

Health Bulletin

Brain Health Registry: Speeding Path To Alzheimer's Cure



TV star Linda Gray, among millions with friends or family members affected by Alzheimer's disease, hopes a PSA she made will encourage others to support and sign up for a clinical trial registry.

(NAPSA) - The statistics on Alzheimer's disease bear witnessing. The prevalence of the condition is estimated to triple by 2050, growing from 5.3 million today to 16 million. It is the sixth leading cause of death in the United States and the fifth leading cause of death for those aged 65 and older.

And costs for the disease are taking a toll: In 2015, caring for those with Alzheimer's was estimated to be \$226 billion, with half of the costs borne by Medicare, according to the Alzheimer's Association. By 2050, the cost of Alzheimer's could jump to \$1.1 trillion (in 2015 dollars).

That makes Alzheimer's disease ripe for breakthroughs in prevention and curative treatments. The Alzheimer's Association says that new treatments for the disease cannot be discovered without

clinical trials, which are seeking tens of thousands of volunteers, both with and without the disease.

Getting On Board With A Registry
One of the easiest ways to participate in a clinical trial for Alzheimer's disease is through a health care registry, which matches individuals to clinical trials. The Internet-based, free national Brain Health Registry launched in 2014 is one such registry. With 40,000 current members, its goal is to double the number in 2016.

The Brain Health Registry aims to reduce the cost of patient recruitment for clinical trials by building a large online pool of potential candidates.

Once volunteers are registered on the site, they complete questionnaires about basic demographics, health, lifestyle and medical history, along with cognitive tests and a consent form on the Brain Health Registry website, www.join.brainhealthregistry.org.

The National Institute on Aging makes a strong case for participation in clinical trials:

- Help others, including future family members, who may be at risk for Alzheimer's disease.
 - Receive regular monitoring by medical professionals.
 - Learn about Alzheimer's and one's health.
 - Test new treatments that might work better than those currently available.
 - Get information about support groups and resources.
- The state of research for Alzheimer's pales when compared to other diseases. In 2011, the National Institutes of Health (NIH) spent only \$480

million on Alzheimer's, while cancer research received about \$6 billion, heart disease, \$4.2 billion and HIV, \$3.2 billion.

Alzheimer's Affects More Women, Minorities
Alzheimer's disease affects a disproportionate number of women, African Americans and Hispanics, as well as older adults over 65. Two-thirds of the 5.1 million people currently suffering from Alzheimer's disease are women.

Unfortunately, African Americans represented 12 percent of the U.S. population in 2011 but only 5 percent of clinical trials, and Hispanics comprised 16 percent of the population but only 1 percent of clinical trial participants.

A recent University of California at Davis study shows that despite a congressional mandate that research financed by NIH include minorities, nonwhites comprise fewer than 5 percent of participants in NIH-supported studies.

The FDA's Office of Women's Health identified major barriers to minorities: lack of disease education; insurance status; patient inconvenience costs; unavailability of transportation; distance to a study site; and patient and family concerns about risk.

You Can Help

To help increase participation in clinical trials and help speed the path to cures, people are encouraged to join the Brain Health Registry for free at www.join.brainhealthregistry.org.

Three Tips To Keep Horse Hooves Infection Free

(NAPSA)-When it comes to keeping your horse healthy, hoof care is often a critical element so you can enjoy normal activities together, such as riding or competing. Properly maintained hooves are much less likely to develop bacterial and fungal infections; thus, horses can maintain normal hoof function.

The Problem

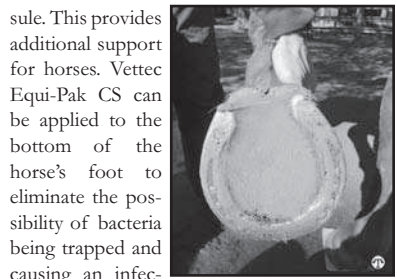
Thrush, a bacterial infection, can be a common problem that resides in the "frog" of a horse's hoof. The frog refers to the dark-colored soft tissue on the bottom side of the foot that is triangular in shape, and stretches from a horse's heel to midway toward the toe. The bacteria that causes thrush thrives in unsanitary conditions like stalls, where dirt, debris and bacteria can get trapped in horses' feet. The preliminary sign of the condition is a strong odor coming from the hoof.

Three Steps to Healthier Hooves

There are several tips and strategies to manage and prevent thrush. Keeping the hoof and frog clean and free of bacteria is important, and this can be challenging in a barn environment that is often wet and full of bacteria.

Certified Journeyman Farrier Tab Pigg recommends these three tips:

- 1. Clean the hooves daily** with a hoof pick and clean wire brush; the pick removes the bulk and the wire brush removes residue.
- 2. Trim hooves on a regular schedule.** Feet that go untrimmed longer than seven or eight weeks develop thin soles and a stretched white line, making it easier for bacteria to enter the hoof capsule.
- 3. Ask a farrier to use pour-in pads** that adhere to the bottom of the foot to seal out moisture and debris. Pour-in pads are liquid urethane adhesives that provide durable, shock-absorbent support within the hoof cap-



This provides additional support for horses. Vettec Equi-Pak CS can be applied to the bottom of the horse's foot to eliminate the possibility of bacteria being trapped and causing an infection.

You can give your horse a leg up when it comes to fighting infection with the help of a liquid adhesive that also supports the hoof. It provides extra protection and support and also bonds to the sole, eliminating the need to pick out the feet and apply daily medication.

Pour-in pads also offer these advantages:

- The adhesive immediately bonds to the sole, sealing out moisture and debris.
- Pour-in pad material can be filled to ground level for maximum support and effectively absorbs concussion, instead of sending it up the leg.
- A pour-in pad supports the bony column of the leg by loading the entire hoof area and it positions the weight-bearing load over the entire ground surface and not just the hoof wall.

Learn More

Ask your farrier about if your horse is at risk for thrush and which pour-in pad materials are best for your horse. Visit www.Vettec.com for further information and educational videos.

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We will put a graphic or photo in the box to the left. You find it somewhere in the classifieds.
Come into our office, Enter your name, phone number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.

Good Luck

DAVID JEFFERIS found the Indianapolis 500 - Mile Race Graphic on Page 8B (3rd column at bottom in Spring Flower graphic) He has won a gift certificate to A Taste of Hawaii.

Gift Certificates must be picked up within 2 weeks of winning
Deadline for today's paper: Thursday by 3:00 PM



Wednesday's Graphic