



# MONDAYS WITH DR MARK & DR MICHAEL

Monday, June 1, 2026 | 1:00 – 2:00PM

TOPIC #64

Forget the Myths: What We Know (and What's Changing) in Alzheimer's

# Speakers:



**Sarah N. Fontaine, PhD**

Senior Director for Medical and Scientific Affairs  
*Alzheimer's Association*



**Ava Thomas**

Vice President of the Awareness  
Committee, Community Educator  
*Alzheimer's Association*



# Advancing the Science

## The Latest in Alzheimer's and Dementia Research



**Sarah N. Fontaine, PhD**

Senior Director, Medical and Scientific Relations

**The Alzheimer's Association leads the way to end Alzheimer's and all other dementia** — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.



Our dual mission symbol represents the abstract forms of a human head and a beaker, emphasizing the people and the science behind our cause.



**Care & Support**



**Advocacy**



**Education & Awareness**



**Research & Medical Affairs**



**Community Engagement**

# Our Time Today

1 About Alzheimer's & Dementia

2 Early Detection & Diagnosis

3 Treatment

4 Risk Reduction

5 Alzheimer's Association Initiatives  
& How You Can Get Involved

# 2026 ALZHEIMER'S DISEASE FACTS AND FIGURES



**1 in 3** older adults  
dies with Alzheimer's  
or another dementia

Between 2000 and  
2024 deaths from heart  
disease have decreased **3.8%** 

while deaths from  
Alzheimer's disease  
have increased over **134%** 

It kills more than  
breast cancer and  
prostate cancer  **COMBINED**

NEARLY  
**13 MILLION**  
Americans provide  
unpaid care for people  
with Alzheimer's or  
other dementias



These caregivers  
provided more  
than 19 billion  
hours valued over  
**\$446 BILLION**



In 2026, Alzheimer's  
and other dementias  
will cost the nation  
**\$409  
BILLION**

By 2050,  
these costs  
could rise to nearly

**\$1 TRILLION**



The lifetime  
risk for  
Alzheimer's  
at age 45 is

**1 in 5**  
for women

**1 in 10**  
for men

OVER  
**7 MILLION**

Americans  
are living  
with  
Alzheimer's



**3 out of 4**  
Americans say  
lifestyle behaviors  
are important  
for brain health,



but only  
**46%**  
strongly connect  
these behaviors to  
reducing dementia risk



# Hispanic Americans and Alzheimer's Disease

Hispanic Americans are about **1.5 times** as likely as White Americans to have Alzheimer's and other dementias.



