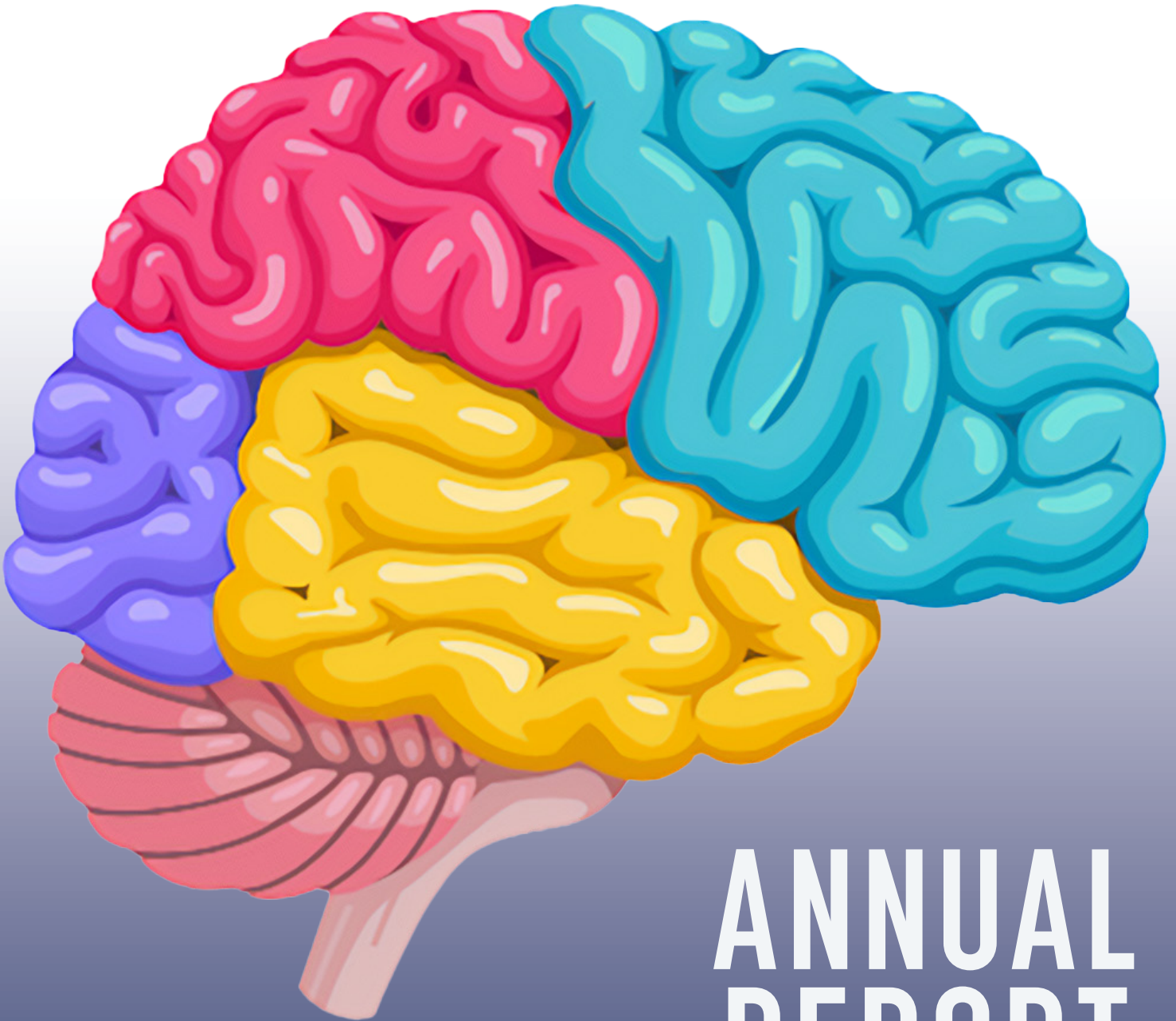


ALZHEIMER'S
RESEARCH & PREVENTION
FOUNDATION™

a 501(c)(3) charitable organization



ANNUAL
REPORT
2022

PRESIDENT'S MESSAGE

It's Been an Exciting Year!

