Thank you participants!!

The scientific achievements from last year were possible thanks to the active participation of our patients, their relatives and friends. Together, we advanced the clinical science towards new therapies for Alzheimer’s Disease.

Associazione Spignese di Montreal 3rd Annual Alzheimer Fundraiser Event – November 2, 2019 RAISED $20,000.00 !!!!

A very successful fund raising event took place on Saturday, November 2, 2019 at the reception hall Le Rizz, St-Leonard, Quebec. Over 200 guests attended the event and supported the Centre’s mission in research. The MCSA is very thankful for the generous contribution from the Associazione Spignese di Montreal for research in Alzheimer’s Disease. Dr. Pedro Rosa-Neto, Dr. Serge Gauthier, Tamar Tatigian and Silvana Aguzzi attended the event on behalf of MCSA. A special THANK YOU to the Committee members: Liliana Pampena, Maria Bisecco Pampena and Celestina Cioffi Pampena (absent).

Research Achievements

Translational Biomarkers of Aging and Dementia

Join our research efforts to fight Alzheimer’s Disease!!

Do you notice any changes in your memory? Are you between the ages of 65-85? Do you speak English and/or French? Are in a good physical health condition?

- Atrophy
- Amyloid Deposition
- Tau Deposition

The participation includes a telephone questionnaire, cognitive tests, blood and urine sampling and a series of brain scans.

McGill University Research Center for Studies in Aging - Location: CrossRoads Pavilion - 6775 boul. LaSalle, Montréal, QC, Canada H4H 1R3 - If you are interested in participating call: T: 514-761-6131 ext: 6321 or T: (514) 265-6392
Principal Investigator:
Dr. Serge Gauthier and Dr. Pedro Rosa-Neto – Douglas Mental Health University Institute.

The TRIAD (Translational Imaging in Aging and Dementia) cohort is a population-based study developed at the McGill University Research Centre for Studies in Aging. The TRIAD cohort is designed to study the most important biomarker changes that are involved in aging and brain disorders such as Alzheimer’s Disease. Participants undergo cognitive tasks, MRI scans and PET scans every two years. The TRIAD cohort will serve as a benchmark for understanding what proteins become abnormal in patients with neurodegenerative diseases. Results from the TRIAD study will be used to guide future disease-modifying trials against Alzheimer’s Disease and other disorders.

Dr. P. Rosa-Neto, Min Su (Peter) Kang and Julie Ottoy are presently working on a project to develop a new scanning method to improve both the accuracy and scanning experience for brain amyloid imaging. Through international collaboration between Molecular Imaging Center Antwerp (MICA) from the Antwerp University and Translational Neuroimaging Laboratory (TNL) from McGill University, they are currently developing a new imaging protocol that is experience-friendly and will provide the most accurate measurement of brain amyloid imaging. They hope that this new procedure can replace the current technique to improve both the participant’s comfort and measurement accuracy.

Dr. Pedro Rosa-Neto and Dr. Serge Gauthier, for the 5-year funding by the Fonds de Recherche en Santé (FRSQ) for the TRIAD/BioVie COHORT.

NRM2020.org
Email: NRM2020@mcgill.ca

MCSA IS HOSTING THE NEXT PK COURSE AT MNI JUNE 18-20, 2020 & NRM 2020 CONFERENCE AT CENTRE MONT ROYAL (CMR) IN MONTREAL JUNE 20-23, 2020

The 5th Canadian Consensus Conference on the Diagnosis and Treatment of Dementia (CCCDTD5) took place in Québec City; on October 3rd. Drs Gauthier and Rosa-Neto were co-leads of two of the eight workgroups addressing issues ranging from prevention of dementia to early diagnosis using brain imaging and liquid biomarkers. The highlights of the 50+ recommendations that we approved were presented by Dr. Gauthier at the Canadian Conference on Dementia which immediately followed the CCCDTD5.

A planning meeting organized by INSERM and the RQRV took place in Paris October 15-16th about research collaboration between researchers in France and in Québec. Emphasis was placed on existing cohorts such as Prevent-AD and TRIAD, and Dr Gauthier co-leads with a Dr. Goldberg from Versailles a working group to list the content of the French and Québec longitudinal cohorts in order to facilitate data sharing. This work will be facilitated by Dr. Isabelle Fortier at the MUHC-MGH through the Maelstrom Research Platform.

4TH OPEN HOUSE – HEALTH DAY FRIDAY, SEPTEMBER 13, 2019 9:00 AM – 4:00 PM MCSA INVITED 50+ SENIORS TO COME AND EVALUATE THEIR HEALTH AND ATTEND EDUCATIONAL LECTURES.