**57%** believe that a significant loss of memory or cognitive abilities is a “normal part of aging.”



**1 in 3** report that they have experienced discrimination when seeking health care.



# Recent Advances in Alzheimer's and Dementia Research

EARLY DETECTION  
AND DIAGNOSIS



TREATMENT AND CARE



BRAIN HEALTH

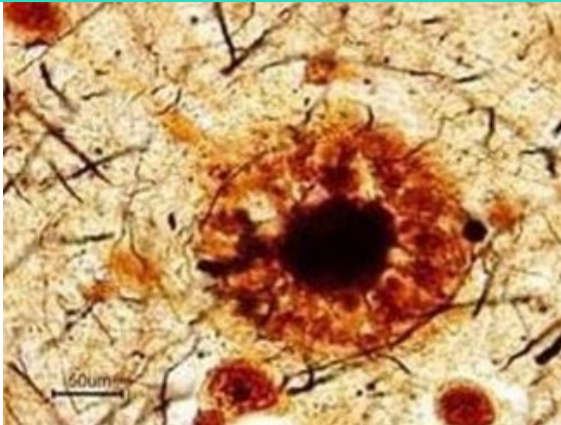




## EARLY DETECTION AND DIAGNOSIS

# The Hallmarks of Alzheimer's

## 1 Plaques



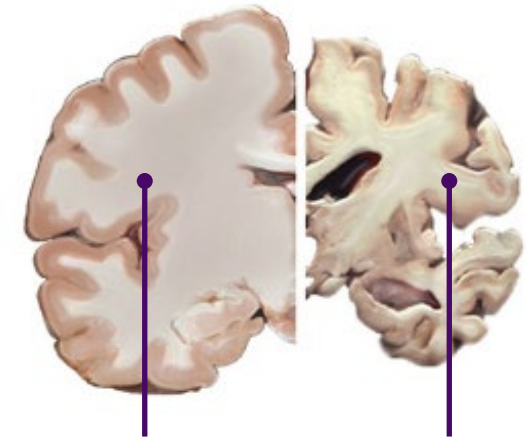
Made up of **beta amyloid**

## 2 Tangles



Made up of **tau**

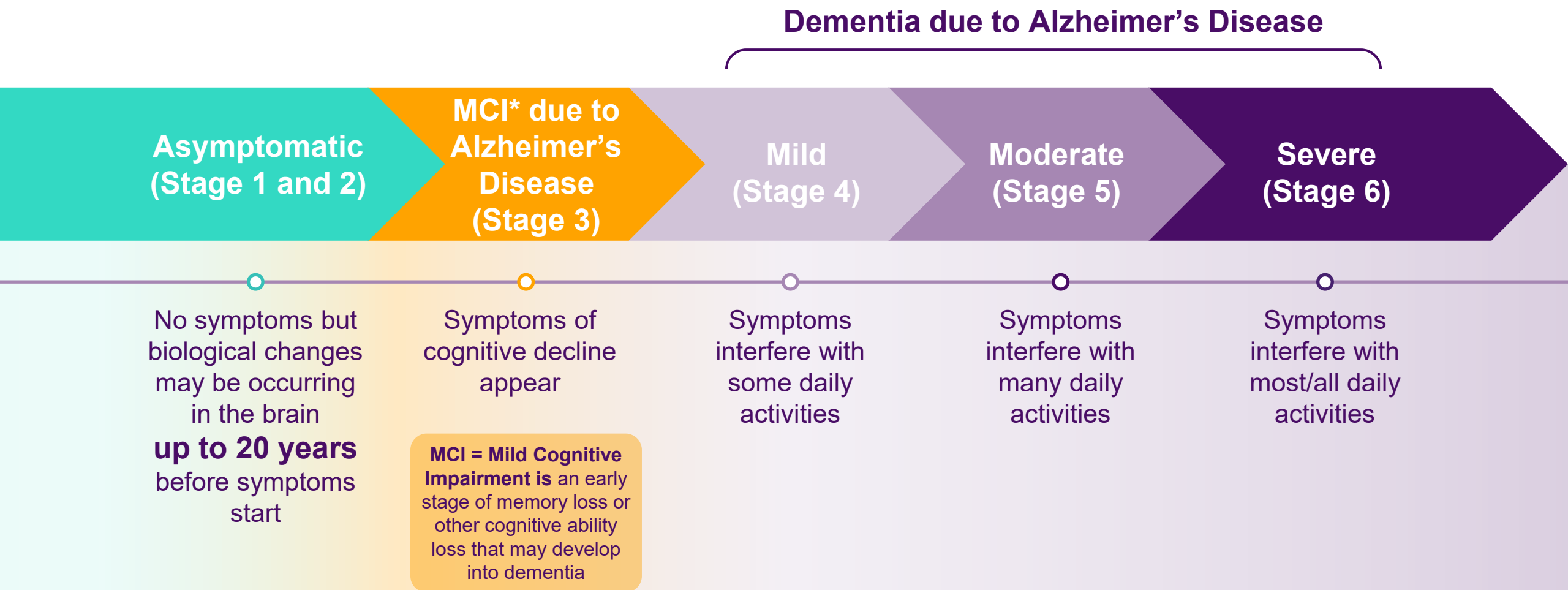
## 3 Brain Cell Death



**Healthy**  
brain

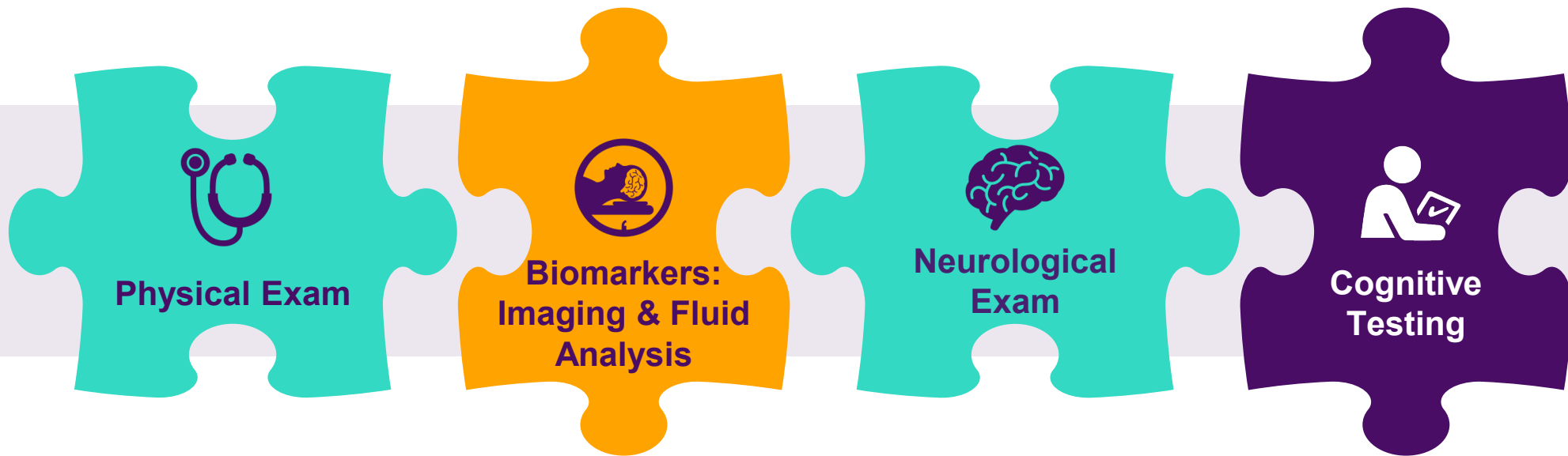
**Advanced**  
Alzheimer's

# Alzheimer's Disease is a Continuum



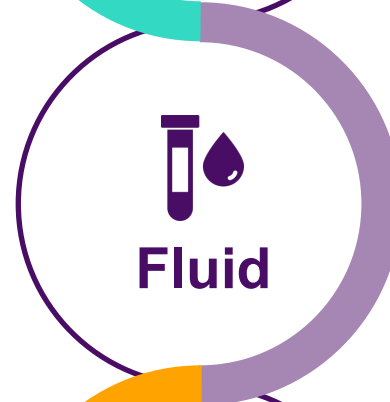
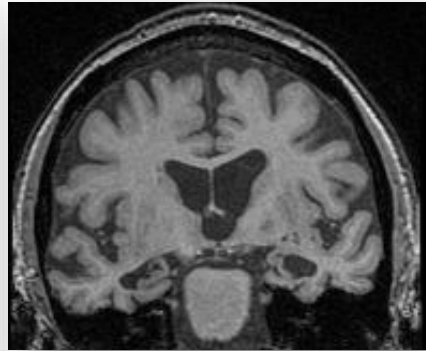
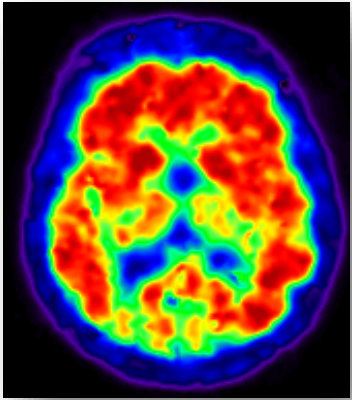
# How is Alzheimer's Currently Diagnosed?

There is no single test that can determine if a person is living with Alzheimer's disease or another dementia. Doctors use a combination of diagnostic tools combined with medical history to make an accurate diagnosis.



# Biomarkers

A New Frontier in Detection, Diagnosis and Research



**Positron emission tomography (PET)** scan results aid doctors in diagnosing and treating memory conditions. There are FDA approved PET scans that measure amyloid and tau.

**Magnetic Resonance Imaging (MRI)** can help doctors rule out other symptoms that may be causing dementia symptoms, as well as track treatment side effects.

**Cerebrospinal fluid (CSF)** analysis can use to detect amyloid and tau in the CSF (taken by a lumbar puncture), which can be predictive of changes in the brain.

**Blood tests** can also be used to detect amyloid and tau in the blood. These tests are FDA approved for individuals **with cognitive impairment**.

