

**SPECIAL  
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**Alzheimer's  
Research  
and  
Prevention  
Foundation**  
—proud to  
be the voice  
of Mind/  
Body  
Medicine  
in the  
Alzheimer's  
Community

**From the Founder—Dharma Singh Khalsa, M.D.**

Since its formation in 1993, the ARPF has been the original voice of the Prevention of Alzheimer's. Our work is now more important than ever. Why? Because it's recently been predicted that, with the aging of the population, the number of people suffering from Alzheimer's will absolutely skyrocket.

And although much of our groundbreaking work in diet, supplements, physical and mental exercise is now gratefully mainstream, we are still on the cutting edge by virtue of our work in exploring the mind/body connection and the prevention of Alzheimer's disease and other forms of dementia.

Much work still needs to be done and I predict five years from now, this too shall be mainstream. Onward and upward we go and grow.

**DISPELLING THE MYTHS OF  
BRAIN LONGEVITY**

**Myth#1: Genes Are Everything:** No, genetics aren't everything. The so-called twin studies have proven that beyond a doubt. In those research studies, it was revealed that when identical twins

were separated, they did not develop the same health issues; one may have had heart disease and one cancer, for example. Or perhaps one was ill and one was quite a fit and healthy person. Quite often, it is what your genes are exposed to that determines the level of health that one has. It's the signals that you send to your body by the food you eat, the thoughts you think, and the life-style choices that you make that affect the health of your genes.

**Myth #2: The Field of Brain Longevity is too new to be credible.** The reality is that, according to a very well respected professor of neurology at New York University School of Medicine, "this field now rests on research data that lays a very solid foundation and goes back more than a decade." What is new is the number of tools we now have to study the effects of our work, such as a whole range of brain scans where we can measure the results of our research by actually looking inside the brain without the necessity of cutting into it. Also to dispel this myth, every time

you learn a new skill, concept or fact, you change the physical composition of your brain. Lifelong learning and mental activity, especially when combined with physical activity, creates a lifetime of peak mental performance.

**Myth#3: Drugs are and will remain the only evidence base intervention for the prevention and reversal of memory loss.** This is perhaps the most outdated myth of all. Drugs are barely effective, despite what you see advertised on TV. If we were to review the research studies on these drugs, it would reveal that these billion dollar drugs may help slightly a person's memory and slow the progression of the disease for a short period of time. However, but Alzheimer's disease specifically, and the brain in general, are much too complicated to be helped by one single drug with no life-style adjustments. I believe there is no such thing as a magic bullet drug, and hope that people will learn that it's their daily choice that impact the state of their brain.

**WHAT IS THE Alzheimer's Research & Prevention Foundation?**

**We Are . . .**

The Alzheimer's Research and Prevention Foundation (ARPF), founded in 1993 by Dharma Singh Khalsa, M.D., is a 501(c)(3) non-profit organization, based in Tucson, Arizona, that's dedicated to the

prevention and early intervention of cognitive decline and Alzheimer's disease through an integrative or holistic medical program. We do this by conducting clinical research and providing educational outreach. We believe that chronic, unbalanced

stress is a major cause of cognitive decline and that an integrative medical program can prevent and reverse memory loss. We are committed to empowering brain longevity, which will ensure an enhanced quality of life for present and future generations.

## ACCOMPLISHMENTS FOR 2007

Exercising  
our brains is  
as important  
as exercising  
our bodies.

### Research

Since 2006, Dharma Singh Khalsa, M.D. and Andrew Newberg, M.D. have been studying the effects of mind/body medicine on the brain. Specifically, they used the Kirtan Kriya Meditation and did a sequence of SPECT scans in subjects enrolled in an 8 week study at the University of Pennsylvania.

This is the first time that anything but a drug has been studied in people with actual memory loss. The protocol

was such that the person first had a baseline SPECT scan in a resting state and then another after their first session of 12 minutes of the Kirtan Kriya Meditation.

There are marked improvements in the blood flow to the frontal lobe and posterior cingulate gyrus. There are also positive changes seen in the thalamus.

Moreover, the subjects' memory testing showed an improvement as well.

Further research is ongoing and will be shared as it becomes available.

For example, we are now correlating the subjects' memory testing to their improvements on the SPECT scans.

#### Changes in the Frontal Lobe



WORKING  
TOWARDS  
PREVENTION  
SINCE 1993



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### Outreach

The foundation continues providing information on memory loss to Senior Companion Programs across the country, including SCP offices in many states. During 2007, this service was provided Michigan, New Jersey, Minnesota, New York, Oregon, Texas, and Wisconsin. Here in Tucson, Arizona, a Foundation board member serves on the advisory council of the local

Senior Companion Program.

