



Mrs. Indira Mahalanobis conducting music session with patients at Day Care Center.

Helpline

Our Helpline remained quite active during the year where we received approx 894 calls and made approx 1328 calls which enabled us to exchange and disseminate knowledge on dementia management, requirement of the families for home counselling while referrals requirements were also ascertained. 89 new patients registered with us. We scheduled appointments for 57 patients with AIIMS and RML Hospital as per the request of the patients.

Free Medicines

Medicines worth Rs. 95,044 Thousand were distributed free to 9 patients on sustained basis during year.

Training of Care Givers

We carried out care giver's Training for 21 candidates this year.



Training of caregivers in progress

Updates on Alzheimer's/ Dementia Research Novel Way to Treat Alzheimer's

The blood-brain barrier has posed one of the biggest challenges in treating Alzheimer's disease. Now, researchers have been able to overcome this hurdle. In a paper published on March 11 in the journal *Science Translation Medicine*, a team led by Jurgen Gotz of Queensland Brain Institute, Australia, was able to send a drug across the blood-brain barrier using a combination of microbubbles and ultrasound waves. They tested the method on mice.

Alzheimer's disease involves plaques of beta-amyloid forming in the brain. Cells that would normally eat up such deposits fail to do so in an affected person.

Normally, such a feature would be treated by sending drugs through the blood stream. In the case of AD this is not possible because of what is known as the blood-brain barrier. This is a group of closely packed cells that normally protect the brain. It also makes the brain difficult to treat by normal procedures.

Discovered: Key to blocking Alzheimer's progress

A molecule that can block the progress of Alzheimer's disease at a crucial stage in its development has been identified by British researchers. A molecular chaperone has been found to inhibit a key stage in the development of Alzheimer's and break a chain reaction that leads to the death of brain cells.

The research provides an effective basis for finding candidate molecules that could be used to treat the condition. Cambridge University scientists have shown that a molecular chaperone, a type of molecule that occurs naturally in humans, can play the role of an "inhibitor" part-way through the process that is thought to cause Alzheimer's, breaking the cycle of events that scientists believe leads to the disease.

Specifically, the molecule, called Brichos, sticks to threads made up of malfunctioning proteins, called amyloid fibrils. By doing so, it stops these threads from coming into contact with other proteins, thereby helping to avoid formation of highly toxic clusters that enable the condition to proliferate in the brain.

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