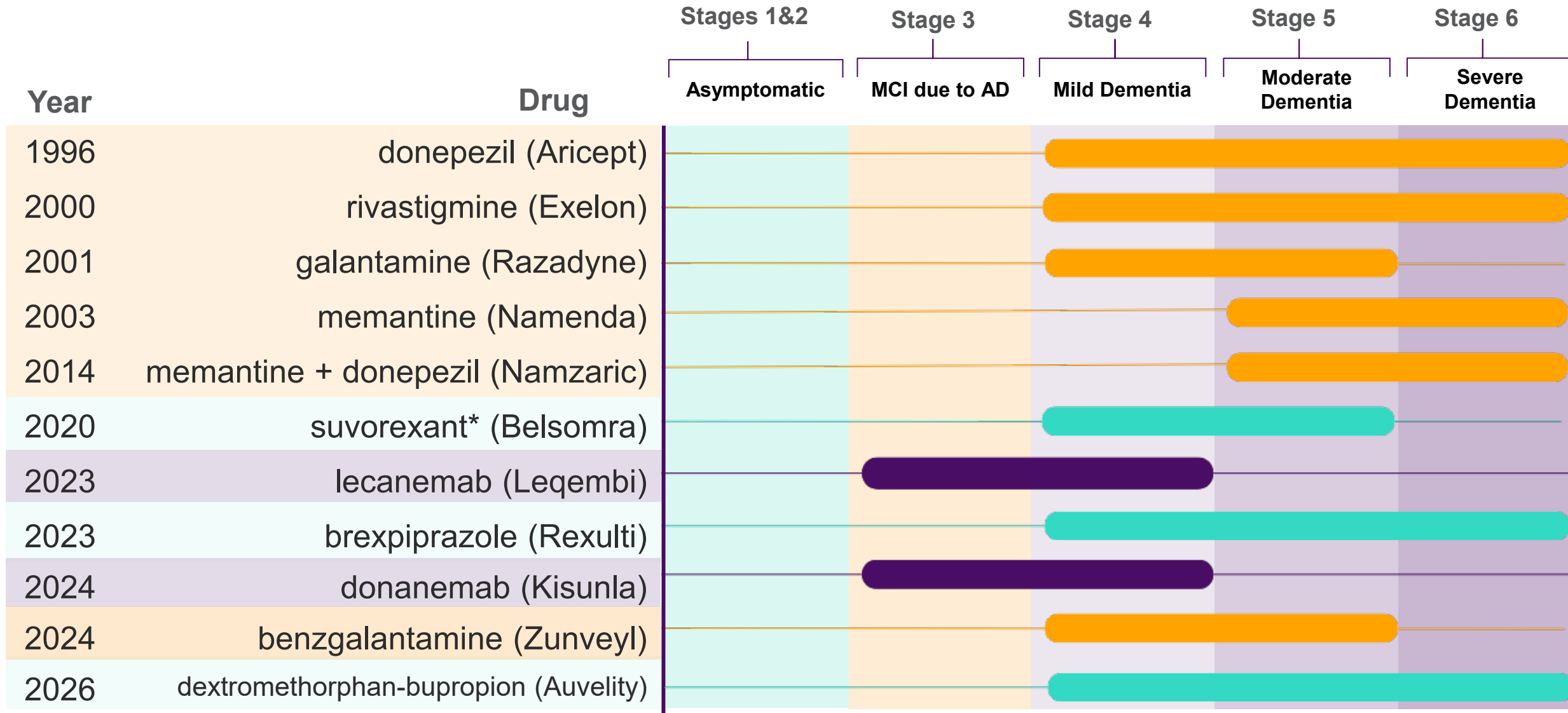


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# TREATMENT AND CARE

# FDA-Approved Therapies for Alzheimer's



Treat Symptoms: Cognition and Function ■

Treat Symptoms: Mood or Behavior ■

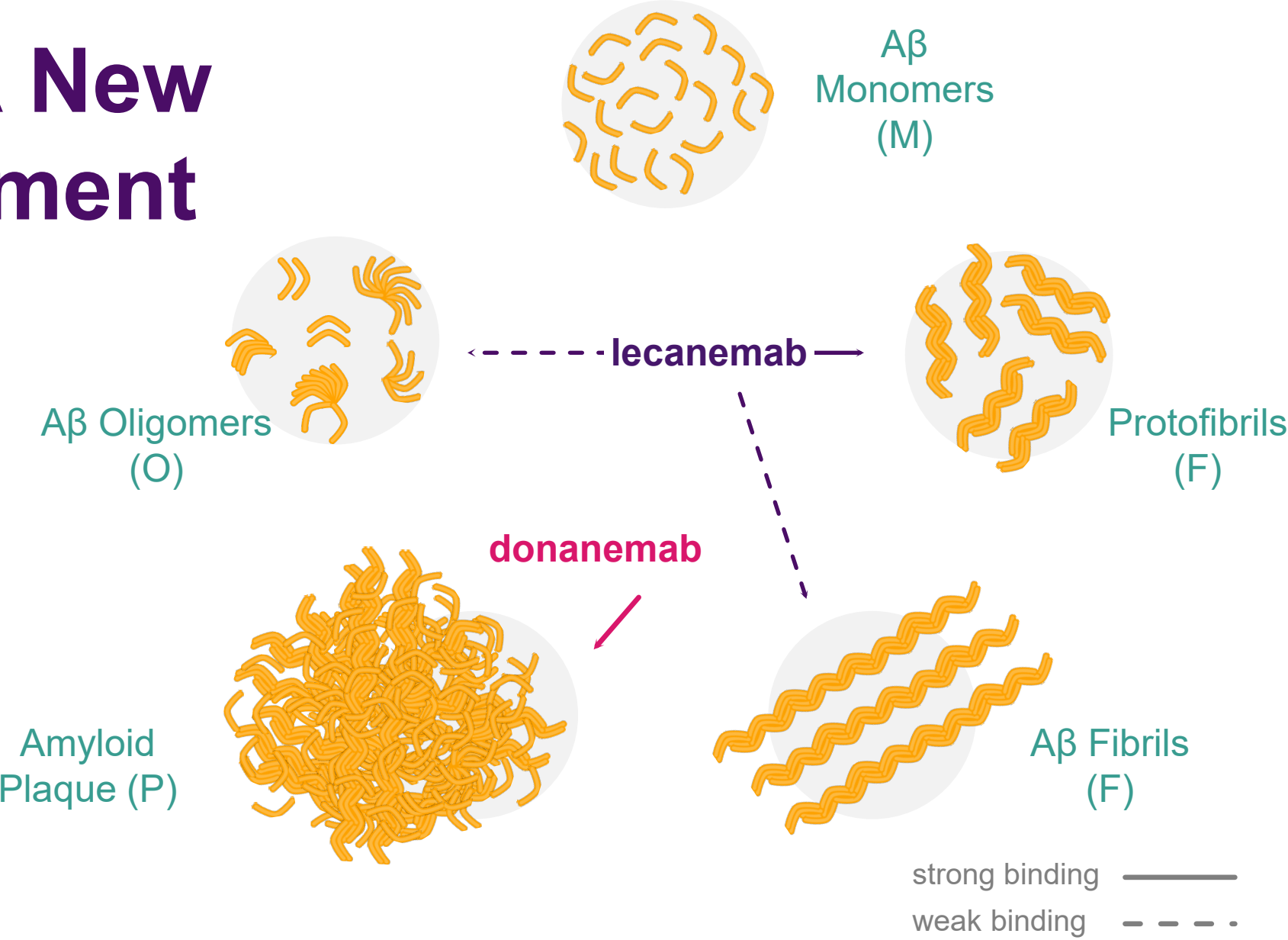
Slow Disease Progression: Cognition, Function, and Behavior

\* Suvorexant approved for insomnia not AD, but safe and effective in AD population.

# Deeper Dive: A New Phase of Treatment

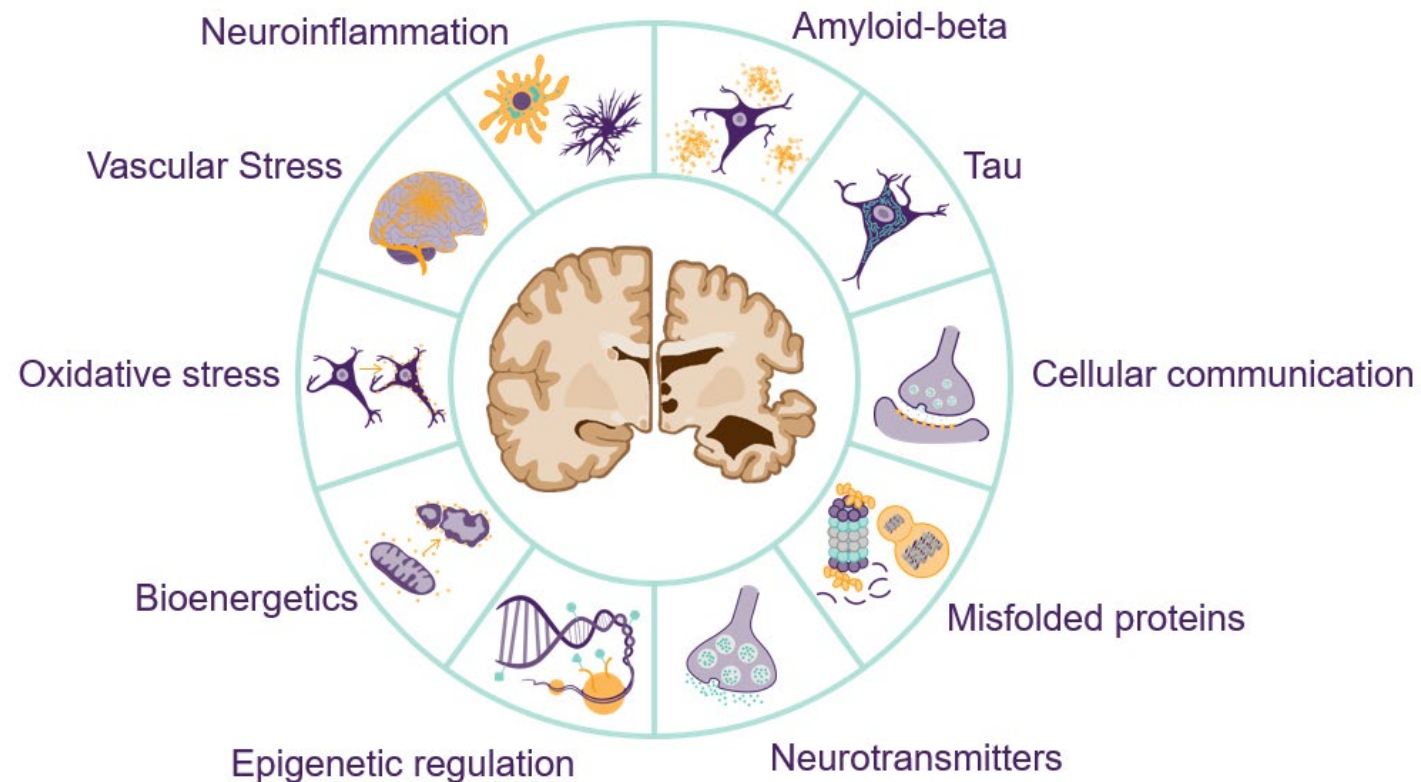
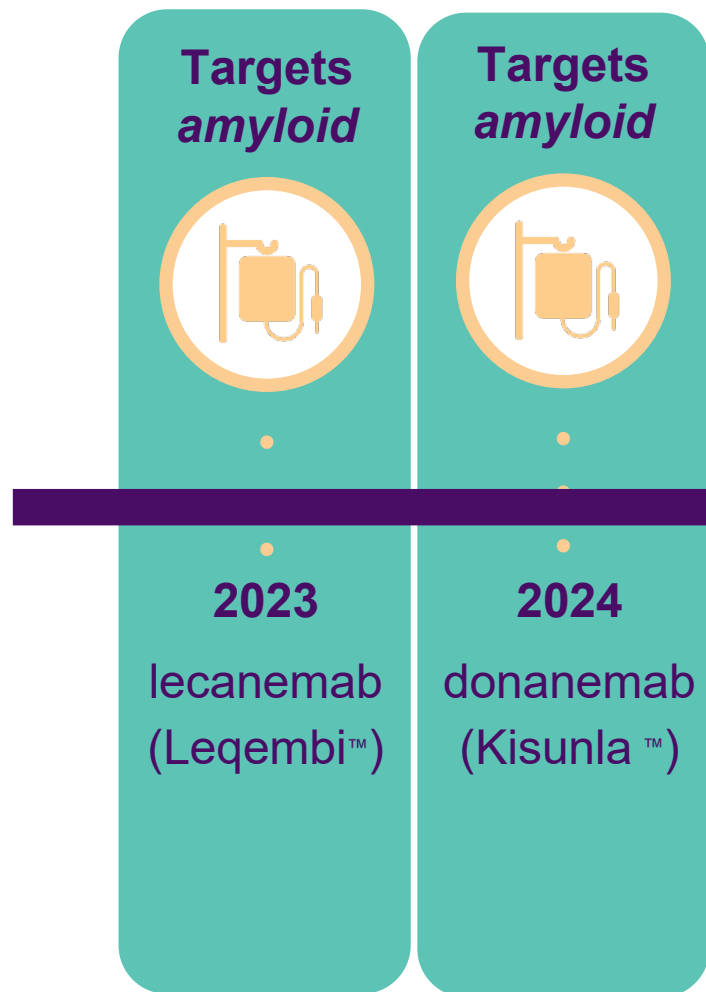
**lecanemab  
(Leqembi)**  
Approved in 2023  
Targets Beta Amyloid

