

ACT

SUMMER - 2020 NEWSLETTER

Update from Dr. Eric Larson: Who could have predicted last summer that the summer of 2020 would have us (and the world) socially distancing for nearly half a year, with the COVID-19 pandemic ongoing in our community? And now it seems to go on and on, a defining event for our time. In the midst of these trying and tumultuous times, rest assured the ACT study continues.

We follow best practices and guidelines to reduce transmission to our subjects, staff and our community. This means that for now we are not seeing participants in our KPWHRI clinic or in your homes. If you would have had a clinic visit around this time, we will instead contact you and do our data collection by phone and through mailings. We are also exploring the possibility of remote "video" visits.

By doing this, we can keep the scientific integrity of the study high and, most importantly, keep regular contact with you, our volunteers! A study like ours achieves the most scientific value when we keep in contact with participants over time.

In the meantime, studies like Eye ACT, which we wrote about in the last newsletter, will be delayed until we are able to do in-person measurements of the eye - - the "window" to the brain.

As I write this, we're not expecting the situation to change any time soon. Your safety is our highest priority. So, until we hear from officials that in-person contact is safe again, we will find ways to adapt and be resilient in our research!

ACT SYMPOSIUM: We are in the final stages of planning for our 8th annual ACT symposium, to be held August 17-19th. Rather than our usual two days of in-person scientific presentations and discussions, the symposium will be held virtually over three days of three-hour sessions each. We expect colleagues from around the US and parts of Europe to join. We will hear about current research results and new

projects, as well as discussions on equity, inclusion and diversity, and conducting research remotely in the COVID-19 era. The Alzheimer's field is full of potential for discovery. ACT's location in a healthcare system, and a dedicated group of volunteers, staff and faculty have always been our strong suit. Now at 25 years of continuous observation, ACT is one of the world's leading populations used to study aging and the brain. We are excited to share more about what we've learned and what we hope to learn. The number of virtual attendees is limited, but if you are interested in viewing slides from this event, please contact us at: KPWA.ACTproposals@kp.org.

NEW ALLEN BRAIN INSTITUTE PROJECT:

You may have heard that ACT is now part of a major new study with the Allen Institute. The lead scientist, Dr. Ed Lein, was recently featured on NPR and in various articles and press releases, including in our own KPWHRI news (<https://www.kpWASHINGTONresearch.org/news-and-events/recent-news/news-2020/seattle-team-build-hi-res-brain-map-alzheimers-disease>).

This is a monumental advance for ACT since it involves discovery science at the most basic level of brain cells, gene expression and proteins. As I stated in our press release - having this kind of link between a long-standing community study (ACT) and some of the best bench science in the world is a dream come true. A testimonial to the value of ACT - especially its cadre of devoted participants past, present and future.

JUST FOR FUN:

Q: What do you call an alligator detective?

A: An investi-gator.

Send comments or suggestions to:

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