

NUOVI RISULTATI DELLA RETE GERIATRICA ALZHEIMER (ReGAl 2.0)

Virginia Boccardi MD, PhD

AZIENDA OSPEDALIERA DI PERUGIA S.C. DI GERIATRIA ISTITUTO DI GERONTOLOGIA E GERIATRIA UNIVERSITÀ DEGLI STUDI DI PERUGIA

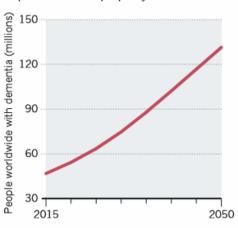
Aging remains the most powerful risk factor for developing DEMENTIA

An age-old story of dementia

The biology and epidemiology of Alzheimer's disease.

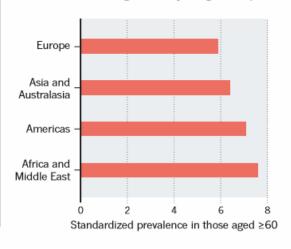
AGEING AND GROWING

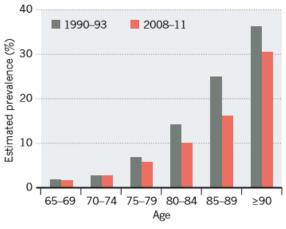
In 2015, almost 50 million people worldwide had dementia². As the population grows and ages, the number affected is expected to surpass 130 million people by 2050.



LOCAL LESSONS

The prevalence of Alzheimer's disease (left) in people aged 60 or above is highest in north Africa and the Middle East, and the condition is least common in central Europe². In affluent countries in the West, such as the United Kingdom, a decline in the prevalence of Alzheimer's disease in the elderly has been observed (right)³. This suggests that concurrent changes in lifestyle might have provided some protection from dementia (see page S18).







Contents lists available at ScienceDirect

Ageing Research Reviews

journal homepage: www.elsevier.com/locate/arr



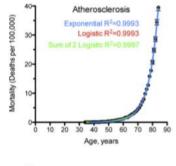
Age-related diseases as vicious cycles

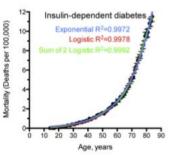
Aleksey V. Belikov

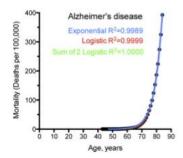
Laboratory of Innovative Medicine, School of Biological and Medical Physics, Moscow Institute of Physics and Technology, Institutsky per., 9, 141701 Dolgoprudny, Moscow Region, Russia

