

**PO BOX 59
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Rotary District 9455

Rotary

Club of West Perth



The Bulletin

Breakfast Meeting 19 June 2025

Guest Speaker

The Guest Speaker this week will be Professor Angus Buchanan, WPRC Member since 1998, will talk on his survey of the Club, its feedback and Club Director's Report.

Duty Roster

Duty Role	19 th June	One Week Look Ahead
Host	Geoff Simpson	
Welcome	Ant Ulijn	
Toast	John Van Vliet	
Thanks	Arthur Blaquiere	
Bulletin	Peter Blockley	
2 Minute Noodles	Corrin Caine	

CHANGE OVER

Please find a substitute if you cannot fulfill your duty

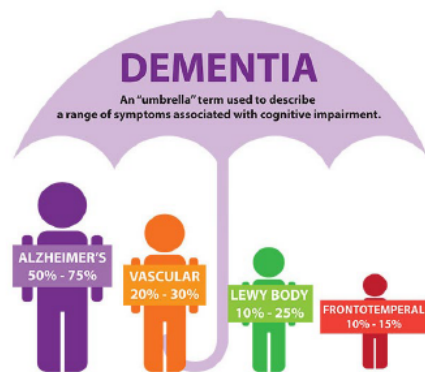
Breakfast Meeting 5 June 2025

(With thanks to Arthur Blaquiere)

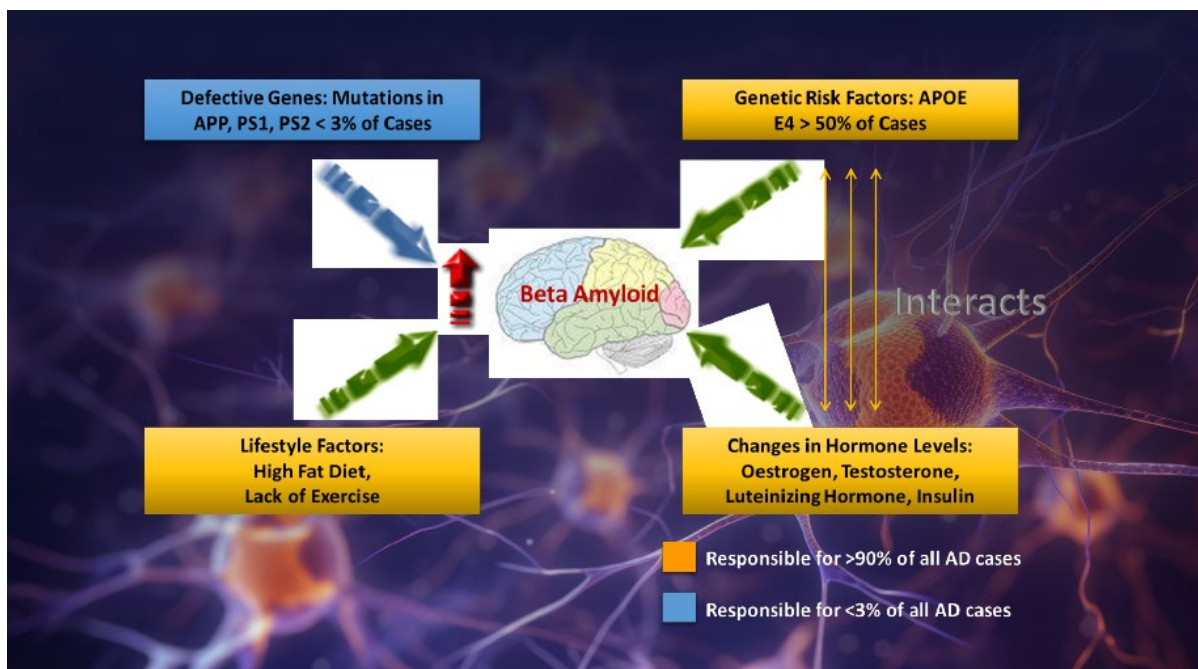
Guest Speaker

Our Guest Speaker last week was Professor Ralph Martins AO, Paul Harris Fellow, WA Australian Citizen of the Year, Western Australian of the Year, Director of Research, Alzheimer's Research Australia, Foundation Professor, Centre of Excellence for Alzheimer's Disease Research and Care, Edith Cowan University Professor of Neurobiology, Department of Biomedical Sciences, Macquarie University. Remarkable. Professor Martins shared with the Breakfast Club some mind boggling facts about early diagnosis and prevention of Alzheimer's disease.