**donanemab  
(Kisunla)**  
Approved in 2024  
Targets Beta Amyloid



# A New Phase of Treatment

Today, Over 158 Unique Therapies Being Tested in Clinical Trials that Target Multiple Aspects of Alzheimer's Biology





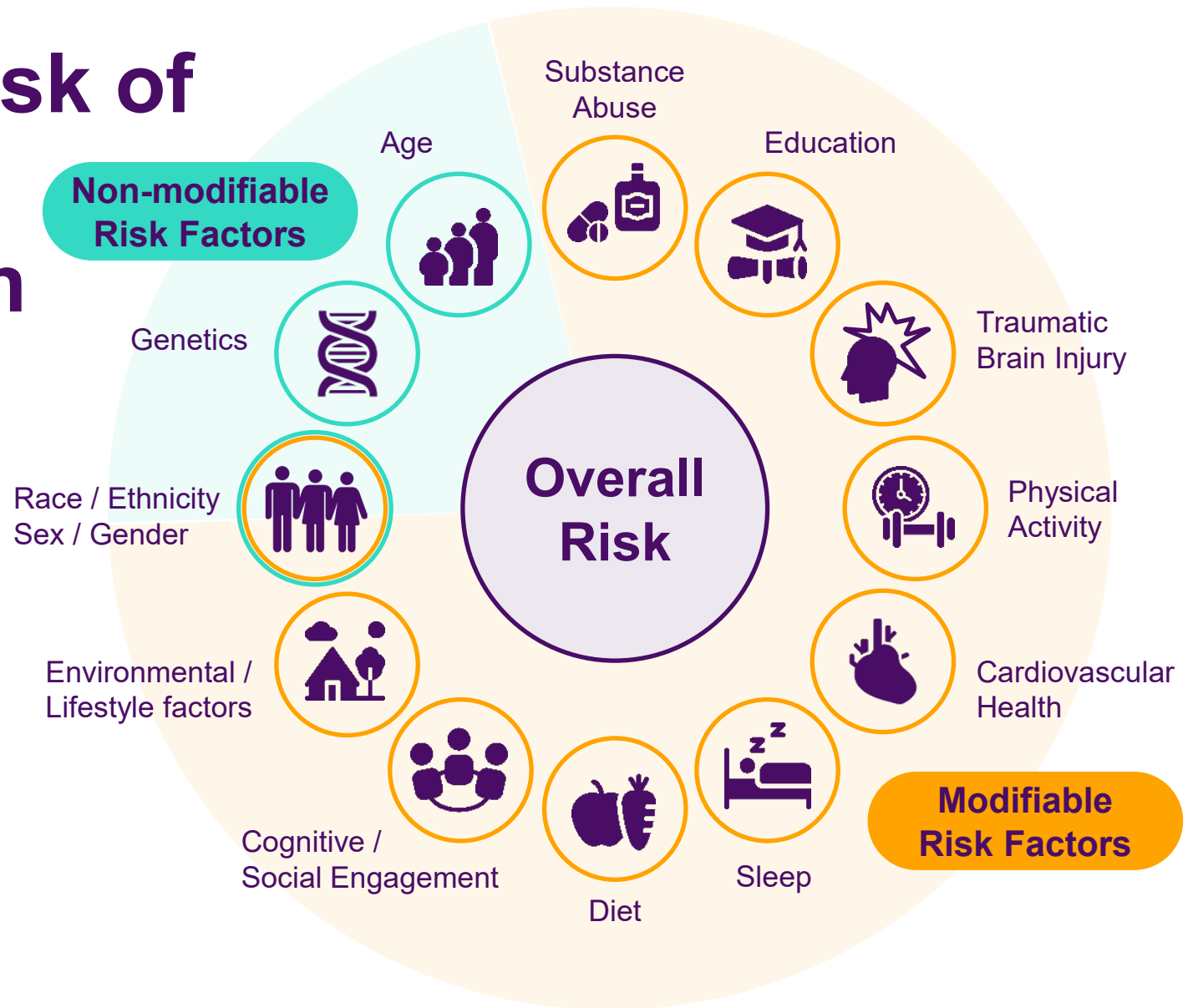
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# BRAIN HEALTH



# What May Impact Risk of Cognitive Decline or Dementia in Brain Health?

- Constellation of reasons may be fundamental and unique to everyone
- Social determinants of health may impact some or all of these factors
- Strength of our understanding is different across risk factors
- Need to study risk from **ALL angles**



## What we set out to learn



### The Growing Challenge

Dementia rates are rising, and prevention is more important than ever.



### Early Findings

Studies targeting individual lifestyle factors have shown promising results.



### Lifestyle and Risk

Certain lifestyle factors, like poor nutrition and lack of physical activity, are linked to higher risk of cognitive decline.



### A New Direction

Research has shifted to focus on whether combining multiple lifestyle changes can better protect brain health.

