



Duke University
 Duke Translational Medicine Institute/MURDOCK Study
 PO Box 7
 Kannapolis, NC 28082

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HORIZONS



A quarterly newsletter for MURDOCK Study participants

December 2014

What's inside:

- Your holiday gift from the MURDOCK Study!
 - Fun photos from Appreciation Day
 - Memory and Cognitive Health Study
 - NIH funds new study



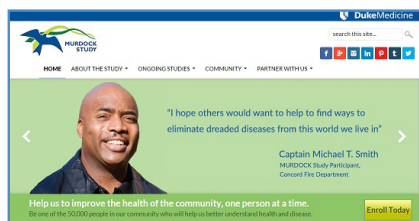
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New and improved website easier to use, offers more information



After undergoing a design overhaul and an infusion of fresh content, our new website launched in November. Check it out at www.murdock-study.org. The website includes answers to frequently asked questions about the MURDOCK Study, details about each stage or "horizon" of the study, short biographies and photos of everyone on our team, and much more.

You will also find information about the latest research findings from study investigators and a list of publications and abstracts resulting from this growing study. The research efforts of the MURDOCK Study are ongoing, but many studies have already produced important discoveries, and study investigators have presented their findings at numerous academic conferences and produced several publications.

Our new website has a section dedicated to ongoing studies, with details about substudies like the Multiple Sclerosis Study and Healthy Aging Study, as well as opportunities for you to participate

in additional research. We welcome collaboration and have a section of the website aimed at finding new research partners.

The website will keep you up to date on volunteer opportunities, events in our community, and mass enrollment dates and locations to share with friends. We post the latest developments there as well, including new conveniences like web enrollment.

Surf over to www.murdock-study.org and take a look. Please let us know what you think by emailing us at murdock-study@duke.edu. We welcome your feedback!

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murdock-study@duke.edu—(704) 250-5861—www.murdock-study.org

The MURDOCK Study family wishes you a joyous season and a very happy new year!

Our thanks to you for helping to make our community healthier.

Please enjoy this special gift good for all of 2015.



murdock-study@duke.edu—(704) 250-5861—www.murdock-study.org



5K for 50K Duke hosts first MURDOCK Study 5K and Appreciation Day



The first runners arrive early for the 5K for 50K.



Runners register for the first MURDOCK Study 5K.



Runners take off from the start/finish line.



Latin-dance lovers take a Zumba class.

Hundreds of people turned out for the MURDOCK Study 5K and Appreciation Day, a free festival held in October at the North Carolina Research Campus to thank the community and our nearly 11,000 study participants. Because the study aims to enroll 50,000 people, the 5K race was dubbed “5K for 50K.”

A sunny day drew more than 100 runners to the start/finish line in front of the Core Laboratory Building. After the race, they joined other guests for a morning of line dancing, health screenings, yoga, Zumba, kids’ activities, and more.

Lorraine Tyson of Concord said she came Saturday for the same reasons she enrolled in the MURDOCK Study — to learn and to be with a community.

“The study has taught me things, and I like being a part to learn with them,” Tyson said. “They have given me a lot of new information.”

Tyson participated in health screenings and was surprised to learn that she had low blood pressure.

“I didn’t even know it,” she said. “So I’ve learned a lot today and had a great time.”

Photos by Chad Mitchell



Terry Luciano of Concord receives a health screening from Cabarrus Health Alliance.



Lloyd Oliphant of Kannapolis line dances.



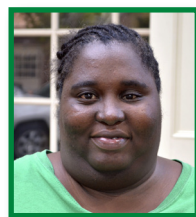
Dr. Kristin Newby, co-investigator for the Community Registry and Biorepository, talks with participants after Walk With a Doc.



Josh Parrish of Kannapolis (center) won the MURDOCK Study 5K, with Marc Bax of Concord (left) coming in second and Dan DeZordo (right) taking third.

Healthy Aging Study still needs people ages 80+

If you are at least 80 years old, we need you! Don’t forget to sign up for the Healthy Aging Study, also known as the Physical Performance Study. Participants will be compensated. Call (704) 250-5861 to enroll.



Follow-up Winner

Congratulations to Rosa Pearson of Kannapolis, the latest winner in the Follow-up Raffle! She chose a \$150 gift card to Walmart as her prize.

Everyone who fills out an annual follow-up form has a chance to win. Refer at least one person who joins the MURDOCK Study and you’ll be entered into the Refer-a-Friend Raffle!

Memory and Cognitive Health Study is back

We are now scheduling a second round of appointments for the Memory and Cognitive Health Study. If you joined this study, we will contact you soon to schedule a second visit, which will include collecting blood and urine samples, a brief cognitive assessment, memory tests, and a questionnaire regarding changes in memory. Participants will receive compensation. You can also call (704) 250-5861 to schedule your second appointment.

Dr. Kathleen Welsh-Bohmer of the Joseph and Kathleen Bryan Alzheimer’s Disease Research Center at Duke University and Dr. Allen Roses of the Deane Drug Discovery Institute at Duke University are the principal investigators for this study, which aims to develop a better understanding of the role of aging in changes to memory and thinking. Data from this study may be used in future research investigating Alzheimer’s disease.

More than 1,500 volunteer participants, ages 55 or older, enrolled in the Memory and Cognitive Health Study between May 2011 and May 2013. Study participants were given tests to assess attention and concentration, executive functions, memory, language, visual skills, conceptual thinking, calculations, and orientation.

Through the study, Duke has created a rich resource of memory and cognitive health data with a large specimen bank. Researchers have used the data in tandem with the PREPARE Study (Prevention Screening Study &



Database/Repository), being conducted by Dr. Welsh-Bohmer, as well as in conjunction with a project that involves collaborators in Tomsk, Russia. (Hayden KM, et al. A comparison of neuropsychological performance between US and Russia: Preparing for a global clinical trial. *Alzheimers Dement.* 2014 Jul 22. pii: S1552-5260(14)02416-9. doi: 10.1016/j.jalz.2014.02.008. [Epub ahead of print]).

If you did not enroll in the Memory and Cognitive Health Study but now would like to participate, please call us at (704) 250-5861.

New study funded by the National Institutes of Health

Dr. Laura Beskow (pictured here) of the Duke Clinical Research Institute and close partner with the MURDOCK Study has recently been awarded a research grant from the National Institutes of Health (NIH) to study patients’ willingness to share their health data for research use, and to investigate patients’ reactions to being contacted by researchers who have had access to their electronic health record. The findings generated from this study will be used in a series of community-based events to guide the development of recommendations for the ethical use of health data for research purposes. Dr. Beskow and her team are very excited to engage MURDOCK Study participants located in Cabarrus County in addition to people living in Durham; Mingo County, West Virginia; and Quitman, Mississippi through a collaboration with the Southeastern Diabetes Initiative (SEDI), another Duke project. The project is slated to begin data collection in early 2015. Participants will be invited to share their feedback through interviews and focus groups, including some scheduled for MURDOCK Study participants.



“Electronic health records are a tremendous resource to help researchers learn better ways to diagnose and treat a wide range of health problems,” Dr. Beskow said. “Patient input is crucial to this endeavor—we need to have policies in place so that patients can feel confident that their information will be protected and used in ways that promote better health care for everyone. We are so happy to have this chance to talk to people and see if, together, we can come up with good practices that gain patients’ trust and also help medical science move forward.”