For those of us present, it was a lot of information to take in but thankfully Prof Ralph has shared his PowerPoint so that it can be included in full for the Bulletin so that further reading and understanding can take place. For that we are truly grateful. Here we go, so get the popcorn and settle in for a great sideshow but no interval. The slides speak for themselves, and all of it must be read:



- Dementia is a category of age-associated neurodegenerative disorders that causes a gradual decline in memory, cognition, linguistic skills, behavior and the ability to perform one's daily tasks.
- Dementia is a major public health concern of the 21st century and one of the leading causes of morbidity and mortality in aging population
- Alzheimer's disease (AD) is the most common form of dementia that attributes to 60-80% (2/3) of all dementia cases occur over the age of 65 years.



Identifying the protein Amyloid, therapies that reduce its production, prevent aggregation, and promote clearance from the brain, were developed.

Alzheimer's Research Australia

EARLY DIAGNOSIS & PREVENTION
A CURE FOR ALZHEIMER'S

A cure for Alzheimer's?
Scientists may have found a way to halt the development of the brain plaques that are a hallmark of the disease. This is how they believe the vaccine works.

1 A vaccine made from protein fragments found in the brain plaques is injected into the mouse's muscle.

2 Antibodies are made and find their way to the brain where they recognize the amyloid plaque (ap) as a threat.

Steve Thomas/Post-Gazette

Alzheimer's Research Australia

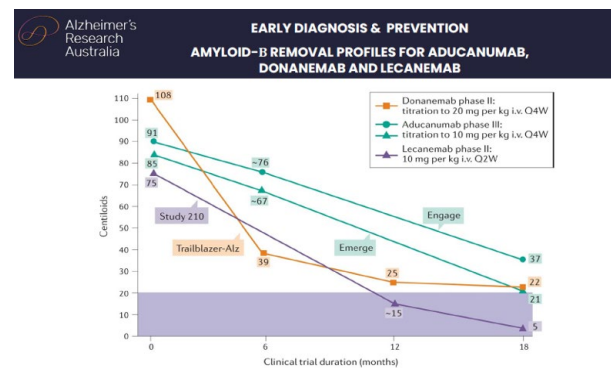
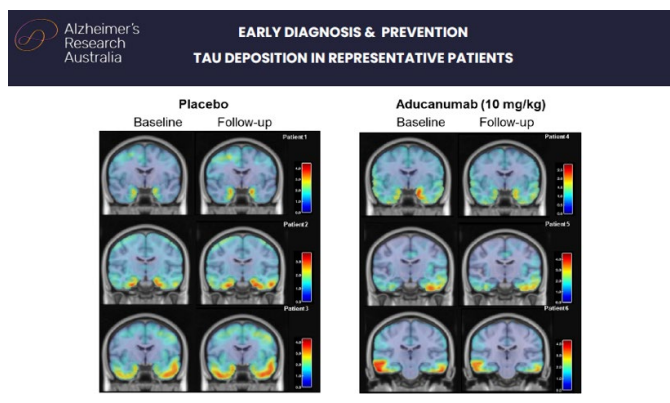
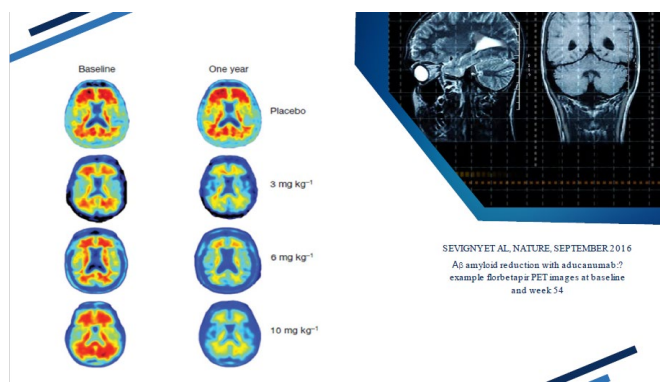
EARLY DIAGNOSIS & PREVENTION

Sections of Mouse Brain

Unvaccinated Vaccinated

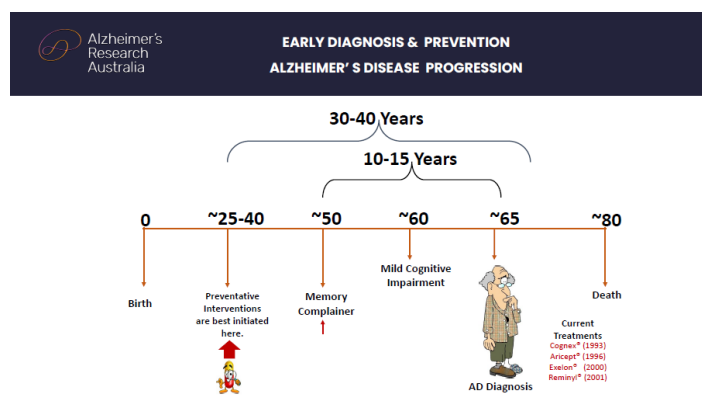
IMMUNISATION with Aβ₄₂

Schenk D, Barbour R, Dunn W, et al. (1999) Immunization with amyloid-β attenuates Alzheimer-disease-like pathology in the PDAPP mouse. *Nature*, 400: 173-177.