## What we set out to learn



## THE POINT OF POINTER

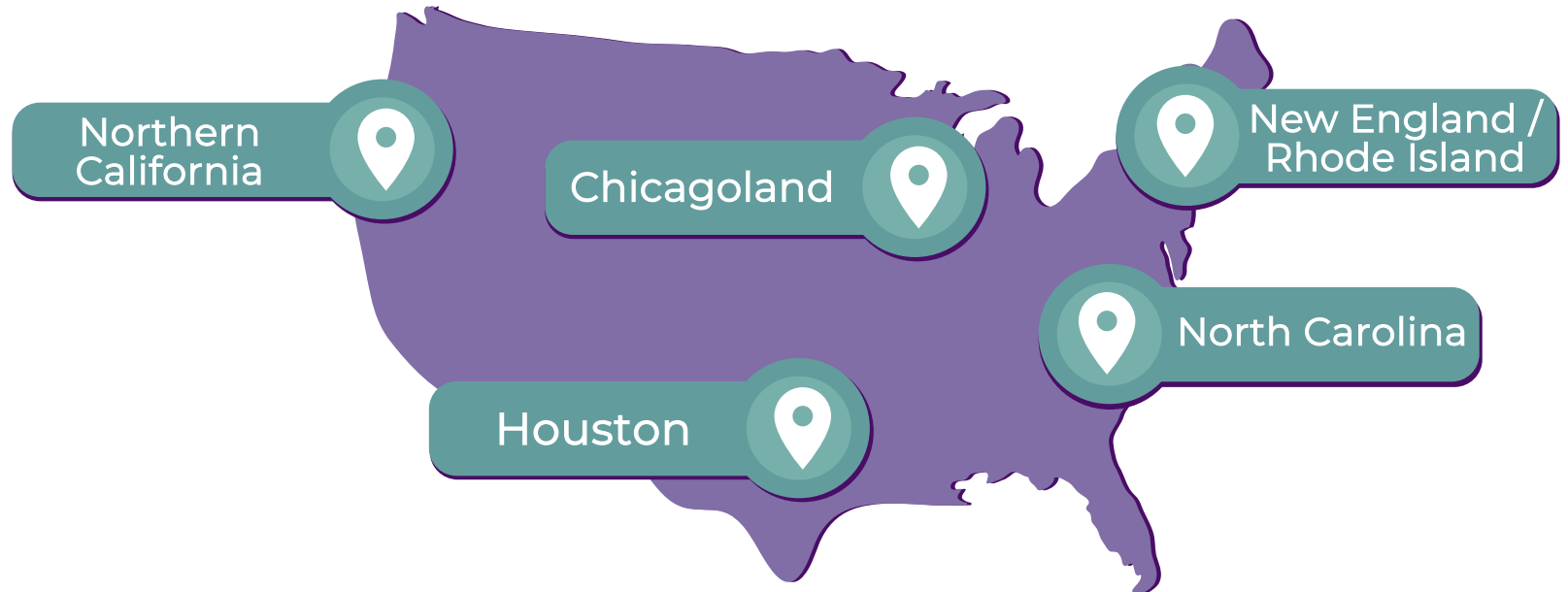
To understand whether lifestyle interventions can protect brain health and reduce risk of dementia in a large, diverse population of older adults in the United States—and whether varying levels of structure and support lead to different outcomes

## What we did



## 5 Sites Across the United States

## U.S. POINTER LOCATIONS



## What we did



# PARTICIPANT QUALIFICATIONS

At Risk for Cognitive Decline, but Without Dementia

 60 - 79 years old

+

 Does Not Exercise Regularly

+

 Suboptimal Diet (MIND Diet Score)

+ two or more of the following:

 70 + years old

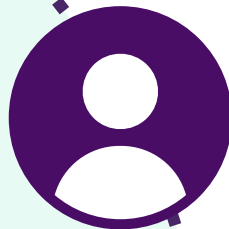
 African American / Black or Native American Race; Hispanic Ethnicity

 Family History of Memory Impairment

 Cardiovascular Health Risk

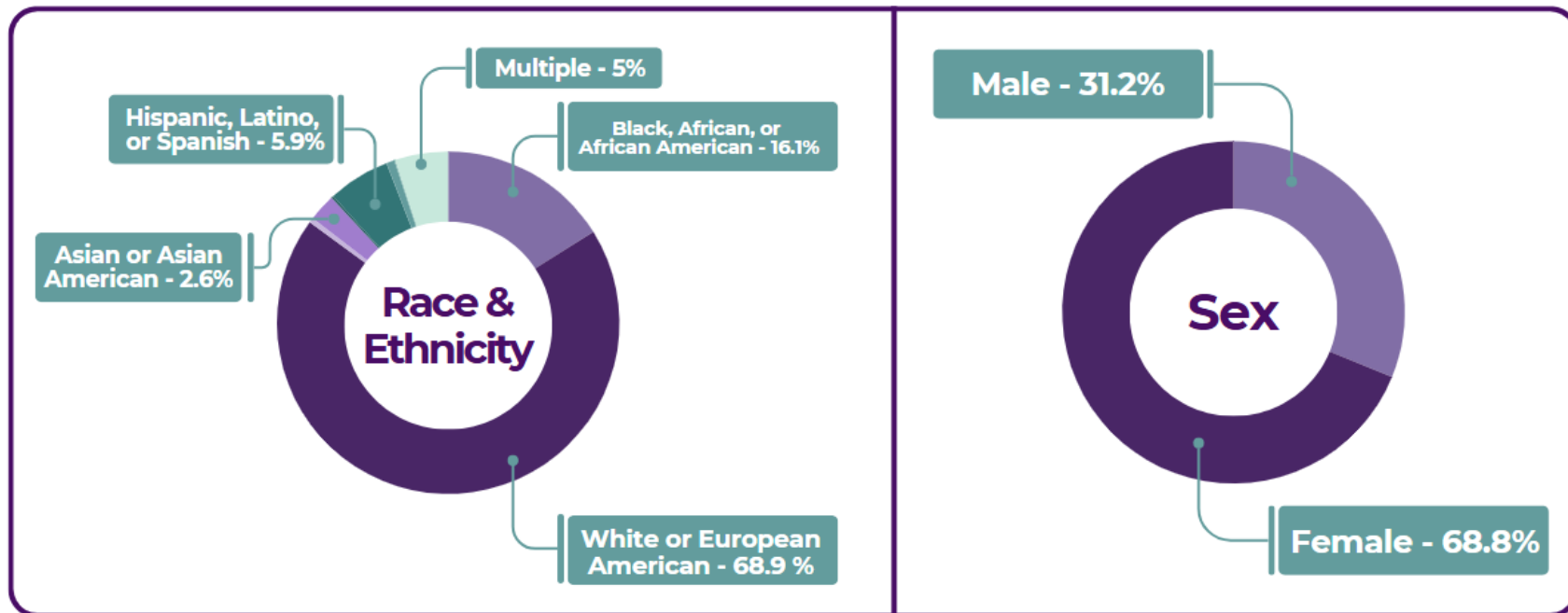
2

## What we did



### 2111 Older Adults from Diverse Groups

## PARTICIPANT CHARACTERISTICS



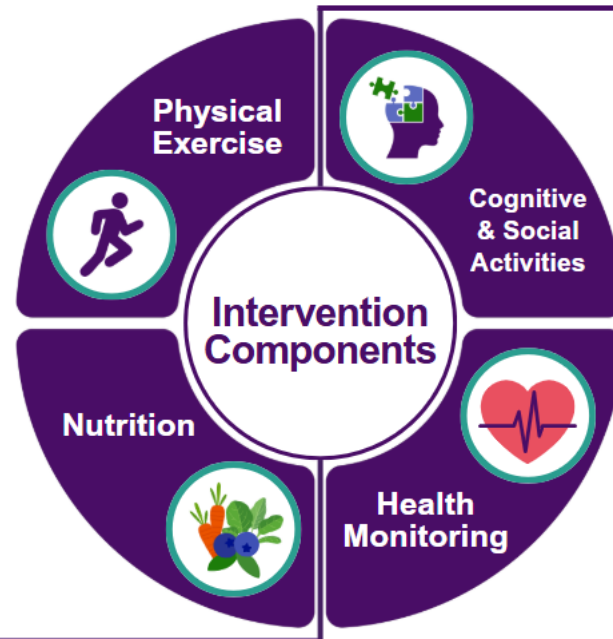
## What we did



Participants Randomized into 2 Groups

## LIFESTYLE INTERVENTIONS

Self-Guided (SG)

