



ALZHEIMER'S

RESEARCH & PREVENTION

FOUNDATION™
a 501(c)(3) charitable organization

2018
ANNUAL REPORT

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www.alzheimersprevention.org

CELEBRATING OUR 25TH ANNIVERSARY

The 2018 year marks the 25th anniversary of ARPF's founding. In 1993, inspired by a belief (fueled by research) that Alzheimer's disease can be prevented, we set out to create The 4 Pillars of Alzheimer's Prevention®. Thanks to our early belief that we can actually "do something" to better people's brains, we created a movement that's forever changing the way people think about Alzheimer's prevention. Today, we're proving through research and medical reviews that the age of the magic bullet approach (drugs for Alzheimer's disease) is ending. We see that just as lifestyle changes are prescribed for other diseases such as heart disease, they should also be prescribed for patient's dealing with dementia as well.

We had very ambitious goals when we started, and our ideas were unpopular. In the beginning, people joined our movement only after being persuaded to use our recommendations. Getting the funding, framing the scientific queries, getting the general public on board, and convincing researchers that Kirtan Kriya (KK) yoga meditation is profoundly beneficial for the brain are some examples of the difficulties we faced during the beginnings of this journey.

Over time, as the research strengthened and became more thorough, we eventually altered our 4th Pillar, taking out "medication" and replacing it with "spiritual fitness™." The research was clear, and we knew that our mission and focus was becoming more and more established and recognized within the scientific community.

I'm glad we set ambitious goals in the beginning. We've accomplished a lot and have been fueled by your faith in us along the way. So before I commence to go over the accomplishments we saw in 2018, I want to offer a huge thank you to our generous donors. We surely wouldn't be here without you today! I also have to thank all those who have faithfully served on our Board of Directors, Medical and Scientific Advisory Council, Educational Advisory Committee and all the staff, volunteers and representatives who have worked behind the scenes to grow your ARPF. Your support truly inspires us to continue.

In 2018, we discovered that telomeres (part of our genetic profile that can define longevity) strengthen from a lifestyle-based, Alzheimer's prevention program. These findings were published in yet another breakthrough study this year from the ongoing FINGER study (see details on the next page). This portion of FINGER was designed and funded exclusively by your ARPF. Also, the Pink Brain™ Project for women at high risk of developing Alzheimer's was successfully launched in January. It is our most ambitious study yet, taking place at UCLA.

A poster presentation and education about ARPF's science and the message of prevention was at the core of the 2018 Alzheimer's Association International Conference in Chicago during the summer.

Next, also in July, it was revealed that the scientific paper I wrote titled "Stress, Meditation and Alzheimer's Disease Prevention," was in the top 10 most read articles published by the Journal of Alzheimer's Disease in 2017.

Finally, ARPF continued our commitment to providing our research and resources to professionals working with older adults by presenting our second Brain Longevity® Therapy Training in Washington, DC in October.

All these accomplishments happened because of your support and belief in us. Please know that we're producing valuable work and will continue to do so as long as your unwavering support continues!

Yours in Brain Health,

Dharma Singh Khalsa, M.D.
Founding President and Medical Director

RESEARCH REVIEW

This is a short summary of ARPF's research achievements and scientific publications.
To see a complete list, please visit us at <http://alzheimersprevention.org/research/>.

[Paper published in JAMA Neurology: Effect of the Apolipoprotein E Genotype on Cognitive Change During a Multidomain Lifestyle Intervention. A Subgroup Analysis of a Randomized Clinical Trial.](#) In the Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability, findings show healthy lifestyle changes may be beneficial for cognition in older at-risk individuals even in the presence of *APOE-related genetic susceptibility to dementia. Whether such benefits are more pronounced in APOE e4 carriers compared with noncarriers should be further investigated. The findings also emphasize the importance of early prevention strategies that target multiple modifiable risk factors simultaneously.*

[Paper published in Alzheimer's and Dementia: Multidomain lifestyle intervention benefits a large elderly population at risk for cognitive decline and dementia regardless of baseline characteristics: The FINGER trial.](#) The FINGER intervention was beneficial regardless of participants' characteristics and can thus be implemented in a large elderly population at increased risk for dementia.

[Paper published in the Journal of Alzheimer's Disease: Effects of Meditation and Music-Listening on Blood Biomarkers of Cellular Aging and Alzheimer's Disease in Adults with Subjective Cognitive Decline: An Exploratory Randomized Clinical Trial.](#) Practice of simple mind-body therapies may alter plasma A β levels, TL, and TA. Biomarker increases were associated with improvements in cognitive function, sleep, mood, and Quality Of Life, suggesting potential functional relationships.

DONORS

It is thanks to our fantastic donors that we are able to continue this important research.
They are:

- Donors In Memory of Loved Ones Lost to Alzheimer's and other Dementias
- Donors in Honor of a Loved One/ for a Special Occasion
- Participants in Workplace and Corporate Campaign
- Supporters of our Research
- Bequests & Trusts
- In-kind Donors



ARPF is also proud to be a member of the Best Charities in America.