FINALLY: BIG WIN ON ALL OUTCOMES FOR LECANEMAB IN PHASE 3 TOPLINE RESULTS

- Biogen, Eisai refresh amyloid hypothesis with Phase III showing Alzheimer's medicine slows cognitive decline in 1,795 participants with early AD
- The drug slowed decline on the primary endpoint, CDR-SB, by 27% over 18 months ($p=0.00005$)
- Decline on all secondary clinical endpoints, comprising the ADAS-Cog14, ADCOMS, and ADCS MCI Activities of Daily Living ($p<0.01$)
- The incidence of the brain edema known as ARIA-E was one-third of that seen with Aduhelm
- FDA Set Accelerated Approval Decision for January 2023



Alzheimer's Research Australia

EARLY DIAGNOSIS & PREVENTION

THE AIBL STUDY

aibl

Commenced 2006

PiB and MRI with follow-up in 288 of the 1100 participants

Imaging increased to 650 participants in 2011-12

Alzheimer's Research Australia

EARLY DIAGNOSIS & PREVENTION

A MULTIMODALITY CLINICAL STUDY

Databases

Cognitive functions

Blood biomarkers

Genomic

Demographic And Lifestyle

PET-PiB

Amyloid beta load

T1W

Anatomy

T2W

CSF and structures

SWI

Venous tree

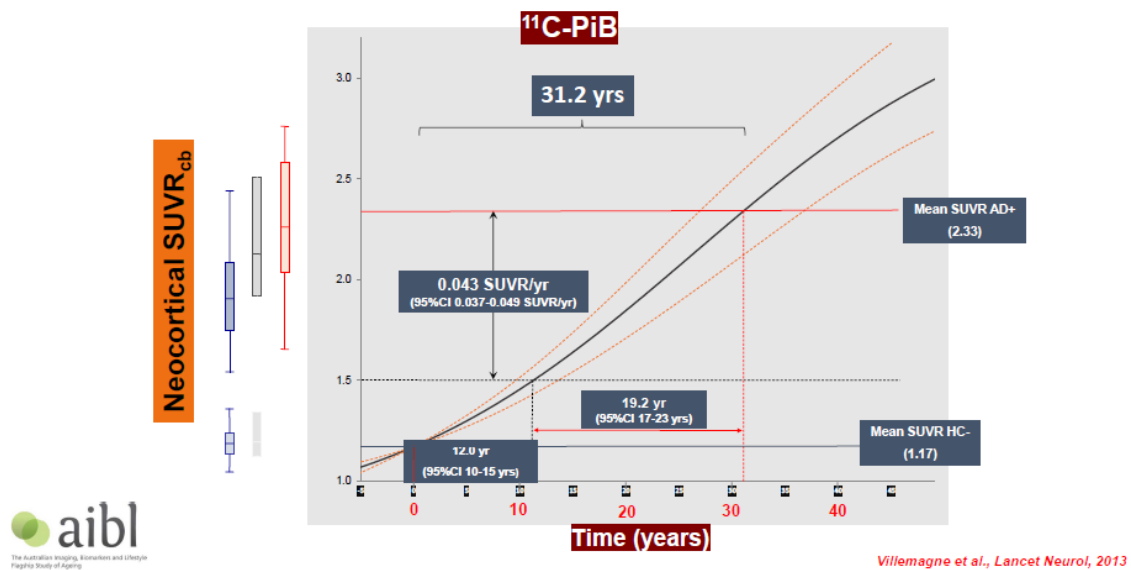
FLAIR

White matter lesions

DWI

White matter connection

Sporadic AD: Aβ deposition over time



Alzheimer's Research Australia

EARLY DIAGNOSIS & PREVENTION

CURRENT GOLD STANDARD MARKERS FOR AD

Changes in AD biomarkers appear ~2 decades before symptoms manifest

Amyloid-β PET

Healthy Preclinical AD

Expensive!!!

Cerebrospinal fluid biomarkers

Amyloid-β, Total-tau, P-tau.

Invasive!!!