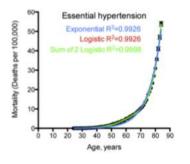


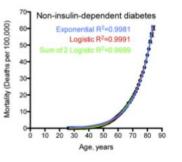


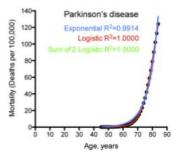






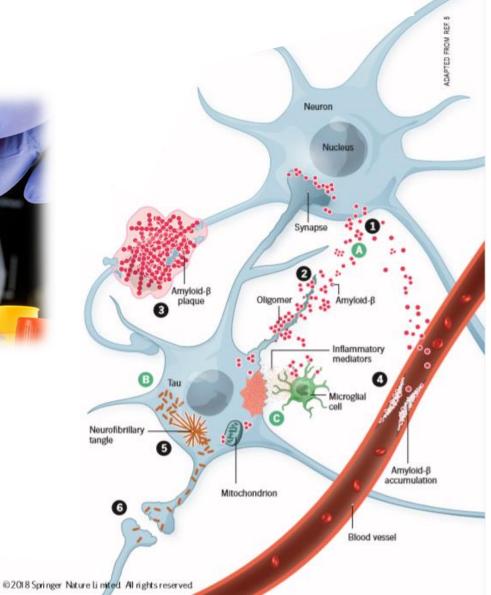




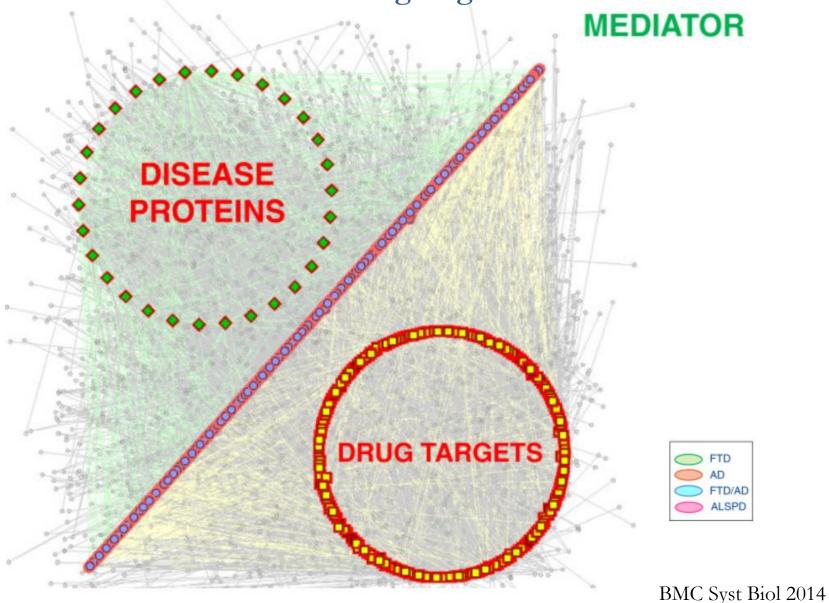


...UNDERSTANDING

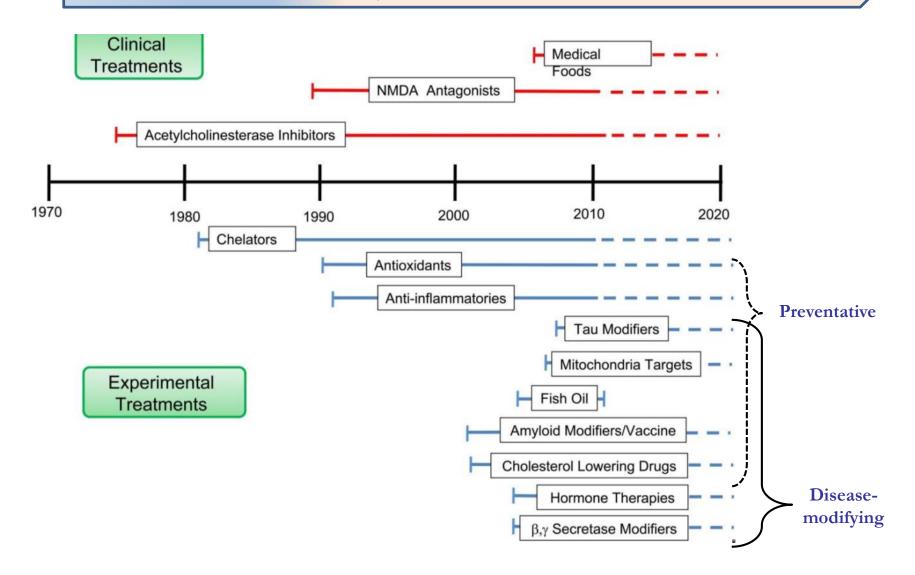




Protein-protein interactions network created using disease and drug targets



There is currently no "cure" for dementia



"Knowledge accrues in pieces, but is understood in patterns"



In old age biomarkers are not a disease

Age-specific population frequencies of cerebral β-amyloidosis and neurodegeneration among people with normal cognitive function aged 50–89 years: a cross-sectional study



Clifford R Jack Jr, Heather J Wiste, Stephen D Weigand, Walter A Rocca, David S Knopman, Michelle M Mielke, Val J Lowe, Matthew L Senjem, Jeffrey L Gunter, Gregory M Preboske, Vernon S Pankratz, Prashanthi Vemuri, Ronald C Petersen

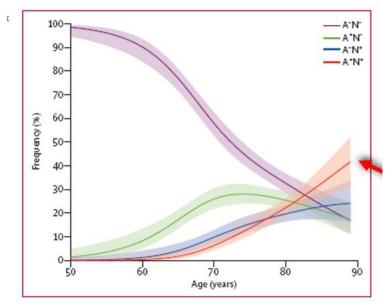


Figure 1: Estimated frequency (percentage) of participants in each biomarker group, by age

Estimates are from a multinomial model adjusted for sex. Non-linearity in age was allowed in the model by fitting age as a spline with knots at ages 60, 70, and 80 years. Shaded areas are 95% parametric bootstrap Cls.

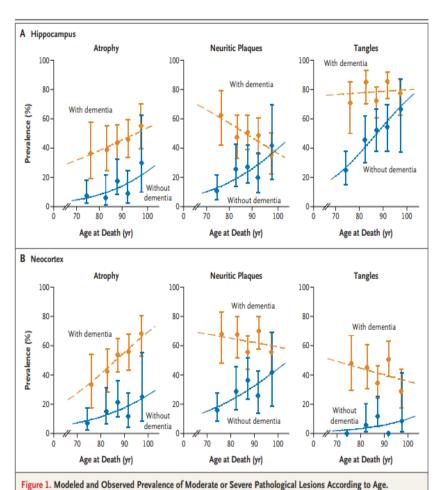
ORIGINAL ARTICLE

Age, Neuropathology, and Dementia

George M. Savva, Ph.D., Stephen B. Wharton, F.R.C.Path., Paul G. Ince, M.D., Gillian Forster, B.Sc., Fiona E. Matthews, Ph.D., and Carol Brayne, M.D., for the Medical Research Council Cognitive Function and Ageing Study

'ariable	75 Yr of Age	95 Yr of Age	P Value†	
	odds ratio (95% CI)			
angles				
Hippocampus	8.61 (3.66-20.27)	2.11 (1.05-4.25)	0.03	
Neocortex	35.16 (8.16-153.31)	7.04 (2.40-22.87)	0.14	
Entorhinal cortex	4.72 (1.97-11.30)	2.94 (1.37-6.29)	0.48	
Neuritic plaques				
Hippocampus	10.19 (4.28-24.25)	1.42 (0.71-2.82)	0.002	
Neocortex	8.63 (3.81-19.60)	2.48 (0.92-4.14)	0.04	
Entorhinal cortex	7.18 (2.99-17.25)	2.28 (1.11-4.67)	0.08	
Diffuse plaques				
Hippocampus	2.36 (1.10-5.10)	2.12 (1.08-4.16)	0.86	
Neocortex	2.67 (1.24-5.74)	1.83 (0.95-3.48)	0.42	
Entorhinal cortex	2.91 (1.14-7.45)	1.19 (0.56-2.53)	0.20	
Cortical atrophy				
Hippocampus	7.96 (2.67-23.68)	4.22 (1.80-9.91)	0.43	
Neocortex	5.11 (1.94-13.46)	6.10 (2.80-13.28)	0.81	
/ascular pathology				
More than one vascular pathological change	2.36 (1.09–5.11)	1.56 (0.80–3.04)	0.48	
Infarcts	2.87 (1.29-6.40)	1.09 (0.53-2.26)	0.12	
Hemorrhage	0.87 (0.15-4.93)	0.73 (0.15-3.57)	0.90	
Lacunes	1.41 (0.58-3.46)	1.99 (0.88-4.51)	0.62	
Lacunes Small-vessel disease	1.41 (0.58–3.46) 2.69 (1.15–6.31)	1.99 (0.88–4.51) 1.79 (0.89–3.61)	0.6	

^{*} All pathological measures were recorded in accordance with the protocol of the Consortium to Establish a Registry for Alzheimer's Disease. The model is based on the presence of moderate or severe neurofibrillary tangles, neutritic plaques, diffuse plaques, and cortical atrophy. Vascular lesions are classified as present or absent rather than graded according to severity. The odds ratios were generated from a series of logistic-regression models; the dependent (outcome) variable for each model was a neuropathological variable, and the interaction between age and dementia, age, and the interaction between age and dementia.



Persons who died with dementia (yellow) are compared with those who died without dementia (blue). Filled symbols represent the observed prevalence of moderate or severe pathological lesions, and I bars show the 95% confidence intervals. The solid and broken lines represent modeled prevalence values.