On September 13, 2019 MCSA/CrossRoads held its 4th Open House – Health Day for our surrounding community members. Over 80 participants were welcomed by the MCSA staff and had the opportunity to listen to riveting lectures and participate in activities. Lectures included were “Laughter is the Best Medicine”, “Healthy Eyes”, “Wills: The Basics”, “Osteoporosis”, “Nutrition & Healthy Living”...
Eating,” “Hearing, an invaluable Sense,” “Why is your Family History Important,” “Cruising at Any Age”, “Managing Stress in Caregiving”, and “COCOON: Smart Technologies for Safe Aging.” Participants enjoyed a BBQ lunch outdoors where they had the opportunity to meet Centre’s staff/doctors and to network with one another. MCSA would like to thank all of the speakers, volunteers, participants, and staff for making this event possible.

Sarah Mulcahy and Dr. D. Dastoor, PhD

Dr. Dolly Dastoor, PhD, Speaker, “Managing Stress in Caregiving.”

Sylvie Dagenais-Douville, Speaker “Laughter is the Best Medicine.”

TRIBUTE TO DR. DOLLY DASTOOR, PHD
On June 12, 2019 (MCSA BBQ Annual Fundraiser Event), Dr. Pedro Rosa-Neto and Dr. Serge Gauthier awarded Dr. Dolly Dastoor with the “MCSA Lifetime Achievement Award,” for her work in Dementia Care. On November 16, Dr. Dastoor will be celebrating a Special Birthday; she will be 80 years young. We had the opportunity to interview Dr. Dolly Dastoor, Chair of the MCSA Education Committee, and Member of the Executive Committee and asked her about her long career and extensive experience.

Dr. Dastoor tell us about yourself?
“I was born in Mumbai, India. I received my Bachelor and Master degree in psychology from the University of Bombay and completed my PhD at Concordia University. After I got married, I went to Nigeria where my husband was working, and there I was hired by the University of Ibadan where I was a Senior Research Fellow in Psychiatry and a project coordinator for the World Health Organization (WHO) in Schizophrenia. I came to Canada in 1973 and joined the Douglas Hospital Geriatric Services as a Research Fellow in Geriatrics and later when the hospital received a government grant, I was hired as a Clinical Psychologist and participated in various pharmacological research projects for dementia involving many families. I formed support groups for families which was the foundation of the Alzheimer Society of Montreal. It started as voluntary society which now has a budget of over a million dollars.”

Why were you interested in Medicine/why Alzheimer’s disease?
“I was always interested in Medicine, but I did not have the prerequisites of physics and chemistry, so I decided to go into Clinical Psychology. Meanwhile my mother who lived in India had a stroke and developed cognitive problems due to vascular dementia. This is how I became involved in dementia work and formed the Alzheimer Society of Montreal, where I was President from 1986 to 1991. Around this time Dr. Martin Cole and I developed the Hierarchic Dementia Scale for assessment and prognosis of dementia.”

“Next I wrote a proposal for developing a dementia program at the Douglas Hospital. It took 10 years for the administration to approve the program and then a large funding fell in our lap!! The proposal I had written was then developed further to become the Centre for Excellence in Dementia Care. I was then named the Clinical Co-Director of the program with Dr. Vasavan Nair.”

What did you find most rewarding throughout your career?
“The most rewarding in my career was that I was the first in Quebec at Douglas Hospital, to develop the Program in Dementia with Psychiatric Co-morbidity which provided a continuum of care model with a Day Centre, Memory Clinic and 18 bed units. I was the Clinical Administrator of this program from 1998 until my retirement in 2013.”

What Medical benefits have you seen throughout your career?
“We have seen the development of four medications for Alzheimer Dementia, none of them are curative but they tend to slow the disease. Hence emphasis now is on a preventive approach to the disease so that a better quality of life can be experienced for as long as possible. Being involved in the McGill University Research Centre for Studies in Aging (MCSA) and Chairing the Educational Committee, is very challenging and satisfying, especially developing educational seminars, workshops, conferences, and sensitizing the public about aging, dispelling myths about Memory loss and Alzheimer Disease. Because the cure for dementia especially Alzheimer Disease is so far on the horizon, and the people suffering from this disease and their families need help now, I have set up a research award to encourage graduate students to conduct research in rehabilitation sciences with a particular focus on dementia care.”

Are you involved in any other organizations?
“Yes, I have always been involved in Voluntary organizations. I belong to my own community organization and I have been the president of the Federation of Zoroastrian Associations of North America. I have been involved in Zonta International which promotes the empowerment of girls and women, involved with the Montreal Council of Women. I am on the board of the Parliament of World’s Religions. These activities have given me great satisfaction of giving back to the community which has been so good to me for 80 years.”