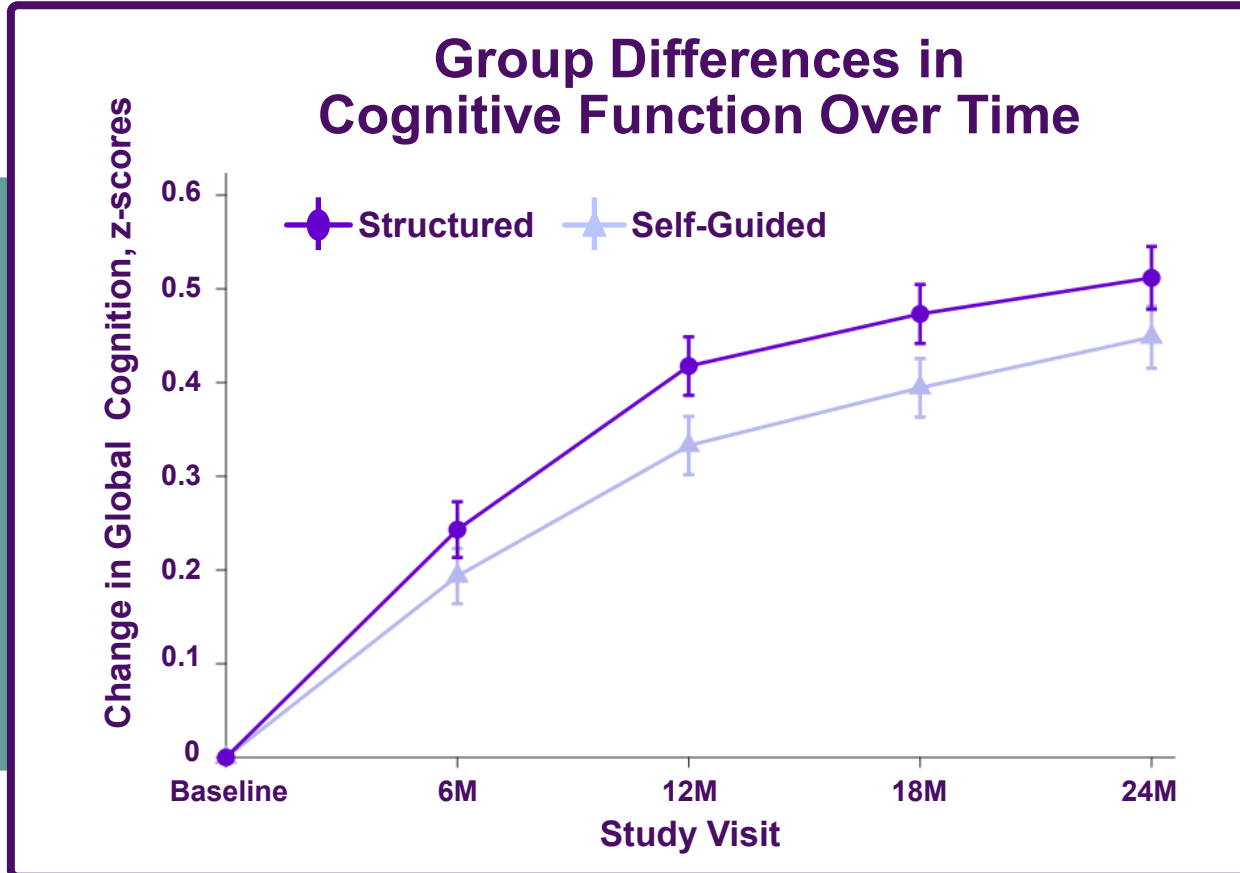


Structured (STR)

*Differed in:*

- *Expectations*
- *Accountability*
- *Support*

## Results

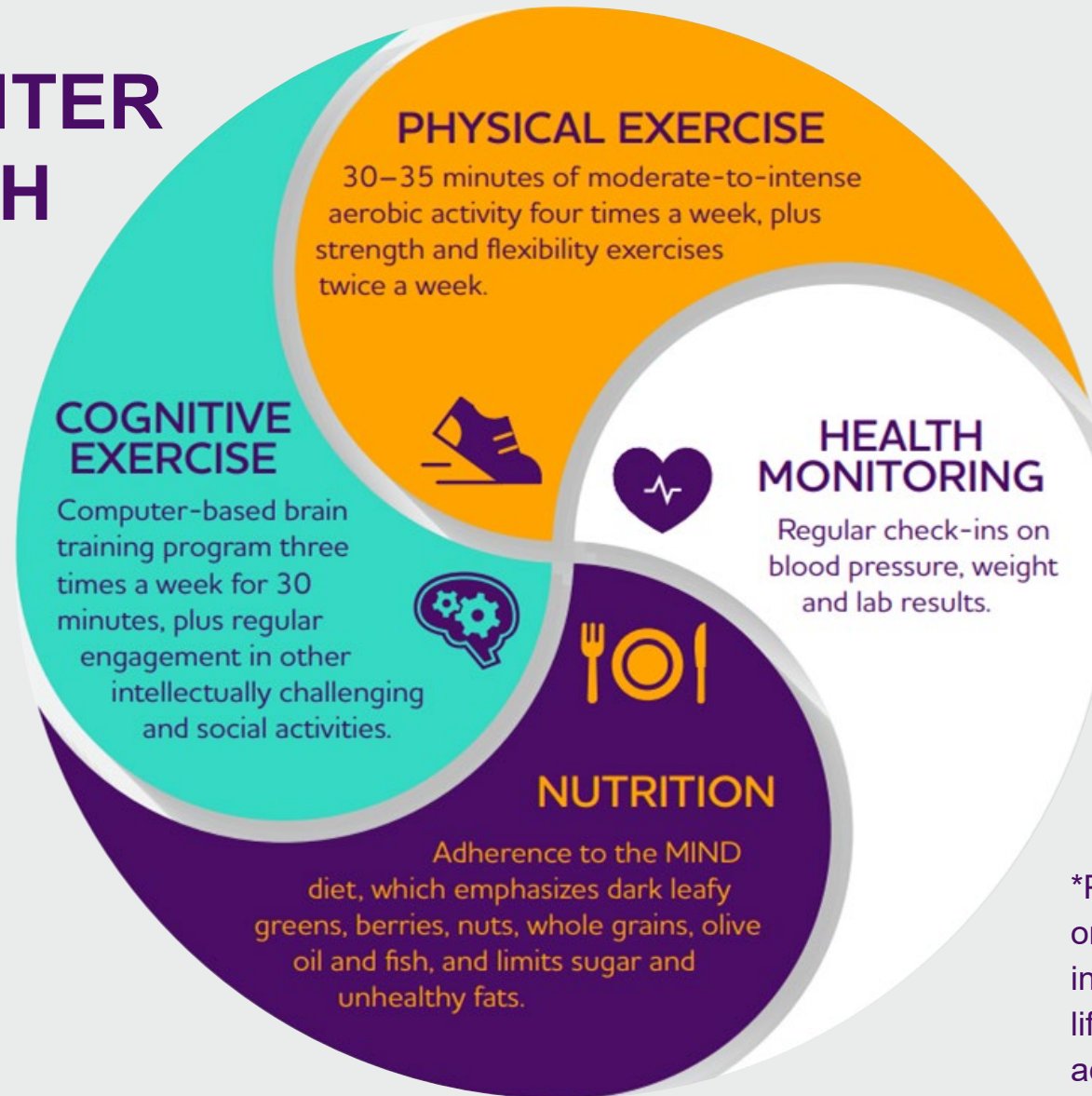


The Structured intervention had a significantly greater benefit on cognitive function

This extra benefit was the same regardless of sex, age, ApoE4 genotype, or heart health at the start of the study

Structured intervention may slow the cognitive aging clock by 1 to nearly 2 years compared to self-guided.

# THE U.S. POINTER BRAIN HEALTH RECIPE\*



\*Participants followed either a self-guided or structured lifestyle program. The two interventions both focused on the same lifestyle domains, but differed in structure, accountability and support provided.

# MAKE YOUR PLAN FOR A HEALTHY BRAIN.

The **Alzheimer's Association® Brain Health Habit Builder** is a free online tool to check your current habits and make a plan to help protect your brain.

