

ALZHEIMER'S SCIENCE NEWS

SUMMER 2026



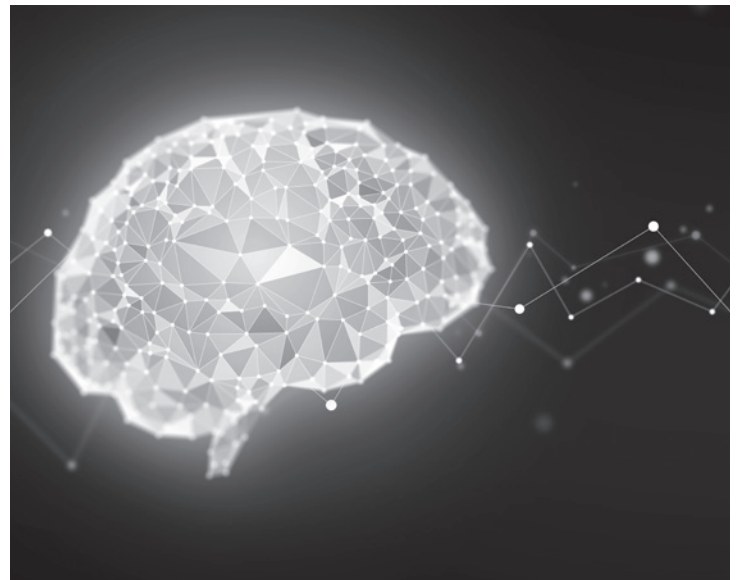
A NEW ERA OF ALZHEIMER'S TREATMENT IS TAKING SHAPE

Just a few years ago, treatment options for Alzheimer's were limited. Today, that's changing. New FDA-approved drugs like Leqembi and Kisunla are helping slow disease progression by targeting its underlying biology, and even more treatments are on the horizon.

Researchers are now exploring a wide range of approaches. New therapies aim to improve how drugs reach the brain, while pill-based treatments could make care easier and more accessible. At the same time, innovative non-drug options, like brain stimulation and focused ultrasound, are showing promise in protecting brain function and slowing decline.

Scientists are also studying how healthy lifestyle habits may help reduce risk, offering powerful tools for prevention alongside treatment.

Together, these advances signal real momentum. And because of your support, Alzheimer's Disease Research is helping fund the bold ideas that are shaping this new era of discovery and bringing us closer to a cure.



Breakthrough therapies and emerging technologies are expanding hope for people at risk of Alzheimer's.

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PRESIDENT'S CORNER

We're making tremendous progress against Alzheimer's—and we have *you* to thank for that!

As you'll read about in this newsletter, scientists you support are learning how Alzheimer's impacts each person differently. We're also excited to share that Alzheimer's Disease Research has awarded over \$9.2 million across 37 new, innovative grants for 2026, supporting bold ideas that represent the future of Alzheimer's research. We look forward to sharing the details of these promising projects with you soon.

Thank you for helping pave the way toward a brighter future for people facing Alzheimer's.

September is World Alzheimer's Month, and now, more than ever, your support matters so scientists don't lose valuable time and momentum in the search for a cure.

Stacy Pagos Haller

CAN THE IMMUNE SYSTEM HOLD THE KEY TO SLOWING ALZHEIMER'S?

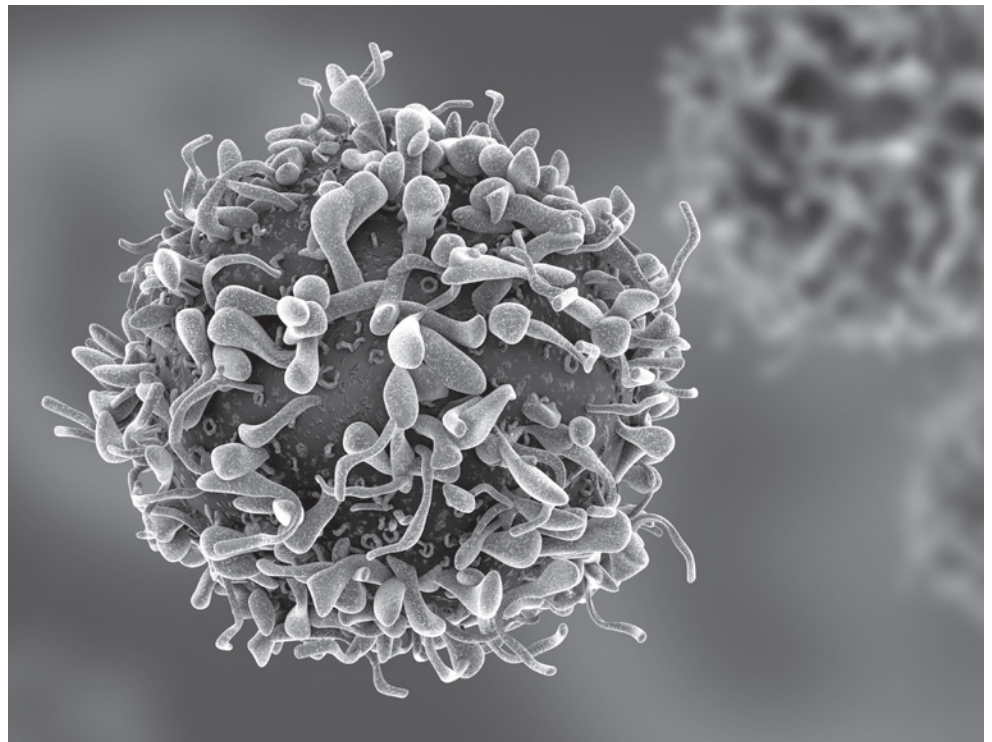
For years, Alzheimer's disease has been defined by the buildup of toxic proteins in the brain. But new research you help support has revealed another important piece of the puzzle: the immune system.