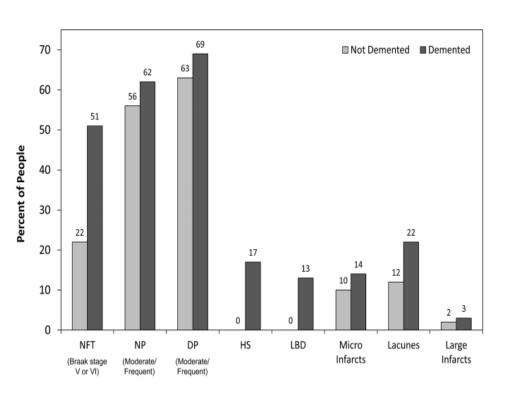
 $[\]dot{\gamma}$ P values represent the significance of the effect of age at death on the association between neuropathological features and dementia in the model.

Published in final edited form as:

Curr Alzheimer Res. 2012 July 1; 9(6): 709-717.

A Population-Based Clinicopathological Study in the Oldest-Old: The 90+ Study

María M. Corrada^{1,2}, Daniel J. Berlau^{1,2}, and Claudia H. Kawas^{1,2,3}





NFT=neurofibrillary tangles; NP=neuritic plaques; DP=diffuse plaques; HS=hippocampal sclerosis; LBD=Lewy body disease; infarcts do not include terminal events

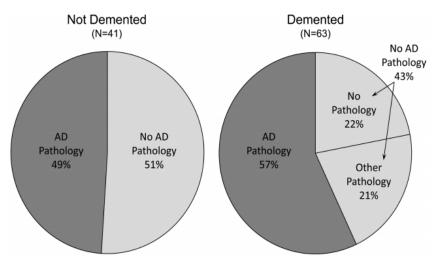


Figure 2.

NIA-Reagan Criteria for Neuropathological Alzheimer's Disease in Demented and NonDemented Autopsy Participants in *The 90+ Study* 2003 Cohort (N=104)

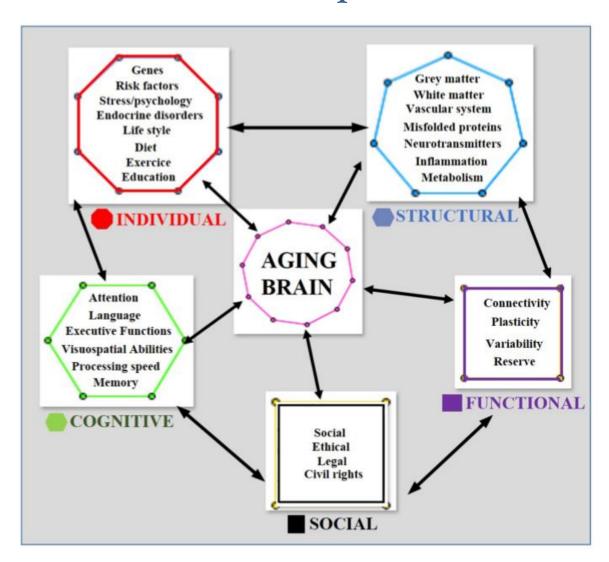
AD Pathology defined as intermediate or high likelihood of AD based on NIA-Reagan
Criteria

Other types of pathology include hippocampal sclerosis, diffuse Lewy body disease, Corticobasal degeneration, Braak tangle stage 5, and vascular dementia pathology

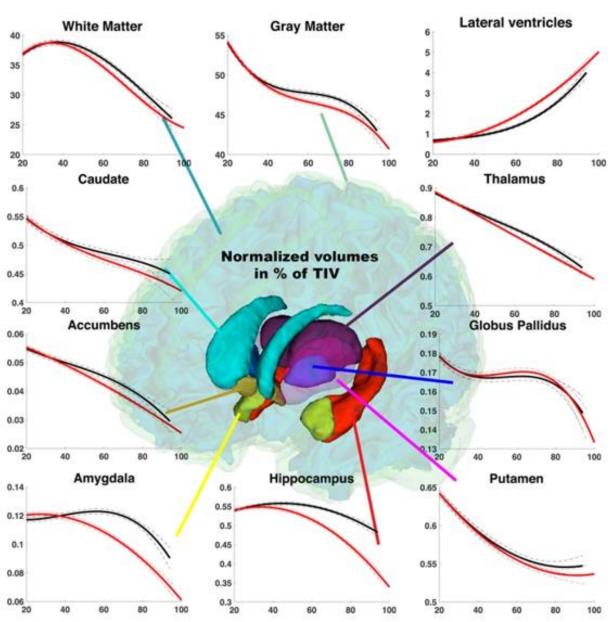
Old age dementia: Alzheimer's disease, diseases or syndrome?



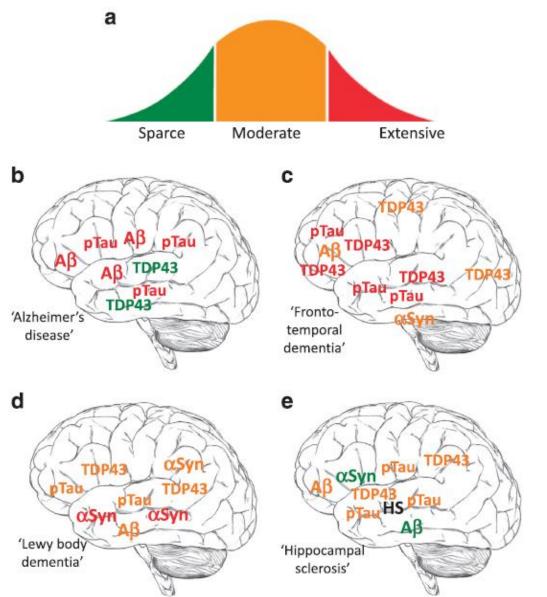
Human brain-aging is a complex, multidimensional phenomenon



Lifespan Changes of the Human Brain



Each case of late-onset **dementia** is a unique mosaic of prototypical neuropathological landscapes





Cell number changes in Alzheimer's disease relate to dementia, not to plaques and tangles