Board Members and volunteers contributed thousands of hours to the foundation doing such things as providing training to the general public on the importance of changes in lifestyle using the ARPF 4 Pillars of Prevention, conducting outreach programs, educating SCP coordinators and other health care providers,

reaching out to corporations and cultural groups with education activities, as well as provided international outreach in South Africa, Brazil, France, Ireland, Mexico, and several tribal nations. And of course, indirect outreach activities is ongoing through our website, other internet sites, television, radio and printed media, which reaches millions of others globally.

### Memory Screening Day

This year's **4th Annual Tucson Memory Screening Day** was held on November 13, 2007 at the Tucson Jewish Community center. We screened nearly 100 seniors with the help of volunteers from **Our Family Services**. We were especially gratified to have so many sponsors for this

years event, including: Sunrise Senior Living, The Forum at Tucson, Prescription Lab Compounding Pharmacy, Handmaker Senior Services, Jorgensen/Brooks Group, Aristo Care, Encore Assisted Living, Aristocrat Printing and Design, Jewish Family &

Children's Services, Our Family Services, Tucson Jewish Community Center, and Our Family Senior Companion Program. Each year this event grows in size and we are able to offer free memory screenings to the residents of Southern Arizona. **THANK YOU TO ALL OF OUR SPONSORS AND VOLUNTEERS.**

## DONORS

We couldn't do what we do without our faithful donors. Our donors come from many walks of life and many sources:

- Corporate Donor Campaigns
- Donations in Memory of Loved Ones Lost to Alzheimer's and other Dementia Diseases
- Sponsors of Events, like our Annual "Memory Screening Day"

- People who come to our events and are compelled to give.

We have once again been approved by the Federation of Health & Medical Research Charities of America and the Combined Federal Campaign. The ARPF is also a proud participant in the State Employee Campaigns for Arizona, Connecticut, Texas and California as well as a member of the Best Charities in America.

## SIGNIFICANT MEDICAL PRESENTATIONS BY DR. KHALSA

Dharma Singh Khalsa, M.D. is an in demand speaker on the subject of Alzheimer's Research and Prevention. This year he spoke at several high level medical conferences and conventions, including:

- ⇒ The Alzheimer's Association International Conference on Prevention of Dementia in Washington DC
- ⇒ The 2nd National Concept in Care Conference in Philadelphia, Pennsylvania
- ⇒ Presentation on Brain Longevity at a Conference in Brazil
- ⇒ 6th Annual World Congress on Stress in Vienna
- ⇒ Los Angeles California Medical Center Conference "Optimizing the Aging Brain"

## BOARD MEMBERS & STAFF

**Dharma Singh Khalsa, M.D.**  
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Communications Director

## Extraordinary Endorsements

We are extremely proud of the work that we are doing here at ARPF, but don't take our word for it! Here are a few extra "ordinary" people who are blowing our horn as well:

- ⇒ **Maria Shriver**, journalist and California First Lady
- ⇒ **Leeza Gibbons**, actress and Alzheimer's Advocate
- ⇒ **Dr. Andrew Newberg, M.D.** University of Pennsylvania Center for Spirituality and the Mind
- ⇒ **Alan Weiss, M.D.**, California Medical Center
- ⇒ **Jamie Zink**, Program Manager for older and disabled adults, Our Family Services

## Scientific Advisory Council

**Ma Gloria Borrás-Boneu, M.D.**  
GRD Health Institute  
Barcelona, Spain

**Sat Bir Singh Khalsa, Ph.D.**  
Asst. Professor of Medicine  
Harvard Medical School  
Sleep Disorders Research Program  
Brigham and Women's Hospital  
Boston, Massachusetts

**Laura Jean Kokoska, RN**  
DNA Yoga Studio  
Old Lyme, Connecticut

**Helen Lavretsky, M.D., M.S.**  
Associate Professor  
UCLA Semel Institute and Resnick  
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**Andrew B. Newberg, M.D.**  
Assistant Professor, Radiology and  
Psychiatry, University of Pennsylvania  
Medical Center  
Philadelphia, Pennsylvania

**Michelle Sierpina, Ph.D.**  
Founding Director  
UTMB Osher Inst. for Lifelong  
Learning,  
Univ. of Texas Medical Branch  
Galveston, Texas

**Victor S. Sierpina, M.D.**  
Professor in Integrative Medicine  
Univ. of Texas, Medical Branch  
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**Yaakov Stern, M.D.**  
Professor of Clinical  
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University College of Physicians  
and Surgeons, Taub Institute  
New York, New York

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Service which is rendered without joy helps neither the one who serves nor the one served, but all pleasures and possessions pale into nothingness before service which is rendered in a spirit of joy.

— Mahatma Gandhi