Alzheimer's Research Australia

EARLY DIAGNOSIS & PREVENTION

CHALLENGES AND SOLUTIONS

Identify preclinical biomarkers suitable for community wide screening:

- It can be performed in any clinical laboratory
- Economical
- Non-invasive
- Easily accessible
- Enable therapeutic administration while the neural substrate is responsive to treatment

Solution

1. Developing a diagnostic blood test for preclinical AD

Then the **Simoa HD-X Analyzer** became available which is a machine that is an exceptional tool designed for detecting protein biomarkers in minute quantities within diverse matrices, including blood (plasma and serum), cerebrospinal fluid, urine, and cell extracts. It plays a crucial role in the early detection of various neurological conditions, such as Alzheimer's disease.

Alzheimer's Research Australia

EARLY DIAGNOSIS & PREVENTION

THE SIMOA

The Simoa HD-X machine is an exceptional tool designed for detecting protein biomarkers in minute quantities within diverse matrices, including blood (plasma and serum), cerebrospinal fluid, urine, and cell extracts. It plays a crucial role in the early detection of various neurological conditions, such as Alzheimer's disease.

Key Features:

Groundbreaking Sensitivity: Simoa can detect protein signals up to 1000 times fainter than traditional tests, making it possible to identify proteins that were previously challenging to detect.

Enhanced Precision: This heightened sensitivity revolutionizes biomarker analysis, allowing researchers to measure biomarkers with unparalleled accuracy.

The Simoa HD-X machine represents a significant advancement in research technology, empowering our researchers to explore biomarkers with unprecedented



THANK YOU
The Lion's Alzheimer's Foundation

In 2023 our researchers worked with collaborators in 20 countries around the world.



AIBL STUDY: The Australian Imaging, Biomarker & Lifestyle (AIBL) Study of Ageing assesses the biomarkers, genetic factors, cognitive characteristics, and health and lifestyle factors that determine the development of Alzheimer's disease. Using this data, AIBL researchers make world-class contributions to understanding the natural history of Alzheimer's disease progression. The AIBL cohort is a prospective longitudinal study comprising more than 2300 participants, with data and blood samples collected every 18 months. Exclusion criteria for participation in the study encompassed a history of non-AD dementia, schizophrenia, bipolar disorder, current depression (GDS score above 5/15), Parkinson's disease, uncontrolled hypertension (systolic BP > 170 or diastolic BP > 100), cancer (other than basal cell skin carcinoma) within the last two years, and other exclusion.

Alzheimer's Research Australia

EARLY DIAGNOSIS & PREVENTION

C2N BIOANALYTICAL SERVICES: BLOOD BIOMARKER TESTING FOR CLINICAL TRIALS

C2N DIAGNOSTICS

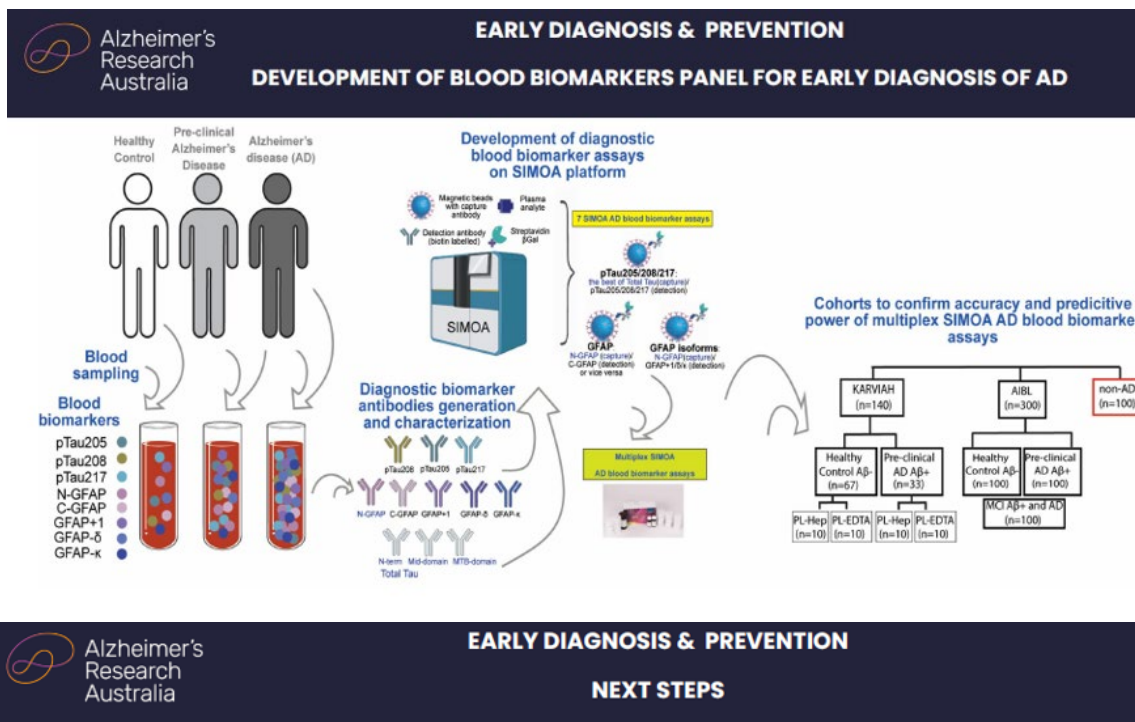
About Science Products Publications News C