MEET OUR NEW STUDENTS/ STAFF 2019

Jaime Fernandez-Arias joined the MCSA as a PhD student in September 2019. As a PhD student, he will be taking over the P.O.N.D.E.R. project, which aims at creating an online cognitive training for elderly people who may develop dementia while, at the same time, evaluating whether the cognitive profile of a large sample may serve the purpose of predicting those who would be at a higher risk for dementia. He received the following university degrees: BSc in Psychology from Universidad de Oviedo, Spain. 2008-2014; MSc in Cognitive Neuropsychology from the VU Amsterdam; the Netherlands. 2014-2016 and MSc in Applied Cognition and Neuroscience from the University of Texas at Dallas, USA. 2017-2019.

Yi Ting (Tina) Wang
Ms. Wang joined the MCSA as a PhD student in September 2019. She is interested in the impact of genetics on neuroinflammation, amyloid and tau pathology in Alzheimer’s Disease. Tina will use multimodal imaging techniques...
(with a focus on Positron Emission Topography) and fluid biomarkers to study the association between genetics and different AD biomarkers, as well as how it is related to AD aetiology and progression.

**Ourdia Yahi**
Ms. Yahi graduated with a Master’s degree in Biochemistry and Molecular Biology from Pierre and Marie Curie University (Paris 6) and another Master’s degree in Experimental Medicine from the University of Montreal. She also had the chance to do research in different structures in Montreal including the St. Justine Research Center and the Montreal Heart Institute. “It is with great joy that as a Research Assistant I join the team of the McGill University Research Center for Studies in Aging. I am extremely pleased to be part of this group and will do my best to complete the projects underway.”

**Veronica Le,** BSc Bachelor of Science, McGill University (2019), joined the research lab as a Research Assistant at the beginning of October 2019 and is helping with neuropsychological assessments. “I am excited to be a part of this amazing project!”

**Sherlaine Recinto,** recently finished her bachelor’s degree in Pharmacology & Therapeutics at McGill University. She started to work for the MCSA CrossRoads on October 1, 2019 as a Research Assistant and will be doing data entry in Loris which is a web-based data and project management software for neuroimaging research studies. She is excited to be working alongside the team that is working on tracking the progression of neuroinflammation and tau aggregates in preclinical Alzheimer’s Disease.

**Gileen Megan Bunga** is a Philippine registered nurse waiting to take the OIIQ licensure exam in March 2020. She joined MCSA in October 2019 and she is working as a Research Assistant doing LORIS data entry. She is currently working on a project that focuses on the progression of neuroinflammation among people with preclinical Alzheimer’s Disease.

**INTERNATIONAL VISITORS**

**Sophie van den Brink,** March – July 2019, Vrije University Amsterdam. Sophie, a research master’s student in Neuropsychology, completed a 5 month research project for her master’s thesis under the supervision of Dr. Paolo Vitali – which is a part of her research master’s degree in neuropsychology for the University of Amsterdam. Her thesis project at the MCSA, focused on the contribution of CSF biomarkers assessments in the diagnostic process of atypical dementia patients. She analyzed CSF biomarkers (amyloid and tau) along with neuroimaging, neurological and neuropsychological evaluations that are used to distinguish Alzheimer’s Disease from other types of dementia. Sophie’s aim was to emphasize the importance of CSF biomarker assessments in the clinical practice, which could result in increased diagnostic accuracy for atypical dementia patients.

**Lorenzo Bresciani,** August 2 to September 13, 2019 – Medical Student from Humanitas University, Milano, Italy completed his medical student observership at the McGill University Research Centre for Studies in Aging. Lorenzo wrote: “I attended the clinical and research activities at MCSA Centre. I had the chance to develop my interest in neuroscience by following the physicians in their daily visits and by devoting time to the research analysis as well. I was impressed by the kind and welcoming environment at MCSA. I would have never imagined feeling at home in a place that is so geographically far from my country. I went back to Italy with my mind filled with notions and the desire of elaborating even more on the topics that I studied. My heart is filled with so many wonderful memories.”