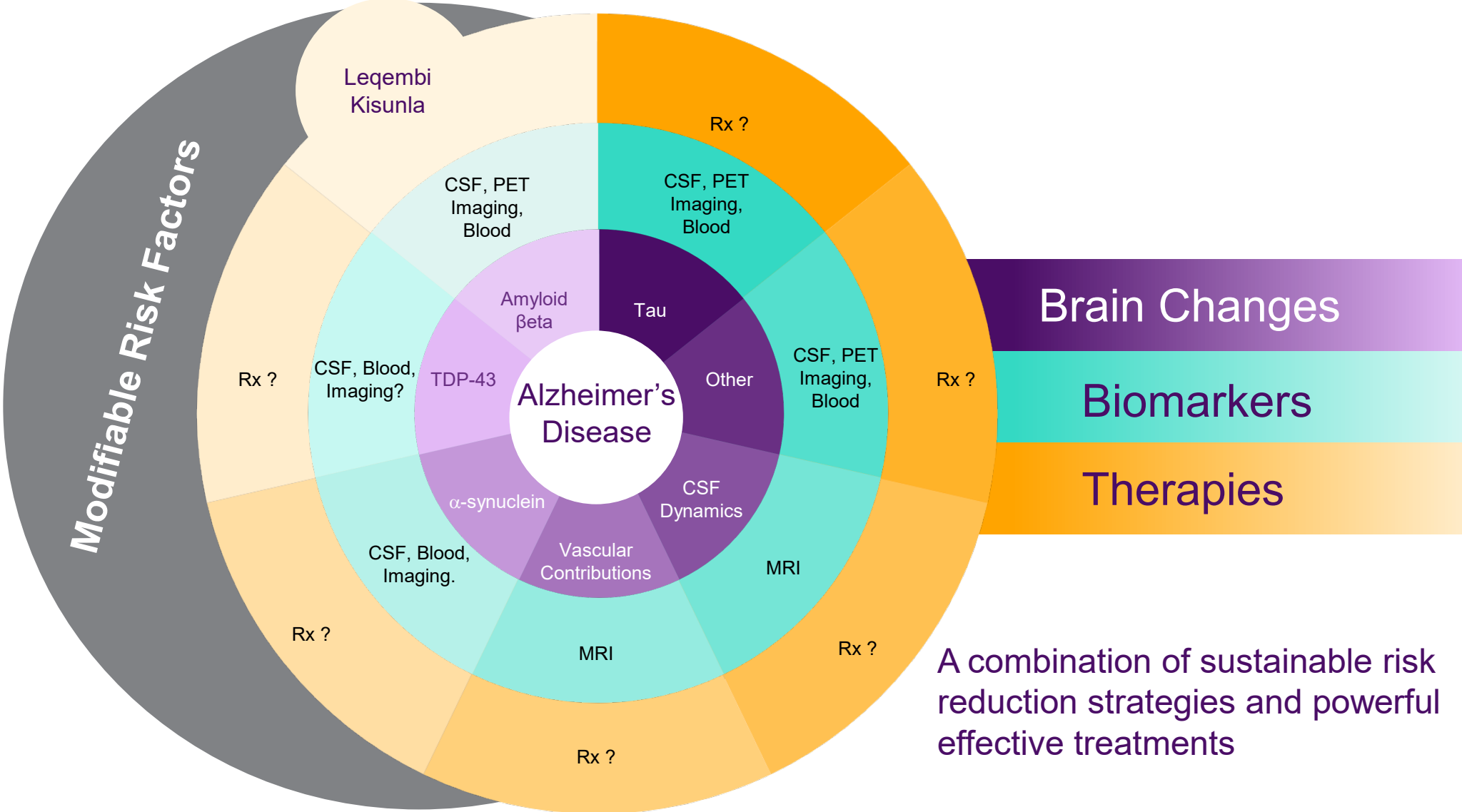
- » Answer a few brief questions.
- » Get your personalized results and tips based on your answers.
- » Create and save your action plan.

Visit [alz.org/habitbuilder](https://alz.org/habitbuilder) and start building your brain-healthy habits today.



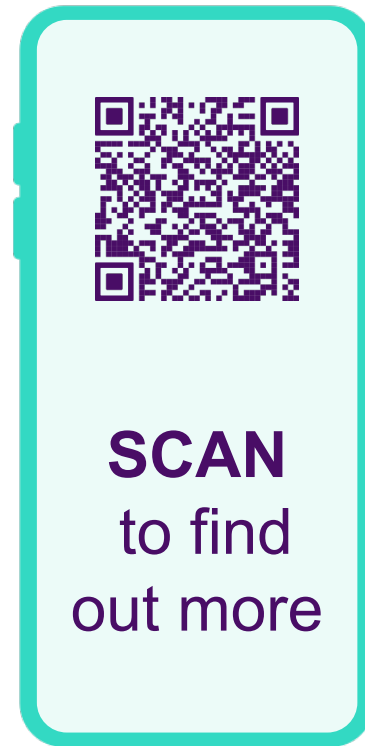
**Brain Health Habit Builder**

# New Era of Research, Treatment and Care...

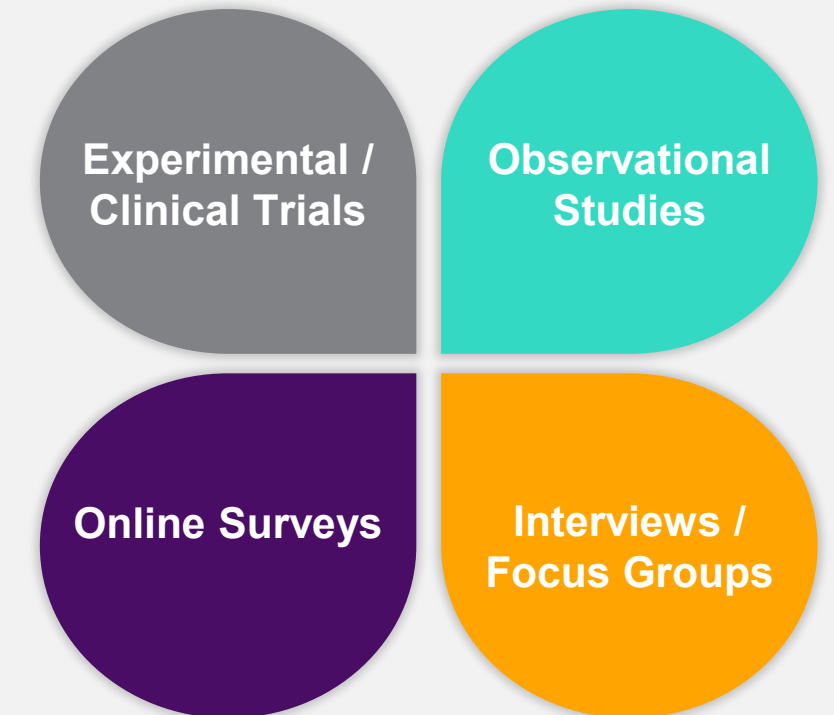


# Get Involved in Research

- TrialMatch is a **free clinical studies matching service** designed to provide a **customized list** of potential study matches to each user.
- Healthy and cognitively impaired people from all backgrounds are needed to participate in Alzheimer's and dementia research.



*\*Over 370,000 users and includes 863+ clinical studies around the world.*



# Research Resources



Association's Website | [alz.org](https://alz.org)



Research at the Association | [alz.org/research](https://alz.org/research)



Join a Clinical Trial | [alz.org/trialmatch](https://alz.org/trialmatch)



Contact the 24/7 helpline | 800-272-3900

# ADVANCE YOUR ALZHEIMER'S AND DEMENTIA CLINICAL PRACTICE KNOWLEDGE

 Access to Cutting-Edge Research  
Updates Tailored to Busy Providers

 Earn CME/CE Credits at No Cost


 Registration is Free

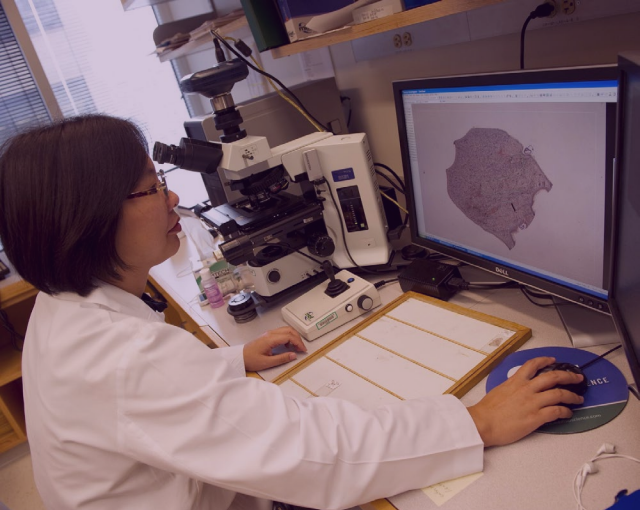
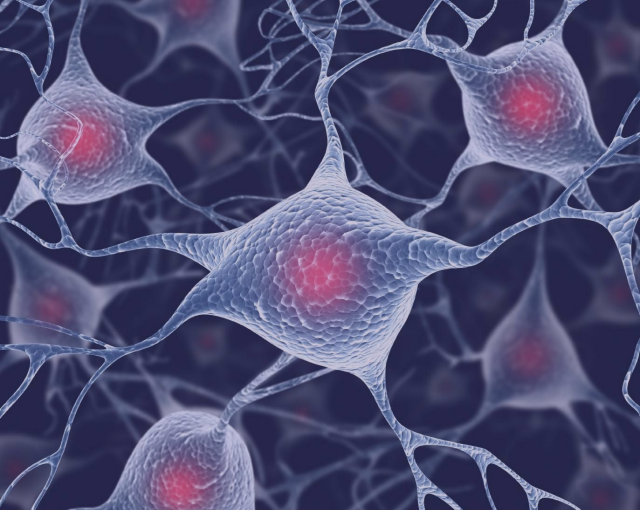