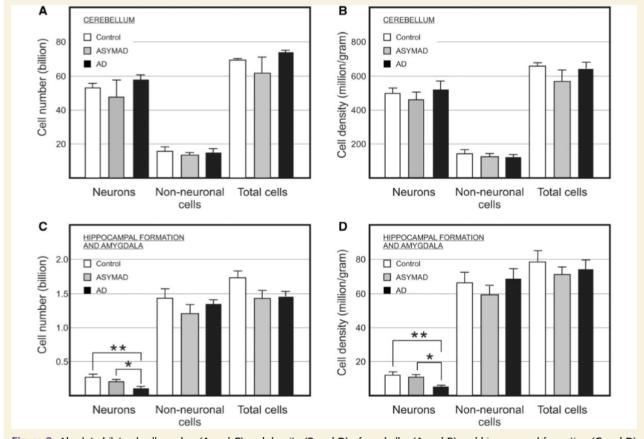
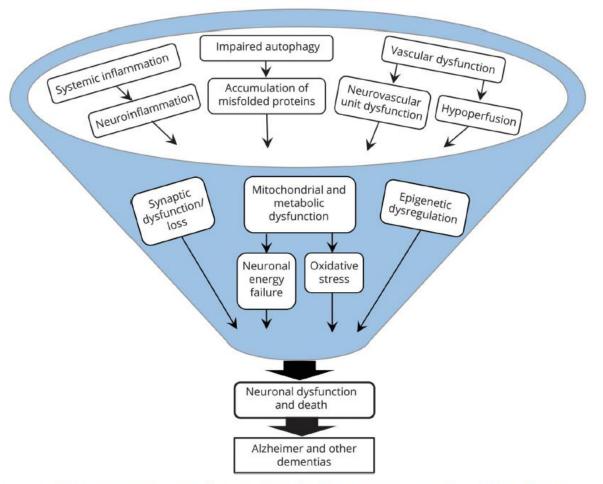


Figure 3 Absolute bilateral cell number (A and C) and density (B and D) of cerebellar (A and B) and hippocampal formation (C and D) neuronal, non-neuronal, and total cells in control, asymptomatic Alzheimer's disease (ASYMAD) and demented Alzheimer's disease (AD) groups. Each bar represents mean and standard deviation. Significant differences are indicated by *P < 0.05, **P < 0.01.

Aging, Alzheimer and other dementias

Age-related changes in biological processes contribute to neurodegeneration in Alzheimer disease (AD) and other dementias



Processes that are altered with aging that precede neurodegeneration include inflammation, impaired autophagy, vascular dysfunction, synaptic loss, mitochondrial and metabolic dysfunctions, and epigenetic changes. These processes provide numerous novel targets for new drug development for AD.

DEMENZA Emozioni Orientamento Umore Problem Memoria Solving Motivazione Personalità Comunicazione Comportamento Linguaggio Differenti tipi di "disturbo neurocognitivo maggiore" Stato funzionale Relazione con la Relazione propria persona Qualità di vita con l'ambiente





Editorial

Population Ageing: The Need for a Care Revolution in a World 2.0

Virginia Boccardi

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Keywords: ageing; challenge; disease; frailty; care



- to prevent disease whenever possible;
- > to reduce medical disability to a minimum;
- > to obtain and maintain maximum independence;
- to teach the patient to adjust himself intelligently to his residual ability

Marjory Warren(1897-1960)

"Let's put together the pieces"



Statistics on the burden of dementia: need for stronger data

Dementia primarily affects an individual's cognitive function and many aspects of life are negatively affected by cognitive decline. There are no approved disease-modifying drugs and no approved prevention strategies for dementia; a heavy burden is placed on the individual who has dementia, their family, and society. In The Lancet Neurology, a report¹ from the Global Burden of Diseases, Injuries, and Risk Factors Study (GBD) 2016 Dementia Collaborators presents estimates of dementia-related deaths, prevalence, quality of life measures, and risk factors, with the aim of documenting global patterns and providing data for research, and to guide a wide range of public health

Calculations were based on the GBD models that have been used to estimate the burden of more than 300 diseases and injuries in 195 countries and territories.2 Because of the marked inconsistencies in the

location-specific data for prevalence and incidence of dementia and mortality, and the marked heterogeneity in the studies included in this report, several of the assumptions that are usually used in the GBD methods could not be met. Therefore, the type of source data used and the modelling approaches were modified so that the data fitted the assumptions of the core GBD models. For example, for locations that did not have data available it appeared that the ratio of prevalence to cause-specific mortality from the USA, Puerto Rico, Finland, and Sweden were incorporated to estimate cause of death, prevalence, quality of life, and risk factors for dementia.

The report' makes an important point about the huge burden of dementia: in 2016, the global number of individuals who lived with dementia was 43-8 millior (95% uncertainty interval [UI] 37-8-51-0), increased from 20-2 million (17-4-23-5) in 1990. The report also

- Epidemiological model might be changing
- Risk factors might be changing
- Few quality data are available for disease-prevention most common clinically defined subtype of dementia, understanding the trajectories of cognitive decline and by biomarker criteria derived from MRI scans and tree difficulties in intermedian studies.









Published Online November 26, 2018 http://dx.doi.org/10.1016/ STATE AND VIOLENCE OF

THE LANCET Neurology

provides an opportunity to examine further the way in dementia who are aged 90 years or older have different counts presents challenges that do not apply to complicated by multiple-morbidity; and improvements

community, socioeconomic conditions, cultural norms. of dementia. access to health care, age structure, modes of caring for elderly people, and recognition of pathological changes has different aims from those of research into the causes in function. Despite efforts to standardise dementia, of dementia, both are needed to reduce the burden of Mild cases are not reliably identified, the terminology DALYs caused by dementia could be attributed to four society guidelines, local context, and resources. The smoking, and a diet high in sugar-sweetened beverages). diagnosis can be operationalised by clinical judgment, To put these findings into context, several reviews of algorithms, or questionnaire scales. There has also been risk factors and methods to study dementia are helpful. a proposal3 to define Alzheimer's disease, typically the These sources have pointed out the complexities of by biomarker criteria derived from MRI scans and from risk factors, and the difficulties in interpreting studies PET scans or CSF, regardless of cognitive function. If this that do not take into account the limitations of the proposal moves beyond a narrow research framework study design and issues such as the selective loss over and into broader research efforts and clinics, further time of sicker individuals from the study, the quality and complexities will be created in data interpretation appropriateness of exposure and outcome measures, and use. For example, such criteria might result in an and the choice of statistical models. data on the proposed markers.