**Dr. Muhammad Naveed Iqbal Qureshi** PhD (March 2019 to November 1, 2019). Dr. Qureshi wrote: “I worked at MCSA as a FRQS postdoctoral research fellow and mainly worked on multiband resting state functional MRI data. The goal of this research was to acquire the predictive functional biomarkers of Alzheimer’s Disease. I also developed a customized data preprocessing pipeline that can preprocess the raw data and generate functional connectivity maps both seed based as well as voxel based. These functional connectivity maps were further used in my own AI/deep learning pipeline for the automated diagnosis of AD patients. I presented the results of this research in reputed conferences including HAI 2019 and Brain and Brain Pet 2019. A full manuscript is under consideration for publication in a peer reviewed journal.”
Dr. Tatsuro Terada, International Visiting Scholar from Japan, arrived in August 2019. Dr. Terada will be investigating the possible association between neuroinflammation and mitochondrial dysfunction in Alzheimer’s Disease by using Positron Emission Tomography. The goal of his research is to understand the neural mechanism underlying cognitive impairments.

Gleiane Gontijo de Avelar – Graduate Research Trainee – October 2019 to May 2020. Ms. Gontijo de Avelar, Clinical Pharmacist, MSc student in the Graduate Program of Medical Sciences of the University of Brasilia (Brazil) was awarded with the scholarship by Emerging Leaders in the Americas Program (ELAP). Following Dr. Pedro Rosa-Neto’s guidance at McGill University Research Centre for Studies in Aging, she intends to identify and test pre-selected microRNA-based biomarkers for challenging Alzheimer’s Disease, especially in the light of rigorously pre-evaluated patients with the aid of cutting-edge neuroimaging technologies.

Dr. Tatsuro Terada, International Visiting Scholar from Japan, arrived in August 2019. Dr. Terada will be investigating the possible association between neuroinflammation and mitochondrial dysfunction in Alzheimer’s Disease by using Positron Emission Tomography. The goal of his research is to understand the neural mechanism underlying cognitive impairments.

Some Members of the Daughters of Penelope attended the MCSA Annual Fundraiser on June 12, 2019 to discuss their future fundraising collaborations with MCSA.

The Meandros Talks Fundraiser, took place on Sunday, October 20, 2019, at the Palace Convention Centre, 1717 Blvd du Corbusier, Laval, QC H7S 2K7. Dr. Pedro Rosa-Neto, MD, PhD gave a lecture entitled “Targeting Alzheimer’s Disease and Dementia.” Topics of lecture included: What causes Alzheimer’s Disease and Dementia? Are there any new therapeutic strategies? Can the disease be prevented or detected earlier? What are the recent research developments?

“The Daughters of Penelope are proud to support the research that Dr. Pedro Rosa-Neto is conducting with the Triad Cohort.”

The MCSA Clinical Trial Unit has been collaborating with Dr. Angela Genge to participate in a phase 3 study comparing different doses of the monoclonal antibody aducanumab in mild dementia due to Alzheimer’s disease (AD). Although the study was stopped a few months ago after a futility analysis, a second look at all the data collected suggest a significant effect at the highest dose. This information will be discussed during the next meeting of Clinical Trial in Alzheimer’s Disease (CTAD) to take place in San Diego December 4th-7th, during which Dr Gauthier will review ongoing and future clinical trials using treatments that modify tau pathology in the aging brain.

Alzheimer’s Disease Research Unit Director Dr. Serge Gauthier and Dr. Pedro Rosa-Neto, Director of the McGill University Research Centre for Studies in Aging, utilize the best clinical practices and cutting-edge technologies for diagnosis of medical conditions associated with memory problems. The Memory Clinic is actively involved in cognitive research and is recognized internationally as a Clinical Trial Site. Clinical trials (Phase II-IV) that test the efficacy and safety of experimental drugs for AD and other cognitive disorders are ongoing. The MCSA is in the process of recruiting for 2 different clinical trials on Alzheimer’s Disease and one observational study on Dementia. Our team will answer all questions on the above studies in regards to clinical trials and if you are interested in obtaining more information and/or participating in one of our clinical trials please do not hesitate to contact Tamar Tatigian at 514-761-6131 x6314 or email: info.mcsa@mcgill.ca.

DONATIONS
We appreciate your continued support to our Centre! To achieve all of our objectives and to continue to play an important role in aging research in Quebec, Canada and Internationally, we always need your help. In order to advance in our mission and mandate towards (1) prevention, (2) major focus of aging research, and (3) commitment in investigating causes and development of new treatments of the dementias, we count on your continued support. We thank all of our Donors for their encouragement and confidence in our work which contributes to the preservation of the highest levels of research, education, and teaching in the field of aging. We are happy to accept donations that will support our research efforts.
We will issue a receipt for tax purposes for all donations above $15.00. In addition, every donor whose gifts exceed $500 will be honored by receiving a permanent inscription on our Donor Wall. If you would like to make a donation by mail, phone or email, please contact Alexandra Triantafillopoulos at 514-761-6131 X 6311 or By Email: alexandra.triantafillopulos1@mcgill.ca or silvana.aguzzi@mcgill.ca.

