It's been one busy year - we visited 19 states!

NH
VT
ME
MN
MA
MI
NY
RI
CT
PA
OH
IL
CA
VA
NJ
DE
MD
AZ
NM
TX
FL

Completed Visits
Upcoming Visits
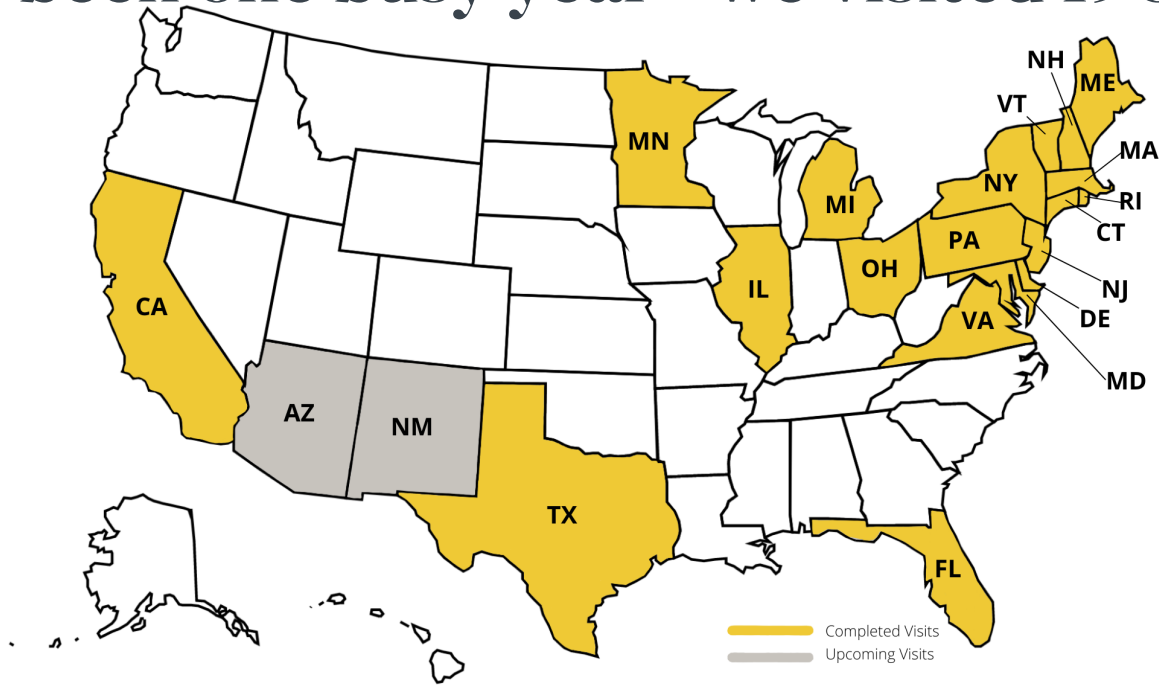
Hello and Happy Fall! We have been working hard to visit as many LLFS study participants as possible this year. Since January 1, 2022 we have completed over 400 visits! We are still scheduling visits in the hope to see all participants (there are over 3000 of you)! Please give us a call if you would like a visit from our team. Don't worry if the map shows that we've already been to your state - we would be very happy to come back!

We are making part of LLFS easier! If you prefer, you will soon be able to answer our yearly questions online, at a time most convenient for you!

BUT WE NEED YOUR HELP!

If we already have your most up to date email, please be on the lookout for a link to our annual survey. Otherwise, please scan the code to the right, or type the URL to make sure that we have your most up to date contact information! Of course you can always call or email us using the contact information to the far right.
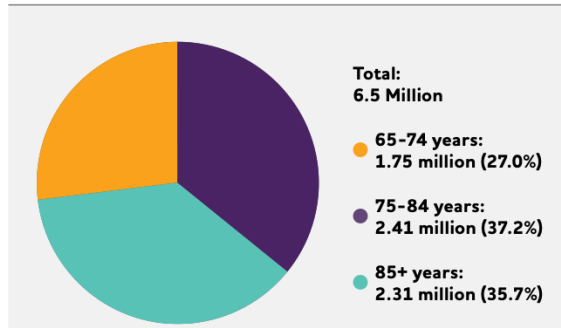
OR TYPE
https://redcap.link/ny2

You can reach us at

(347) 803-5202

**longlife
@cumc.columbia.edu**

Number and Ages of People 65 or Older with Alzheimer's Dementia, 2022* In the US

Total:
6.5 Million

65-74 years:
1.75 million (27.0%)

75-84 years:
2.41 million (37.2%)

85+ years:
2.31 million (35.7%)

Alzheimer's Association. 2022 Alzheimer's Disease Facts and Figures. Special report: More Than Normal Aging: Understanding Mild Cognitive Impairment. Available at: https://www.alz.org/media/documents/alzheimers-facts-and-figures.pdf

FOCUSING ON BRAIN HEALTH

According to the Alzheimer's Association Facts and Figures (2022), approximately 1 in 9 people (10.7%) aged 65 and older in the U.S. has dementia due to Alzheimer's disease (AD). We are currently assessing the prevalence of dementia in the Long Life Family Study. We hypothesize that the rate of dementia will be **lower** in LLFS participants than in the U.S. more broadly. Stay tuned to future newsletters for new scientific findings!

Scan me to go to the NIA's website to learn more about healthy brain aging

https://www.nia.nih.gov/health/what-do-we-know-about-healthy-aging

Brain donation is an important part of many ongoing studies. To read more about brain donation in general, you can visit the following website of the National Institute on Aging.

https://www.nia.nih.gov/health/brain-donation-gift-future-generations

BRAIN DONATION PROGRAM

As you may know, LLFS recently began an **optional** brain donation program. The goal of this program is to learn more about how the brain ages, and to determine the secrets to optimal brain aging. The following are frequently asked questions about the program:

What is brain donation?
- Brain donation is the donation of your brain to science after you have died.
- Scientists examine the structure of the brain for research purposes only.