decline in incident cases of dementia;7 people with impairment.

which dementia statistics are generated, particularly presentations compared with those who develop because obtaining reliable and valid dementia case dementia at an earlier age as their presentation is obtaining such data for many other common diseases, in treating chronic diseases extend life, and therefore an Dementia is a multisystem condition. The definition is increase in the number of people living with dementia still evolving in research and clinical communities, and is expected. At the same time, the increase in the this affects how data are entered into administrative occurrence of risk factors, such as diabetes,3 at younger databases. Case ascertainment depends upon several ages means that individuals might be exposed to risk aspects, such as the health-care infrastructure of a sooner and possibly have an earlier onset of signs

Although collecting data for public health purposes and Alzheimer's disease assessments since the early disease. The GBD 2016 Dementia Collaborators' report 1980s, dementia is still assessed in many different ways. that 6-4 million (95% UI 3-4-10-5; 22-3%) of the total and categorisation of dementia have shifted over modifiable risk factors that met GBD criteria for analysis time, and there are differences in regional medical (high body-mass index, high fasting plasma glucose,

increased number of people diagnosed with dementia From a public health and disease-prevention perswho have no functional impairment, or in fewer cases pective, too few quality data are available for dementia being identified in regions with no means to gather that fit the complex reality of this devastating public health problem. Additionally, it is questionable whether Going forward, there might also be challenges to the extant data are strong enough to help achieve our underlying models of prevalence and life lived the goals of this GBD study-to inform policy makers, with dementia. The currently accepted model is an researchers, and clinicians about global differences exponential age-related increase in prevalence and in dementia trends, clusters of dementia, and causal incidence of dementia, with few cases occurring before risk factors. To reach these goals, several areas of data age 70 years and many, but a poorly estimated number collection and interpretation require strengthening: of, cases after age 90 years.45 However, emerging improvement of research methods used in data collection data suggest that this model might be changing. For and interpretation; development of a consensus about example, a study of data based on a large medical valid coding of dementia for administrative databases; records database suggested there might be an increase and development of flexible approaches that take into in an alcohol-related earlier onset dementia; several account the variation in place and over time of health epidemiological studies have suggested there is a and social conditions that might lead to severe cognitive

investments.

Rete Geriatrica Alzheimer 2.0



IL PROGETTO REGAL 2.0 LA CARTELLA



- Più vicina ai modelli informatici attuali
- Accesso tramite web
- In costante aggiornamento
- Disponibilità di un unico strumento per l'approccio al paziente

- Coinvolgimento di più figure professionali dedicate alla cura del soggetto con demenza
- Creazione di un unico "profilo informatizzato" del paziente
- Creazione di un grande dataset
- Condivisione delle conoscenze e delle metodiche di ricerca



PROGETTO REGAL NEL NETWORK EUROPEO



Identify predictors of Alzheimer's Disease (AD) in the pre-clinical and prodromal phase

Pre-Al study	Prediction of Alzheimer's disease	INSERM U610 and AP-HP Fédération de Neurologie, Hôpital de la Salpétrière	Paris, Paris, Paris, Île-de-France, France	58	251
PSI	Parelsnoer Institute	Maastricht University	Gemeente Maastricht, Provincie Limburg, Netherlands		664
RECALL - HNR	Heinz Nixdorf Recall Study	University of Duisburg Essen	Essen, Kreisfreie Stadt Essen, Regierungsbezirk Düsseldorf, Nordrhein-Westfalen, Germany	45,75	2631
ReGAl Project	Rete Geriatrica Alzheimer (Italian Geriatric Network)	Istituto di Gerontologia e Geriatria	Perugia, Provincia di Perugia, Umbria, Italy	50, 95	3592
SNAC-K	The Swedish National Study on Aging and Care in Kungsholmen	Karolinska Institutet	Botkyrka Kommun, Stockholm, Sweden	60,104	3261

PROGETTO REGAL **NEL NETWORK EUROPEO**



JPND is the largest global research initiative aimed at tackling the challenge of neurodegenerative diseases

Home About Major Activities Supported Projects Tools News & Media Contact

COHORT DATA

Home » Cohort » Rete Geriatrica Alzheimer Project

Cohort Acronym ReGAI		nvestiator (PI)	Professor Patrizia Mecocci and Dr. Virginia Boccardi
		Principal Investiator (PI)	Professor Patrizia Mecocci and Dr. Virginia Boccardi
Cohort type General population-based cohort Disease Alzheimer's disease, Frontotemporal dementia, Lewy body disease, Mild cognitive impairment (MCI), Parkinson's disease, Subjective memory complaints (SMC) or subjective cognitive decline (SCD), Vascular dementia Participant type No diagnosis		Contact email	Email: info@regalproject.it
		Contact phone number	
		Address	Prof. Patrizia Mecocci, Section of Gerontology and Geriatrics, Department of Medicine, University of Perugia Piazza Menghini, 1 IT-06100 Perugia
		Funders (Core support)	
Profile		VARIABLES COLLECTED	
Recruitment Period	Jan 2000 - April 2017	Brain related measures:	Mental health, Cognitive function, Behaviour, Neurological
Sample size at start or planned sample size if still recruiting	3897	Funtional rating:	Caregiver
Estimated Current Sample Size	0 to 4,999	Anthropometric:	Blood pressure, Height, Hip circumference, Waist circumference, Weight
Age at Recruitment	50-100	Physical:	Cardiovascular, Hearing and Vision, Musculoskeletal, Respiratory
		Biological samples:	N/A
Gender	Male and Female	Genotyping:	Gene screening
Abstract	In this epidemiological study we examined the prevalence of medical comorbidity in elderly subjects with cognitive deficits and	Brain imaging:	Magnetic resonance imaging (MRI), Magnetic resonance spectroscopy (MRS), Positron emission tomography (PET) fluorine 18 flurodeoxyglucose (FDG)
	dementia. The ReGAl Project (Rete Geriatrica Alzheimer-Geriatric Network on Alzheimer's disease) collected data in 33 Italian Geriatric memory clinics from January 2001 to December 2005. A total of 4,075 patient were recruited.	Brain banking:	N/A
		Lifestyle:	Smoking, Alcohol
		Socio-economic:	Education, Ethnic group, Housing and accommodation, Income and finances, Marital status,
	Last Update 21/09/2017		Occupation and employment, Unpaid care
		Health service utilisation:	Formal health and social care service utilisation including private care