As the world is slowly going “back to normal,” we in the scientific community are noticing the devastating effects of social isolation, loneliness, fear, and depression on our communities following the COVID-19 pandemic and the quarantine.

As you probably already know, these are also risk factors for memory loss and Alzheimer's disease.

We at the Alzheimer's Research and Prevention Foundation (ARPF) are more determined than ever to prevent Alzheimer's and spare this terrible heartache to millions of families in the US and worldwide.

This year, we increased our online presence by offering many educational opportunities and initiatives. In fact, 2022 has been such an exciting and friendraising year! Our two Meditate for Your Memory Challenges had almost 1,500 attendees from all over the world. It truly was so much fun and we can't wait to host it again next year.

In spite of Covid-related delays and complications in our Pink Brain™ Project at UCLA, we were able to publish significant findings in prestigious, peer-reviewed medical journals. One remarkable result is that we found decrease in brain volume over the course of 3 months in the control group of Memory Enhancement Training - but increased hippocampal, frontal lobe and visual cortex volume in the Kirtan Kriya and yoga intervention group.

We continue to be encouraged by these wonderful research results and by your engagement and desire to learn about the 4 Pillars of Alzheimer's Prevention®.

Together, we are making a real difference.

Yours in Brain Health,

Dharma Singh Khalsa, MD
President/Medical Director

Alzheimer's Research and
Prevention Foundation
PO Box 30783
Tucson, AZ 85751-0783

www.alzheimersprevention.org



OUR MISSION

The mission of the Alzheimer's Research and Prevention Foundation is to prevent Alzheimer's disease by funding research studies, providing professional training, educational outreach and memory screenings.

HOW WE WORK

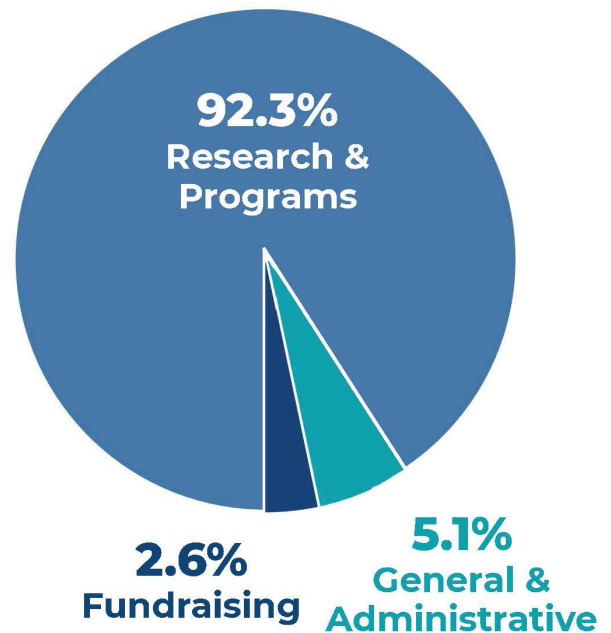
The ARPF provides an alternative to the conventional, "magic bullet" drug approach.

We believe that you can help yourself, right now, by utilizing a holistic or integrative medical approach, based on the lifestyle tools we advocate. Modern medical research reveals that all of the aspects of the ARPF's 4 Pillars of Prevention Plan®, including Spiritual Fitness, especially when used together, help build a healthier and stronger brain and memory. You can also review our latest work in our published White Papers and publications on our [Store page](#).

Recent research continues to validate what we have known for close to 30 years: magic bullet drugs are not the final answer in fighting Alzheimer's. The only effective way to prevent Alzheimer's, or even slow its progression, at this time in history is by harnessing the power of an integrative medical approach.

By understanding the key elements of prevention—the 4 Pillars of Alzheimer's Prevention—you can better protect and care for yourself and your loved ones who are struggling with this disease.

HOW YOUR DONATIONS WERE SPENT IN 2022



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RESEARCH & PUBLICATIONS

Since our inception in 1993, Dharma Singh Khalsa, M.D. has spearheaded research on the integrative or holistic 4 Pillars of Alzheimer's Prevention, including a simple, 12-minute yoga meditation called Kirtan Kriya (KK), and the world-renowned FINGER Study.

