the ARPF since the inception of the Memory Screening Day in Tucson. Here are Jamie's comments about this year's Memory Screening Day - "Thank you again for organizing the Memory Screening Event. Everything went beautifully. I had great feedback from the screeners and the people who were screened. The screeners always enjoy interacting with the public. As I escorted participants to the survey area after their memory screening was completed, I was told how grateful they were for the opportunity to participate in such a well planned event. Quite a few asked for more information on brain exercises. I wanted you to know I personally appreciate our partnership."

Kay McDonald, President, Charity Charms, is a new supporter and provider of our charming "Memory Bands". She attended ARPF's "Get-To-Know-Us" reception in Phoenix and she says "I was so impressed when I attended a function for the ARPF. My father has Alzheimer's and I wish I had known the information they provided when we were first dealing with his illness 8 years ago. I ordered the meditation tape for my mother and myself and we have integrated it into our daily rituals. I also shared your brochures and flyers with my father's care giving facility to spread the word."

Scientific Advisory Council

Ma Gloria Borrás-Boneu, M.D.
GRD Health Institute
Barcelona, Spain

Anu Kaur, MS, RD
Registered Dietitian &
Wellness/Health Coach

Sat Bir Singh Khalsa, Ph.D.
Asst. Professor of Medicine
Harvard Medical School
Sleep Disorders Research Program
Brigham and Women's Hospital
Boston, Massachusetts

Laura Jean Kokoska, RN
DNA Yoga Studio
Old Lyme, Connecticut

Helen Lavretsky, M.D., M.S.
Associate Professor
UCLA Semel Institute and Resnick
Neuropsychiatric Hospital
Los Angeles, California

Roberta Anne Lee, M.D.
Vice Chair, Dept. of Integrative
Medicine, Beth Israel Medical Center

Andrew B. Newberg, M.D.
Assistant Professor, Radiology and
Psychiatry, University of Pennsylvania
Medical Center
Philadelphia, Pennsylvania

George Perry, Ph.D.
Professor of Biology,
Dean, College of Sciences

Mark A. Smith, Ph.D.
Professor of Pathology, Executive
Director, American Aging
Association, Editor-in-Chief,
Journal of Alzheimer's Disease

Michelle Sierpina, Ph.D.
Founding Director
UTMB Osher Inst. for Lifelong
Learning,
Univ. of Texas Medical Branch
Galveston, Texas

Victor S. Sierpina, M.D.
Professor in Integrative Medicine
Univ. of Texas, Medical Branch
Galveston, Texas

Yaakov Stern, M.D.
Professor of Clinical
Neuropsychology, Columbia
University College of
Physicians and Surgeons,
Taub Institute
New York, New York

Alzheimer's Research & Prevention Foundation

6300 E. El Dorado Plaza, Suite 400

Tucson, AZ 85715

ADDRESS SERVICE REQUESTED

www.alzheimersprevention.org

Spreading the Word



This year we have had a lot of exposure and have built a lot of relationships, from Massachusetts to Alaska, from lay people to health professionals, many people are interested in what the ARPF is doing and are sharing it with their clients, friends, neighbors and patients. Here are a few examples of people taking the **4 Pillars of Alzheimer's Prevention™** into their communities:

- ⇒ A Doctor in Montgomery, Alabama who designed a class for seniors with the elements from our program for healthy living, including meditation;
- ⇒ A Senior Living Center who uses Kirtan Kriya with their clients;
- ⇒ A Registered Dietician in Virginia who has incorporated not only the 4 Pillars of Alzheimer's Prevention™ into her teaching about nutrition, but also the Kirtan Kriya—a new twist for a dietitian!
- ⇒ A Catholic Diocese in Phoenix, Arizona putting on a "Brain Fair" for their constituents to help them do all

they can do to keep their brains healthy for as long as they can;

- ⇒ A Ph.D. in New Jersey who ran her own 8 week meditation program when she heard about ours because she wanted to improve her patients' memory function;
- ⇒ A Professor of Neurology in New York who conducted community based research utilizing our knowledge to help their program.

This is just a sampling of the impact our programs are making across the country, in addition to the interest we are getting from individuals who inquire daily for more information.

Our recently published paper received kudos from all over, but the most inspiring comments were from 2 warriors on the front-lines of the fight for the eradication of Alzheimer's:

Sandra Day O'Connor and Maria Shriver

We're on the web at
www.alzheimersprevention.org

"I appreciate you sharing the good news of the Alzheimer's Research and Prevention Foundation's paper on memory loss as published into the journal of Alzheimer's Disease. You should be so proud of this accomplishment—Bravo! The fight against Alzheimer's disease is one that will always remained close to my heart. I commend all your time and increasing efforts into Alzheimer's awareness and continuing the fight to find a cure for this terrible illness."

Maria Shriver

"Thank you for sending me a copy of the Alzheimer's Research & Prevention Foundation's recent paper published in the Journal of Alzheimer's Disease, I am pleased to have it. Thank you also for your continued good work in the fight against Alzheimer's disease." - Sandra Day O'Connor.

WE ARE GRATEFUL FOR YOUR SUPPORT!