PROGETTO REGAL NEL NETWORK EUROPEO



Perugia

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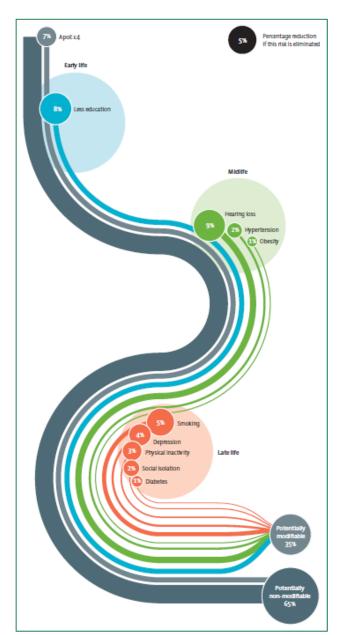
L'inquadramento dei deficit cognitivi nell'anziano

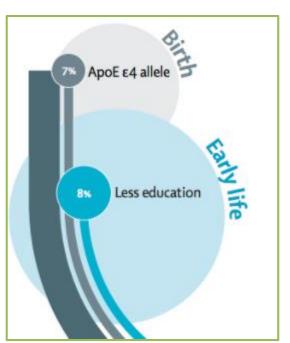
ReGAI 2.0

La valutazione multidimensionale

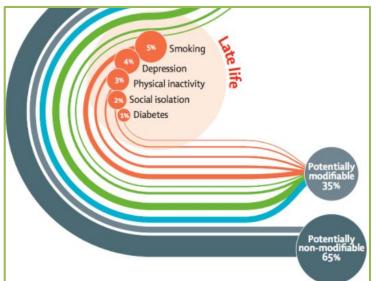
Stato cognitivo
Stato funzionale
Stato psico-affettivo
Comorbilità e farmacoterapia
Stress del caregiver
Stato socio-ambientale
Stato nutrizionale

Dementia: a life course-approach









Pattern of changes in subjects with cognitive impairment long 10 years: results from the ReGAl

Journal of Systems and Integrative Neuroscience



Editorial

ISSN: 2059-9781

The aging caregiver in the aged world of dementia

Virginia Boccardi and Patrizia Mecocci*

Institute of Gerontology and Geriatrics, Department of Medicine, University of Perugia, Italy

Old age population is growing worldwide at an impressive rate. Today, 8.5 percent of people (around 617 million) are aged 65 and over. This percentage is projected to increase to nearly 17 percent of the world's population by 2050 (1.6 billion) [1]. Population ageing is undoubtedly a demographic success, driven by changes in fertility and mortality due to economic and social development and to scientific progresses able to guarantee a better health for a larger number of

arrangements are often critical and situations become unmanageable. Looking into data from the ReGAl project (Rete Geriatrica Alzheimer-Geriatric Network on Alzheimer's disease) -a large longitudinal Italian multicentric clinical-based study, promoted by the Italian Society of Gerontology and Geriatrics- from 2001 to 2005 we collected data from 544 caregivers of elderly subjects with dementia and found that their mean age was 56 years. Of them, 12% aged over 75 years. What

arrangements are often critical and situations become unmanageable. Looking into data from the ReGAl project (Rete Geriatrica Alzheimer-Geriatric Network on Alzheimer's disease) -a large longitudinal Italian multicentric clinical-based study, promoted by the Italian Society of Gerontology and Geriatrics- from 2001 to 2005 we collected data from 544 caregivers of elderly subjects with dementia and found that their mean age was 56 years. Of them, 12% aged over 75 years. What happened just after ten years? Looking into data of the 2017 cohort, the mean age of 187 caregivers raised to 58 years and 15% were over 75 (unpublished data) and these percentages are projected to increase.

changes they see, day by day, in their relative, provide emotional and practical help, and make difficult decisions about treatment options, use of services, finances, and long-term care. Thus, they also become "patient" (the person who suffers, in Latin), who needs support and assistance. Caregiving of dementia carries high financial, social, and emotional price. What is a new and unknown experience, in the aged world of dementia, is that caregivers aged too. Thus, it is not unusual to get into social contexts where a disabled old daughter must take care of a centenarian mother with dementia. For this reason, home care

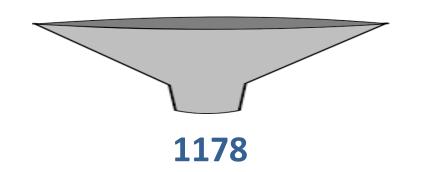
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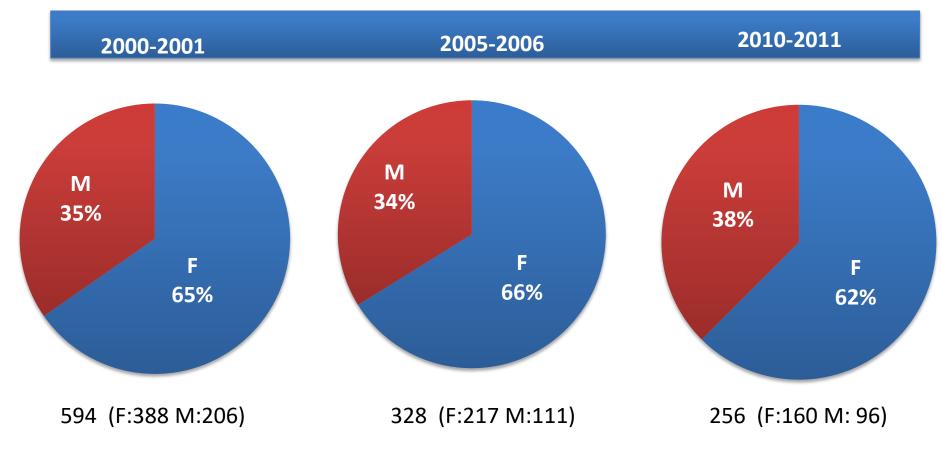
1. World Health Organization. An Aging World (2011). [Crossref]