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

In addition, the ARPF is a proud participant in these State Employee Campaigns: *Arizona, California, Connecticut, Florida, Illinois, Maryland, Massachusetts, Michigan, Missouri, New Jersey, New Mexico, New York, North Carolina, Ohio, Pennsylvania, Rhode Island, Texas, Virginia, Washington and Wisconsin.*

ARPF ARTICLE IN THE TOP TEN-JOURNAL OF ALZHEIMER'S DISEASE



The scientific paper titled "Stress, Meditation and Alzheimer's Disease Prevention: Where the Evidence Stands," written by ARPF President Dr. Khalsa, was one of the top ten reads of the Journal of Alzheimer's Disease in 2017 and announced in 2018. Considering that JAD publishes 600-700 articles per year, we are honored by this achievement.

BUILDING COMMUNITIES

Every year, the educational mission of the ARPF is eagerly advanced by the representatives, volunteers and supporters of the foundation. The biggest event this year was the Brain Longevity® Therapy Training in October 2018, where 60 healthcare professionals and yoga therapists became certified in our brain longevity and healthy aging program. “Wonderful program that I am excited to implement in my community.” - Nurse Practitioner

January 31

Collaborated with the Essex County Department of Aging in educating older adults at their center – Verona, NJ.

March 10-11

Celebrated its 15th anniversary of Tucson Memory Screening Day by performing screenings at the Tucson Festival of Books - Tucson, AZ.

March 28

Provided tools and resources for clients of the St. Clair County Council on Aging – Port Huron, MI.

April

Established a working collaboration with the Healthy Arizona Worksites Program, a program of Maricopa County Department of Public Health – Phoenix, AZ.

May 8

Shared educational resources with holistic healthcare providers at the International Congress on Integrative Medicine - Baltimore, MD.

June 1

Presented a workshop at the AZ LeadingAge Conference - Scottsdale, AZ.

June 14-17

Presented results of research on yoga and brain health at the International Association of Yoga Therapists - Reston, VA.

July 22-26

Education and presentation of research studies to medical professionals and researchers at the Alzheimer's Association International Conference - Chicago, IL.

October 22

Shared results of research on Kirtan Kriya yoga meditation with physicians participating in the Annual Clinical Review CME Course – Rochester, MN.

December 1

Collaborated with the Caregivers of Alzheimer's Disease, Free Retreat to provide educational tools – Houston, TX.

Winter

Launched the Brain Longevity Diet Cookbook to share interesting recipes to inspire and help people improve their brain health through diet.

Featured Program: In mid-October of 2018, we held our second session of Brain Longevity® Therapy Training (BLTT) in Washington, D.C. Our faculty included Dr. Chris Walling, Dr. Dharma, Dr. Elissa Epel, Carol Hahn, RN and Dr. Pat Cornille, OT. Students included yoga therapists and teachers, healthcare providers, and aging service providers. The course, as with the first one, implemented the 4 Pillars of Alzheimer's Prevention® with lectures, experiential sessions and breakout sessions to help participants master the teaching aspect of the program immediately. Students benefited highly from working with faculty and networking with their peers.



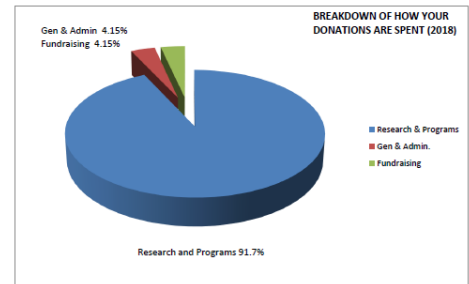
Brain Longevity Specialists, class of 2018

Outreach by the Numbers

2018 was an important year for ARPF. While we strengthened our Brain Longevity Therapy Training program, we continued our outreach activities and launched a new educational webinar series. We also performed 200 memory screenings throughout the US. Our educational participation in local health fairs and community events across the nation grew by 10% and our social media outreach increased by 20%. Almost everyone knows someone suffering from Alzheimer's and we believe in giving people tools to help themselves and to prevent the predicted Alzheimer's epidemic — to save our elders and our families.

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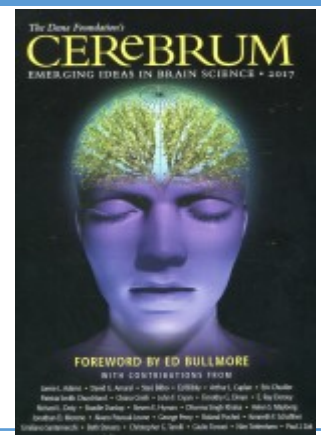
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NON PROFIT PARTNERSHIPS

When nonprofit organizations forces, they make even bigger strides towards achieving their missions and fostering a better world. ARPF is proud to have collaborated with the following nonprofits in 2018:

- We collaborated with the Dana Foundation for their publication “Cerebrum” (cover at right).
- ARPF provided free memory screenings at the Serving Kindness interfaith initiative in Santa Fe, NM.
- ARPF shared Alzheimer’s prevention tools at the Academy of Integrative Health & Medicine (AIHM) in San Diego CA.
- ARPF worked with Region 6 meeting of high school student councils to increase awareness of Alzheimer’s in high school students in Oro Valley, AZ.



WHO WE ARE



ALZHEIMER'S
RESEARCH & PREVENTION
FOUNDATION™
a 501(c)(3) charitable organization

The Alzheimer's Research and Prevention Foundation is a leading global Alzheimer's disease prevention organization, funding more Alzheimer's prevention, integrative medicine research than any other non-profit, while providing educational outreach to laypeople, healthcare providers and caregivers on the 4 Pillars of Alzheimer's Prevention. To see our complete list of accomplishments, please visit us at www.alzheimersprevention.org.

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**Thank
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