Participate in AAIC For All in  
London, U.K., or online **July 16**.  
Register by July 16\*. [alz.org/AAICForAllClinicians](https://alz.org/AAICForAllClinicians)

\*AAIC for All will be recorded and available for playback for 30 days after the event for all registered attendees.



ALZHEIMER'S  ASSOCIATION®  
**AAIC > 26 FOR ALL**



Thank you!

# Brain Health At Work™

ALZHEIMER'S  ASSOCIATION®

## NEBGH

### June 1, 2026



# Brain health for all.



Over two-thirds of U.S. adults have at least one risk factor for cognitive decline.

74%

Evidence shows that addressing specific modifiable risk factors and promoting healthy behaviors can improve brain health at all ages.



The majority of Americans believe brain health can be improved and are motivated to learn how to adopt behaviors that benefit their brain.



Incorporating brain health into your wellness offerings can increase engagement and participation.

# Brain Health At Work by the numbers.

The Alzheimer's Association provides your employees access to the most up-to-date, evidence-informed information on brain health, as well as support and resources for those caring for something living with dementia.

**91%**

would be more likely to make a behavior change if they knew it would impact their brain health.

Behavior change is hard—having it supported at work makes it easier.

**74%**

of Americans believe that people can improve their brain health.

**86%**

are interested in learning more about how to improve their brain health.

Working-age adults spend a third of every day at work, making the workplace an ideal setting to support opportunities to improve brain health.



# Support workforce well-being

Brain Health At Work expands your organization's wellness program and provides easy access to the most up-to-date, evidence-informed information on brain health.

It also provides support and resources for those caring for someone living with dementia, creating an inclusive workplace where employees who are caregivers feel seen, valued and supported, potentially reducing burnout and increasing job satisfaction.



# NO-COST, READY-TO-GO RESOURCES

Brain Health At Work offers comprehensive tips, tools and education for your human resource and wellness teams, as well as your employees. Use these tools to enhance your brain healthy communications plans.

## EMPLOYER RESOURCES



Communications templates and calendar

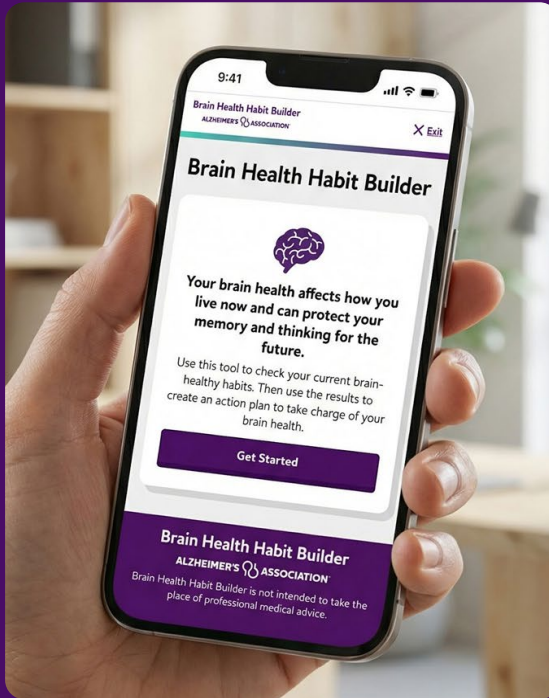


Employee survey and activities



Recognition toolkit

## EMPLOYEE RESOURCES



Brain Health Habit Builder website



Learn the latest science



Caregiver resources



Access to education programs

# Annual recognition levels

Organizations that complete the Brain Health At Work review are recognized based on their overall brain health and wellness practices.



**GOLD**

Demonstrates the highest standard of brain health workplace inclusion.



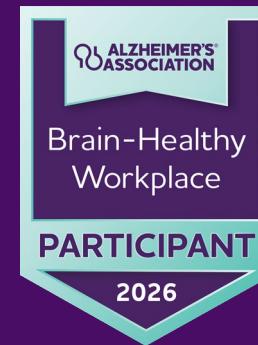
**SILVER**

Demonstrates fundamental Brain health practices in the workplace.



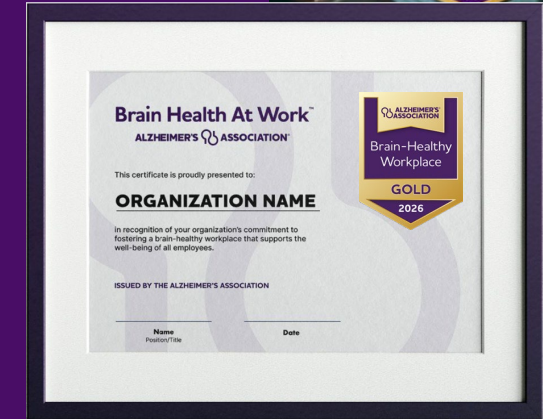
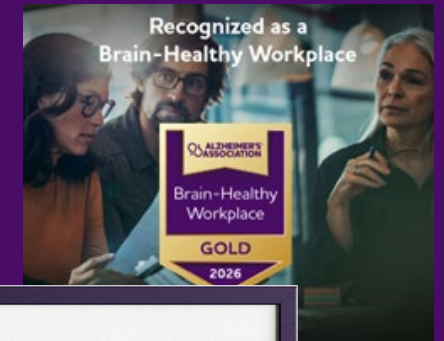
**BRONZE**

Demonstrates dedication to a brain-healthy workplace.



**PARTICIPANT**

Completed the review and took the first step toward a brain-healthy workplace.



# Program components

## START YOUR BRAIN HEALTH AT WORK JOURNEY TODAY

### Step 1

Complete the Organization Assessment



See how your organization supports brain health today and compare your score with other organizations.

### Step 2

Access a Tailored Resource Toolkit



Use the provided communication tips and templates to share brain health and caregiver resources with your employees.

### Step 3

Celebrate Your Recognition



Use the recognition toolkit to showcase your organization's commitment to creating a brain-healthy workplace.

### Step 4

Continue Your Commitment



Retake the assessment each year to track progress and plan improvements to employee brain health offerings and caregiver support.



## 24/7 Helpline



The Alzheimer's Association 24/7 Helpline (800.272.3900) is a free service offering confidential information and support for people living with dementia, caregivers, families and the public.



## Free Education and Support

The Association offers robust information, education and support both in person and online, and helps to connect individuals with resources in the community.

## TrialMatch®

The Association connects individuals living with cognitive impairment, Alzheimer's disease or another dementia, caregivers and healthy participants with current research studies. This free, easy-to-use service helps you find clinical research that may be a good fit.



**Thank you for joining  
today's Alzheimer's  
Association presentation.**

Please scan the QR code or visit  
**[alz.org/hello](https://alz.org/hello)** to record your  
attendance and let us know if  
you'd like to learn more.



## Upcoming NEBGH events:

- **June 3** - Fiduciary Risk Is Rising: How to Defend Your Health Plan Decisions
- **June 18** – 15th Annual Conference: Powering Progress to Drive Change
- **June 29** – Mondays with Dr. Mark & Dr. Michael
- **July 16** – Red, White and Rooftop: A Summer Rooftop Social by NEBGH
- **September 24** – 2026 Pharmacy Benefits Conference



Remember to rate this webinar!