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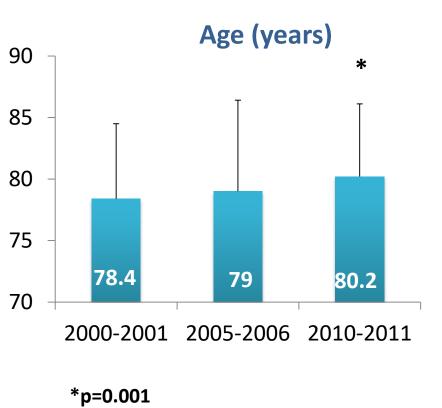
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4500 subjects with cognitive impairment

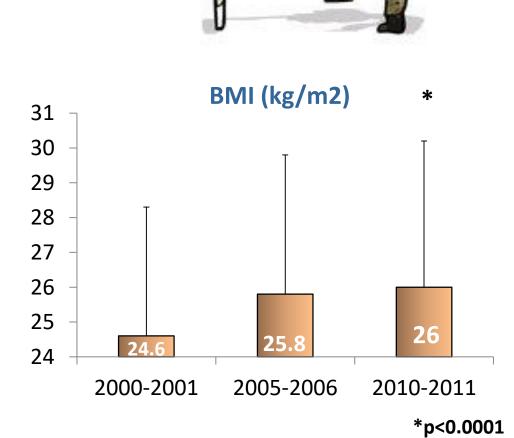




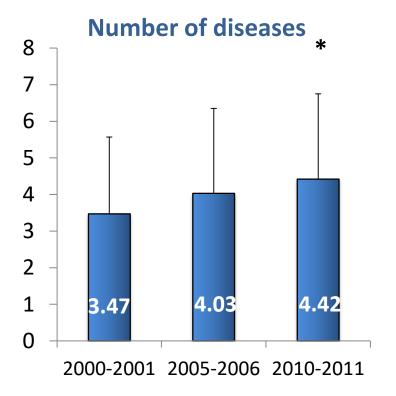
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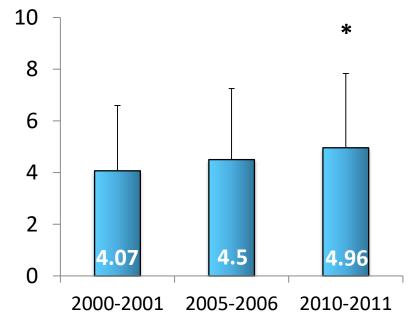
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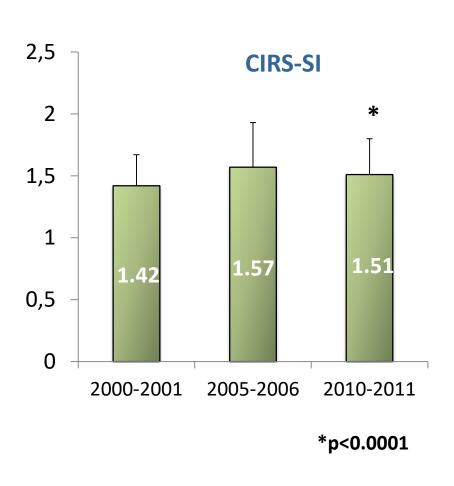


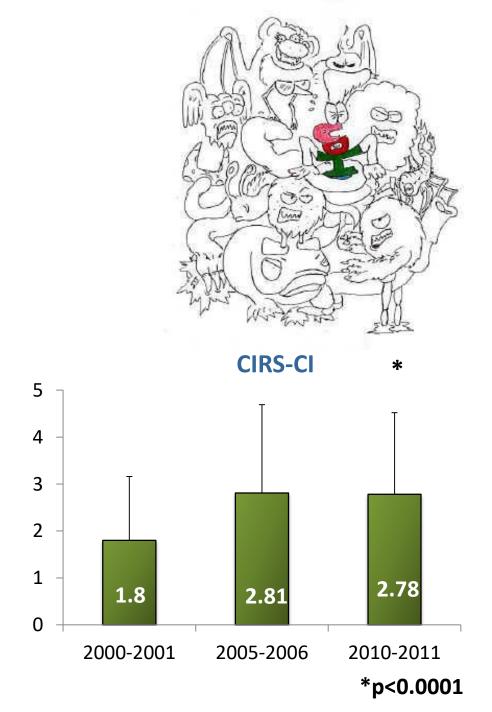




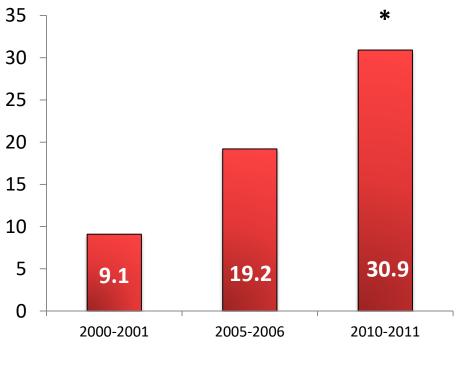
*p<0.0001

Unpublished

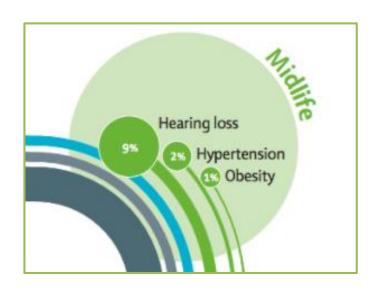




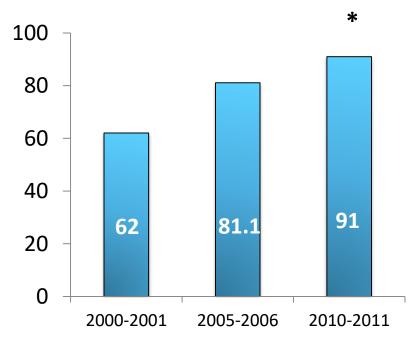
Obesity (BMI>30 Kg/m2)