We would like to express our deepest gratitude to all of our Donors and are grateful for your continuous support and interest in the Centre’s research and knowledge outreach programs. Thanks to Donors like you we can continue our mission in investigating causes and treatments of the dementias, especially Alzheimer’s Disease. Your support is extremely important to us and we encourage you to spread the word on social media in helping with our cause.

Dr. Pedro Rosa-Neto, Director of the McGill University Research Centre for Studies in Aging, Dr. Serge Gauthier, Director of the Alzheimer Disease Research Unit/Memory Clinic and the MCSA Team would like to thank you for your generous contributions and support throughout 2019.

In addition, we hope that you will be able to take part in one or more of our many exciting events planned for 2019-2020. We look forward to your feedback and suggestions, email us at info.mcsa@mcgill.ca.

T:514-761-6131 x 6311 or email alexandra.triantafillopulos1@mcgill.ca.

The goal of the study is:
- To better understand Amyloid and Tau proteins present in the brain
- To understand the role of inflammation in the brain in normal aging and in Alzheimer’s Disease
- To develop Research methodologies which can diagnose Alzheimer’s Disease at earlier stages

On Friday, October 4, 2019, MCSA showcased a kiosque at the CHLSD Vigi Santé DDO, Senior’s Fair entitled “Learning is Ageless.” This full day event was organized by the Health Committee (a subcommittee from the West Island Senior’s Table). Dr. Dastoor gave a lecture on “Aging and Memory.” Participants appreciated the topic presented and were happy to attend.

MCSA thanks all of the participants that attended the 2019 Dorval First Citizen Showcase on Friday, October 25, 2019.

Paula Chiarella, Animator of Leisure and Culture, Dorval, Quebec.

SAVE THE DATE 2019 -2020

BRAINY BOOMERS LECTURE SERIES:
“Advances in Alzheimer’s Disease”
Date: Sunday, October 27, 2019
Time: 10:00 am – 11:00 am
Dr. Pedro Rosa-Neto, MD, PhD
Medical Series hosted by Shaare Zedek Congregation
5305 Rosedale Avenue
Montreal, Quebec H4V 2H7
Registration: 514-484-1122 x 101/114

“Aging & Memory”
Date: Thursday December 19, 2019
Time: 1:30 – 3:30
Dr. Dolly Dastoor, PhD
The Teapot
2901 St Joseph
Lachine, Quebec H8S 4B7
Registration: 514-637-5627

“Aging Successfully”
Date: Monday January 30, 2020
Time: 1:30 – 3:30
Dr. Dolly Dastoor, PhD
The Teapot
2901 St Joseph
Lachine, Quebec H8S 4B7
Registration: 514-637-5627

“Healthy Body, Healthy Bones”
Date: Wednesday May 13, 2020
Time: 1:30 – 3:30
Dr. Loraine Mazzella
Centre de Soutien Entr’Aidant
1688 rue Gustave
Saint Hubert, Quebec J4T 1Y6
Registration: C. Séguin: 450-465-2520 x 208

“Healthy Eyes”
Date: Thursday May 14, 2020
Time: 1:30 – 3:30
Dr. Christopher Serhan, Optometrist
The Teapot
2901 St Joseph
Lachine, Quebec H8S 4B7
Registration: 514-637-5627

“Learning is Ageless”
Date: Wednesday, June 3, 2020
Time: 12:00 – 2:00
Dr. Dolly Dastoor, PhD
Bibliothèque du Vieux-Saint-Laurent
1380 rue de l’Église
Arr. Saint-Laurent, Montréal H4L 2H2
Registration: 514-855-6130
www.aging.mcgill.ca
ntl.research.mcgill.ca
http://alzheimer.mcgill.ca

NEW RESEARCH DONOR WALL – TRIAD COHORT CROSSROADS PAVILION 6775 LASALLE BLVD VERDUN QC H4H 1R3

For research participants and sponsors that are interested in donating to the TRIAD Cohort Research Study, please contact Alexandra Triantafillopoulos at 514-761-6131 X 6311 or email alexandra.triantafillopulos1@mcgill.ca. We would look forward to your feedback and suggestions, email us at info.mcsa@mcgill.ca.

“Our goal was to provide valuable information to local seniors, and we are pleased with the result according to the positive feedback we have received from many participants. We wish you the best in your endeavours and look forward to seeing you again at our next Showcase in a few years” quoted by Dr. Dolly Dastoor, PhD.