Why might someone choose to donate their brain?
- Brain donation allows scientists to study the causes of various diseases like Alzheimer's disease, to study the features of exceptionally healthy brains, and to use this information to work toward developing drug therapies.

Does brain donation interfere with funeral arrangements?
- Brain donation does not affect or delay funeral arrangement.

Is brain donation compatible with my religion?
- Most religious and ethical traditions view organ donation as valuable to society and believe that donating an organ is a personal decision.
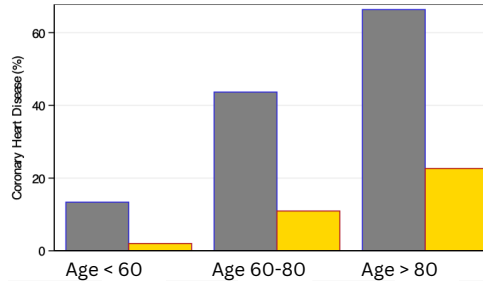
If you are interested in learning more, please contact: Mr. Donovan Laing at 201-951-6661 or dal2190@cumc.columbia.edu and mention the Long Life Family Study.

RESEARCH SPOTLIGHT

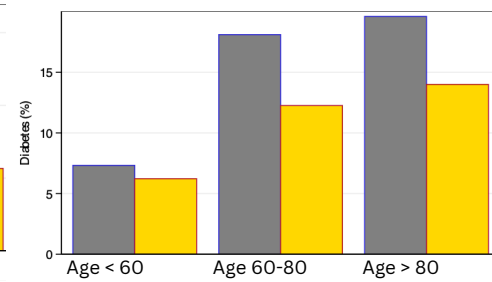> "Research is creating new knowledge
> - Neil Armstrong

The graphs on the right show preliminary, unpublished findings comparing participants from LLFS and Framingham Heart Study (FHS) who are matched on age and sex. Some key findings are that LLFS participants have:

- **Lower** rates of coronary heart disease

- **Lower** prevalence of diabetes and hypertension

- **Healthier** HDL cholesterol levels and pulmonary function (FEV1/FVC)

- **Higher** scores in attention

- **Higher** scores in memory

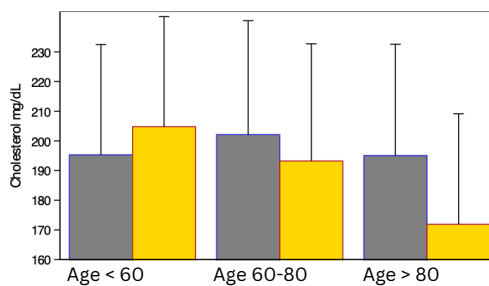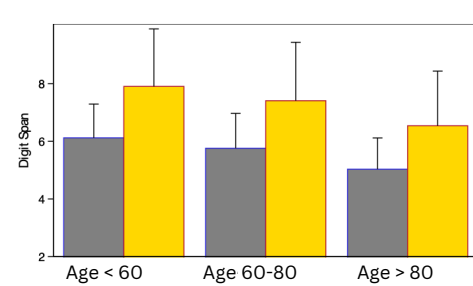- **Higher** scores in language

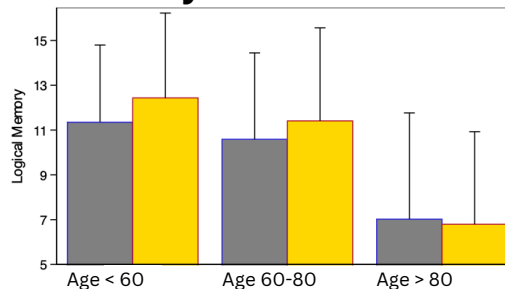**It is hypothesized that the LLFS cohort will also demonstrate lower rates of Alzheimer's disease and other dementias**

Heart Disease

Diabetes

Cholesterol

Attention

Memory

Language
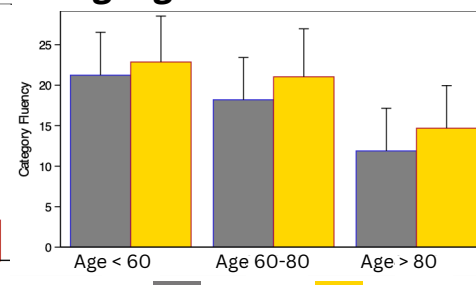
FHS   LLFS

FUN FACTS ABOUT LLFS

5333
participants

586
families

80
countries

MEET OUR RESEARCH TEAM

PUTTING A FACE TO THE NAME AND VOICE!

Stephanie Cosentino, PhD
Co-Principal Investigator

Joseph H. Lee, DrPH
Co-Principal Investigator

Lawrence S. Honig, MD, PhD
Co-Investigator

Rebecca Abraham, MS
Project Coordinator

Sandra Rizer, MA
Cognitive Coordinator

Donovan Laing, BA
Brain Donation Coordinator

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Research Assistant

Emma Gordon, BS
Research Assistant

Alex Robateau, MA
Research Assistant

Miji Suhr, BS
Research Assistant

Samantha Dargie, BS
Research Assistant

Jadira Cuevas
Research Assistant

Claudia Trevino, BA
Research Assistant

Ayman Hammad
Research Assistant

Kathleen Chan, BS
Research Assistant

As always, we thank you for your dedication and participation in LLFS!