Here is a selection of the most important published work this year:



In the journal: **Current Psychiatric Reports** in an article titled, **Complementary and Integrative Medicine for Neurocognitive Disorders and Caregiver Health**, authored by Nguyen, S.A., Oughli, H.A. & Lavretsky, H. Found at **Current Psychiatry Reports** 24, 469–480 (2022). <https://doi.org/10.1007/s11920-022-01355-y>

Conclusion:

The authors conclude that, “Overall, Complementary and Integrative Medicine therapies for older adults is a promising area of research, particularly as these interventions can be seen as a more preventative and oriented toward well-being and healthy aging.”

Journal of Alzheimer's Disease xx (2022) x–xx
DOI 10.3233/JAD-215563
IOS Press

Yoga Prevents Gray Matter Atrophy in Women at Risk for Alzheimer's Disease: A Randomized Controlled Trial

Beatrix Krause-Sorio^a, Prabha Siddarth^a, Lisa Kilpatrick^a, Michaela M. Milillo^a, Yesenia Aguilar-Faustino^a, Linda Ercoli^a, Katherine L. Narr^b, Dharma S. Khalsa^c and Helen Lavretsky^{a,*}

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^bDepartment of Neurology, University of California Los Angeles, Los Angeles, CA, USA

^cAlzheimer's Research and Prevention Foundation, Tucson, AZ, USA

In a second article by Krause-Sorio B, Siddarth P, Kilpatrick L, Milillo MM, Aguilar-Faustino Y, Ercoli L, Narr KL, Khalsa DS, Lavretsky H. **in the Journal of Alzheimer's Disease, titled Yoga Prevents Gray Matter Atrophy in Women at Risk for Alzheimer's Disease: A Randomized Controlled Trial**, Published 2022 Mar 11. Epub ahead of print. PMID: 35275541. Journal of Alzheimer's Disease: Open access at <https://content.iospress.com/articles/journal-of-alzheimers-disease/jad215563>

Conclusion:

In this article, the authors were able to demonstrate that three months of a daily practice of Kirtan Kriya, along with KY training, had protective effects on brain regions known to undergo age-related cortical decline and may lead to improvements in anxiety and depression in older women with subjective cognitive decline and Cardiovascular risk factors.

COMMUNITY & OUTREACH

The ARPF had a busy year in 2022.

We presented a number of well received educational events, including:

Black Brain Health & Alzheimer's Disease: What's Race Got to Do with It?

(Online) This event was held on 02.24.22

Guest Speaker: LeTonia A. Jones, MSW

Host: Christopher Walling, PsyD, MBA, C-IAYT

It has been well documented that Black Americans are at a higher risk for Alzheimer's disease (AD) than their White counterparts. As a matter of fact, AD occurs at such high rates that it is considered a "silent epidemic." Here we will learn the stark reality of why Black and Brown people count for the highest number of diagnoses. In this webinar, we discussed how discrimination and consequent lack of trust have been affecting Black communities, and how this contributes to the prevalence of AD and other dementias in Black communities.

To End Alzheimer's, Women Need to Lead (In person)

ARPF hosted a booth at the State Convention of Delta Kappa Gamma Arizona in early June. Delta Kappa Gamma's mission is to promote professional and personal growth of women educators and excellence in education.

We share a core value: we know that women lead the charge in taking strides towards a world with healthy lifestyles and healthy brains.

Virtual Brain Longevity Symposium

(Online) This event was held on 10.15.22

In this event speakers discussed the latest and greatest topics in brain longevity. It's going to change the way we think about brain health and we're so excited to hold this symposium for you.

Alzheimer's & Sleep: The Chicken or The Egg?

(Online) This event was held on 09.08.22

What relationship does sleep have with brain health? How can you improve your sleep to maintain optimal brain function?