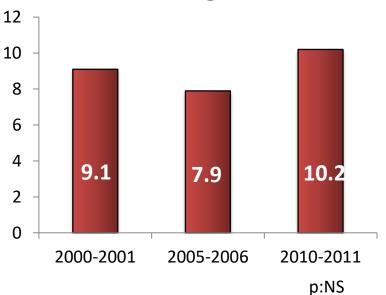


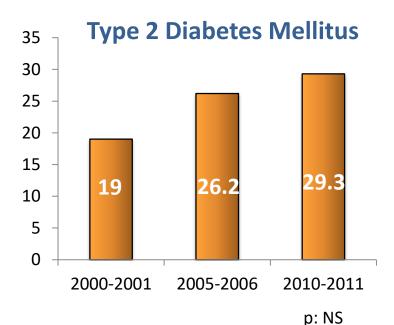


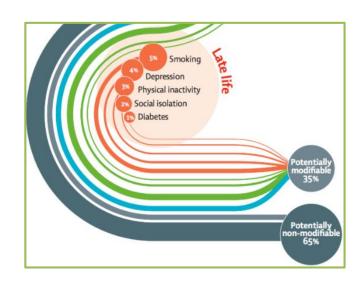
Hyperthension (JNCVII)



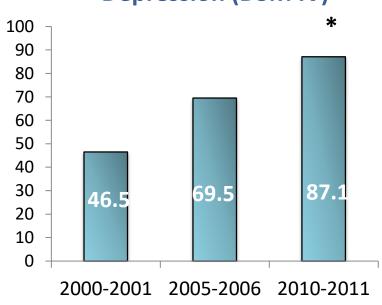
Smoking habit







Depression (DSM IV)



*p<0.0001

Cognitive decline and Alzheimer's disease: when only prevention makes sense



The future of Alzheimer's disease therapy might be viewed as a combination approach or multitargeted therapeutic "cocktail"

- Understanding early changes in Alzheimer's disease and mild cognitive impairment
- Developing surrogate markers for AD and MCI

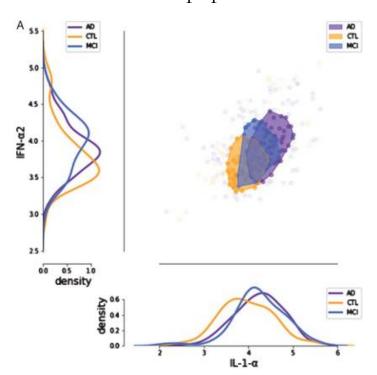


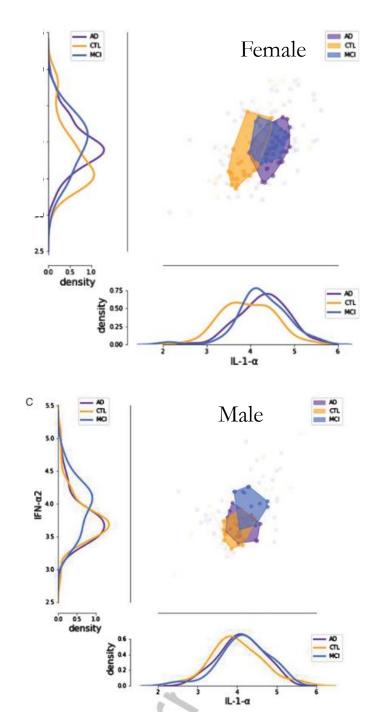
Cognitive Decline and Alzheimer's Disease in Old Age: A Sex-Specific Cytokinome Signature

Virginia Boccardi^{a,*}, Lucia Paolacci^a, Daniel Remondini^b, Enrico Giampieri^b, Giulia Poli^c, Nico Curti^b, Roberta Cecchetti^a, Alfredo Villa^d, Carmelinda Ruggiero^a, Stefano Brancorsini^c and Patrizia Mecocci^a

^aInstitute of Gerontology and Geriatrics, Department of Medicine, University of Perugia, Italy ^bDepartment of Physics and Astronomy, University of Bologna, and INFN Bologna, Bologna, Italy

All population

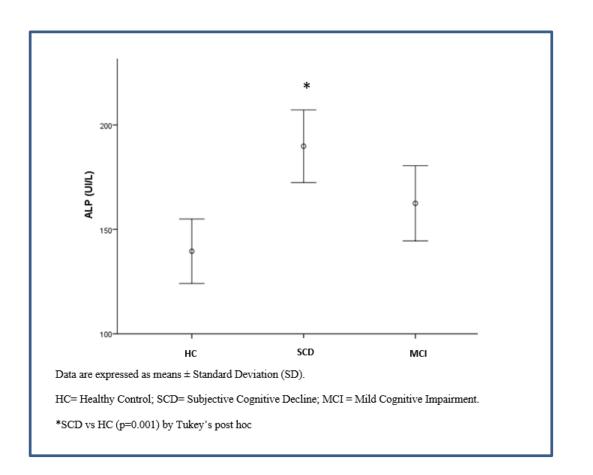


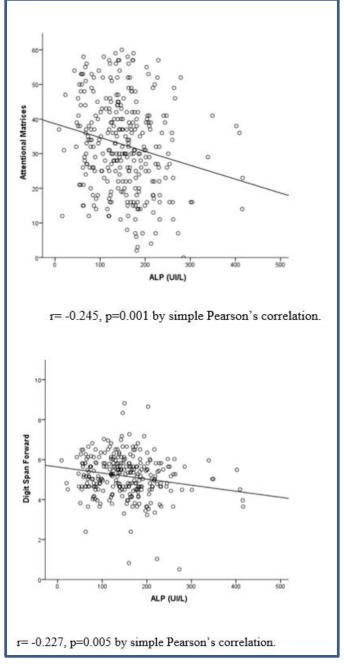


Coppartment of Experimental Medicine, Section of Terni, University of Perugia, Perugia, Italy

^dDepartment of Clinical Pathology, S.M. della Misericordia Hospital, Perugia, Italy

Serum alkaline phosphatase is elevated and inversely correlated with cognitive functions in subjective cognitive decline: results from the ReGAl 2.0 project





Under review

"The hope is that the combination of tailored prevention approach, the early identification of the person at risk, comorbidities treatment and the intervention with novel disease-modifying therapeutics will allow individual free from the scourge of demen retain their valuable memories and selfidentity"

Grazie per l'attenzione

CONTATTI

info@regalproject.it (informazioni progetto)

support@regalproject.it (supporto software del sito)

Link: http://www.regalproject.eu

http://www.regalproject.it