



The McGill University  
Research Centre for  
Studies in Aging (MCSA)

# HEALTHY AGING, DISEASE PREVENTION AND CARE FOR BETTER AGING RESEARCH IN THE 21<sup>ST</sup> CENTURY



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McGill

# THE MCGILL UNIVERSITY RESEARCH CENTRE FOR STUDIES IN AGING (MCSA)

The MCSA is committed to investigating causes and possible treatments of dementias, especially Alzheimer's disease. The MCSA has played a pioneering role in identifying genetic abnormalities leading to an increased risk for Alzheimer's disease in the past, and the scientists of the Centre were among the first to test anti-dementia drugs approved in Canada. The Memory Clinic of the Alzheimer's Disease Research Unit is focusing on improved therapies, long-term treatment of subjects affected by dementia, and enhancing the quality of life of patients and caregivers.



## ALZHEIMER'S DISEASE AND OTHER DEMENTIAS

The most common form of dementia is Alzheimer's disease. In the beginning, individuals experience mild memory deficits and it progresses gradually. More and more of the elderly are being diagnosed with one form of dementia, as a consequence of an increase in life expectancy in the Western World. The risk of becoming affected by dementia rises from one in thirteen between the ages of 65 and 74 to one in four over the age of 85 – a dramatic increase. Additionally, the elderly are the fastest growing segment of the population in Canada. People over age 85 are expected to make up 20 percent of the population by 2050. This makes prevention and treatment of the dementias a critical task of all aging research over the coming decades.

## OUR CLINICAL TEAM

**Dr. Pedro Rosa-Neto, MD, PhD**  
Director|Neurology/Neurosurgery  
and Psychiatry,  
Translational Neuroimaging Laboratory

**Dr. Paolo Vitali, MD, PhD, FRCPC**  
Neurologist|Douglas Mental Health  
University Institute,  
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**Dr. Maiya R. Geddes, MD, FRCPC**  
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**Dr. Simon Ducharme, MD, MSc, FRCPC**  
Neuropsychiatrist,  
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of Psychiatry, McGill University,  
Director of the Division of Geriatric  
Psychiatry & Neuropsychiatry

**Dr. Stéphane Ledoux, MD**  
Neurologist,  
Laval Integrated University Health  
and Social Services Center

**Silvana Aguzzi**  
Administrative Assistant

# EDUCATIONAL AND CLINICAL ACTIVITIES

**Clinical trials for Alzheimer's disease and other types of dementias represent a key element of the MCSA. In the different clinical trials available, participants depending on their eligibility, receive interventions such as a medical component, a device and/or behavioural/lifestyle changes. To find out more about our clinical trials, please refer to our website.**

## **Memory Clinic**

Memory decline can be part of the normal aging process but may also be due to other causes such as sleep apnea, depression or medication side effects. The Memory Clinic evaluation includes a cognitive assessment, blood tests and PET scans for diagnosis, and if required – treatment, follow-up and referral to medical and community resources for support. The Memory Clinic utilizes the best clinical practices and cutting-edge technologies for the diagnosis of medical conditions associated with memory problems. Our Clinic's focus is evaluation to provide treatments – both symptomatic and preventive – to ensure long-term stabilization for patients and to enhance the quality of life for patients and caregivers.

## **Early Onset Dementia Clinic**

According to Canadian and International guidelines, memory or cognitive deficits in patients younger than 65 years old should be systematically investigated. Although Alzheimer's disease can be a cause of dementia in younger people, there are other causes that must be investigated such as Lewy body dementia, frontotemporal dementia, head injuries, or problems with the blood supply to the brain. Furthermore dementia symptoms can be mistaken for other neurological diseases or health issues such as stress, anxiety, menopause or depression. At the MCSA early onset dementia clinic, we carry out a range of tests to diagnose and propose the best therapies for early dementias.

## **MCSA Educational Activities**

### **Brainy Boomers Lecture Series**

The goal of our public series is to present practical steps to improve brain health, prevent age related disorders and promote healthy lifestyle choices for our senior population. Topics include successful aging, preservation of memory, exercise for seniors and culinary cooking classes.



# OTHER PROJECTS

## **TRIAD – Translational Biomarkers in Aging and Dementia-Crossroads**

TRIAD is a longitudinal observational cohort specifically designed to study mechanisms driving dementia. The TRIAD cohort is actively recruiting participants.

For more information, please contact us at:  
514-761-6131 ext.6321  
<https://triad.tnl-mcgill.com>  
[triad@mcgill.ca](mailto:triad@mcgill.ca)

## **The New Major Focus of Aging Research**

### **SNAP – Screening of Neurobehavioural Abnormalities in the Aging Population**

SNAP aims to characterize both normal aging and disease, as well as risk and protective factors. SNAP replaces the former P.O.N.D.E.R project which aims at utilizing cognitive performance as a tool to screen for dementia at early stages. SNAP features a website that provides free online cognitive assessments and encompasses a comprehensive approach towards the study of variables associated with neurodegeneration in the elderly population. The website is currently available for participants! To register and play the free cognitive games please visit:

<https://snap.research.mcgill.ca/users/login>





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# WHY YOUR DONATIONS ARE IMPORTANT

Your donations play a central role in the continued success of the Centre's outreach and research infrastructure objectives. As committed donors, your support is crucial to advancing our Centre's mandate in prevention, aging research and education. Every donor whose gifts exceed \$500 will be honored by receiving a permanent inscription on our Donor Wall of Fame. For tax purposes, all donations (over \$15.00) are issued a tax receipt.

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