In this webinar: Alzheimer's & Sleep: The Chicken or The Egg? We had an exceptional discussion on the often overlooked relationship between sleep and brain health. Attendees received a recording afterwards

Guts & Glory Digestive and Wellness Expo (In person)

The 9th annual Guts & Glory Digestive and Wellness Expo at Penn State Health is a free, all-ages, pet-friendly celebration of health sponsored by Penn State Health St. Joseph Medical Center. ARPF was happy to have representative Doug Hayward, RYT, BLS lead yoga classes and provide resources on the 4 Pillars of Prevention® to dozens of attendees.

WEBINARS & GRADUATE PROGRAMS

Webinars



The New Covid-Alzheimer's Connection

Spiritual Fitness for Navigating
End-of-Life Care

Virtual Brain Longevity Symposium

Alzheimer's & Sleep:
The Chicken or The Egg?

How to Stay Healthy and
Live Longer with Spiritual Practices

The New Science of
Brain Health Nutrition

Meditate for Your Memory
Challenge I and II

ARPF Black Brain Health Initiative

Kirtan Kriya Study Group

BLTT Graduate Programs

Trauma-Informed Inclusive
Language & Signs of Elder Abuse

BLTT Journal Club:
Stress Management

Sharing Success Stories

Use Your Head:
Stress Management from the Neck Up

Memory & Movement Cafe

Best Practices for Recommending Pillar 1:
Diet & Supplements

BLTT... Now What?!
A Marketing Workshop

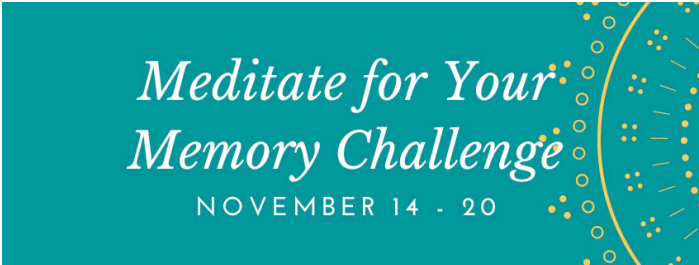
Bringing Diversity, Equity and Inclusion
into Your Practice

Stress Management for Caregivers

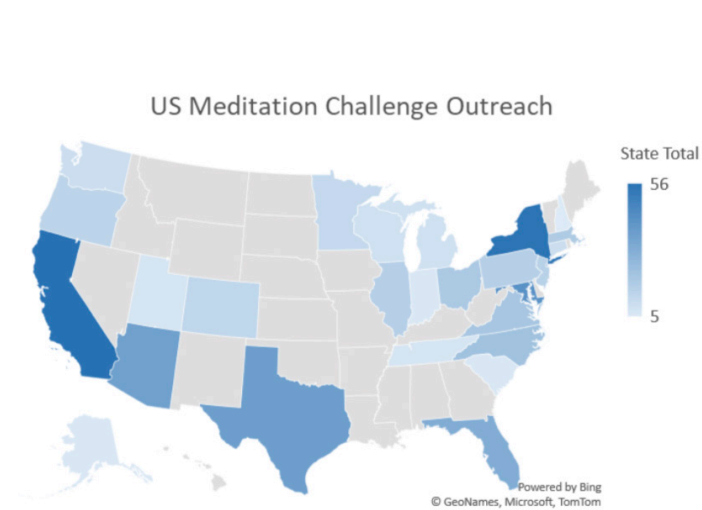
Stories of Hope

Virtual BLTT
Convocation & Graduation '22

MEDITATION CHALLENGE



States with the highest number of participants in ARPF Meditation Challenge.



AZ - 21	MO - 5
CA - 87	NC - 22
CO - 15	NJ - 9
DE - 6	NM - 5
FL - 31	NY - 21
GA - 12	OH - 11
IL - 24	OR - 8
IN - 7	PA - 13
MA - 32	TX - 29
MD - 23	VA - 15
MI - 9	WA - 15
MN - 11	WI - 7

We also had excellent international participation from 24 countries.

Argentina	New Zealand
Australia	Portugal
Belgium	Slovenia
Brazil	Spain
Canada	Switzerland
Chile	United Arab Emirates
Colombia	UK - England
India	UK - Northern Ireland
Ireland	UK - Scotland
Italy	UK - Wales
Liechtenstein	USA
Mexico	Uruguay

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