Alzheimer's Disease Research-funded scientist Joshua Emmerson, PhD, is studying how certain immune cells, called T cells, may play a surprising and harmful role in the disease. Normally, these cells help the body fight infection. But in Alzheimer's, they may enter the brain and trigger inflammation that worsens damage to already vulnerable brain cells.

Dr. Emmerson is working to understand what draws these immune cells into the brain and how to stop it. By identifying and blocking the signals that attract T cells, his research aims to prevent or reduce brain degeneration that leads to memory loss and cognitive decline.

This innovative approach could open the door to entirely new treatments that target the immune system alongside existing therapies focused on amyloid and tau proteins.

Just as important, this research illustrates the power of long-term investment in science. With support from donors like you, discoveries continue to build on one another, leading to more effective treatments and, one day, a cure.



New research explores how immune cells may contribute to brain cell damage in Alzheimer's disease.

RESEARCHER SPOTLIGHT: **FEDERICA ANASTASI, PhD**

Federica Anastasi, PhD, is studying how blood proteins could help reveal why Alzheimer's progresses differently in each person.

While blood tests are already helping detect early signs of Alzheimer's, Dr. Anastasi's research goes a step further. She is identifying new protein markers that could explain why symptoms vary from person to person and help predict who may be at greater risk of



Federica Anastasi, PhD

faster cognitive decline.

This approach could transform how Alzheimer's is diagnosed and treated. By developing simple blood tests that reveal an individual's unique disease profile, researchers may be able to intervene earlier, tailor treatments more effectively, and improve how patients are selected for clinical trials.

Thanks to your support, research like this helps unlock the complexities of Alzheimer's and brings us closer to a future where treatment doesn't follow a one-size-fits-all approach but can be tailored to each individual.



Healthy habits can support brain health and overall well-being.

LIFESTYLE CHOICES AND ALZHEIMER'S RISK: WHAT YOU CAN DO TODAY

While there is no cure for Alzheimer's disease, growing research shows that the way we live each day may play an important role in protecting our brains.

Large studies like the Finnish FINGER trial and the U.S. POINTER study have found that combining healthy habits such as good nutrition, regular exercise, cognitive activity, and heart health management can improve memory and help slow age-related cognitive decline. These findings suggest that small, consistent lifestyle changes can make a meaningful difference over time.

There are simple steps you can take right now to support brain health:

- Eat a balanced, nutrient-rich diet with antioxidants and healthy fats.
- Stay physically active and maintain a healthy weight.
- Manage blood pressure and cholesterol.
- Prioritize quality sleep.
- Stay mentally and socially engaged.
- Keep up with regular medical, vision, and hearing checkups.

While no single approach can prevent Alzheimer's, these everyday choices can support overall health and may help reduce risk.

Thanks to your support, research continues to explore how lifestyle and biology intersect, resulting in practical strategies that can help people protect their brain health for years to come.

HELP FIGHT ALZHEIMER'S THIS MAKE-A-WILL MONTH

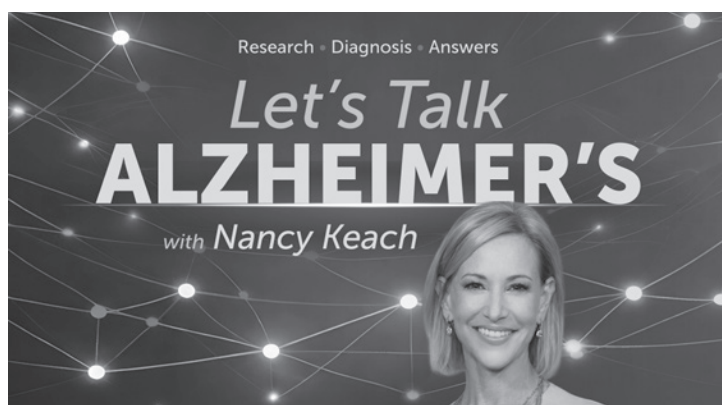
August is National Make-A-Will month, so we're encouraging everyone to make a will to create an impact on the future for their loved ones.

By documenting your wishes in a will, you can protect those you care about, plan for all of your assets, and even include an optional gift to Alzheimer's Disease Research to build your legacy.

To make your will quickly and securely, visit FreeWill.com/BrightFocus. To learn more, contact us at 301-556-9362 or plannedgiving@brightfocus.org.



Leave a lasting legacy to be remembered through a will.



JUST LAUNCHED: LET'S TALK ALZHEIMER'S PODCAST!

Catch up on expert insights from our Zoom In on Dementia & Alzheimer's webinar series—now available in a convenient, on-demand podcast format.

Let's Talk Alzheimer's is a new podcast from BrightFocus Foundation's Alzheimer's Disease Research program that helps listeners understand Alzheimer's disease and other dementias through trusted scientific insight. Episodes feature conversations with leading scientists and medical experts about diagnosis, risk reduction, clinical trials, and the latest treatments.

Listen to the most recent episode:
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Zoom In on Dementia & Alzheimer's

Sign up for our FREE monthly virtual discussion series with experts to stay informed about the latest findings—from treatments and genetics to risk reduction, supplements, and more! You can also ask questions during a live Q&A. All sessions are recorded and available to watch on demand.

To register and catch up on previous episodes, visit:
brightfocus.org/ADRzoom

Please share this newsletter with someone you know who might be interested in learning about some of the latest advancements in research to diagnose, prevent, treat, and cure Alzheimer's disease.

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