Platform Methodology : Stable isotope labeled internal standard addition, immunoprecipitation followed by liquid chromatography-tandem mass spectrometry (IP/LC-MS) specific identification and quantification of targeted protein and peptide biomarkers.

The PrecivityAD [®] Blood Test	The PrecivityAD ² [™] Blood Test
<p><i>For research and clinical use</i></p> <ul style="list-style-type: none"> Plasma Aβ42/40 Ratio and ApoE proteotyping Calculated Amyloid Probability Score (APS) <p>Analytical Validation See Kimmess et al., 2021¹. Clinical Validation See Hu et al., 2022².</p>	<p><i>For research and clinical use</i></p> <ul style="list-style-type: none"> Plasma Aβ42/40 Ratio and p-tau217 Ratio Calculated Amyloid Probability Score 2 (APS2) <p>Analytical and Clinical Validation Data on file, manuscript in preparation.</p>
<p>Plasma p-tau MultiAnalyte Assay (p-tau MAA)</p> <p><i>For research use only</i></p> <ul style="list-style-type: none"> p-tau181 np-tau181 p-tau181/np-tau181 Ratio p-tau217 np-tau217 p-tau217/np-tau217 Ratio <p>Data on file, manuscript in preparation.</p> <p><small>p- signifies tau peptide phosphorylated at amino acid threonine, position 181 or 217 np- signifies tau peptide not phosphorylated at amino acid threonine, position 181 or 217 p-tau Ratio is the concentration Ratio of p-tau over np-tau for the specified phosphorylation site</small></p>	<p>MTBR-tau – Coming Soon</p> <p><i>For research use only</i></p> <p>A biomarker for non-amyloid specific neurofibrillary tangles (Tau pathology) and clinical progression of Alzheimer's disease</p> <ul style="list-style-type: none"> MTBR-tau (CSF) MTBR-tau (Plasma) <p>Data on file, manuscript in preparation. See Horie et al., 2021¹.</p> <p><small>MTBR-tau: Microtubule-binding region of tau protein.</small></p>

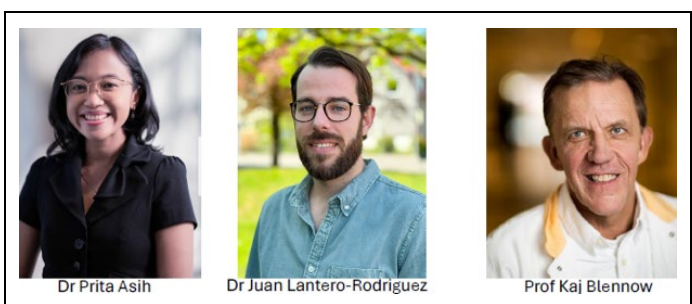
THE MOTIVATION IDEA

- Currently a **definitive diagnosis for Alzheimer's Disease (AD)** is not readily available to the wider community as the gold standard markers of AD are either invasive and/or expensive.
- Therefore, there is an **urgent need for a relatively low-cost blood test** that can be readily used in clinical settings.
- We aim to **translate these tests using a clinic-friendly platform** while maintaining the accuracy with a panel of novel AD-related blood biomarker panel.



CURRENT BLOOD BIOMARKERS STUDIES

AD Simoa blood assay method development
 These antibodies were developed for Simoa assay led by Dr Prita Asih in collaboration with University of Gothenburg: Prof Kaj Blennow and Dr Juan Lantero-Rodriguez



RETINAL IMAGING TO DETERMINE BRAIN AMYLOID STATUS

Participants: High and low brain amyloid status identified via PET imaging

Exclusion criteria: History of major cognitive impairment not associated with AD, including trauma, stroke, hydrocephalus, lacunar infarcts and seizure

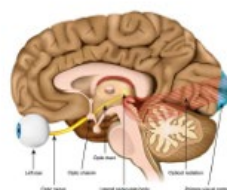
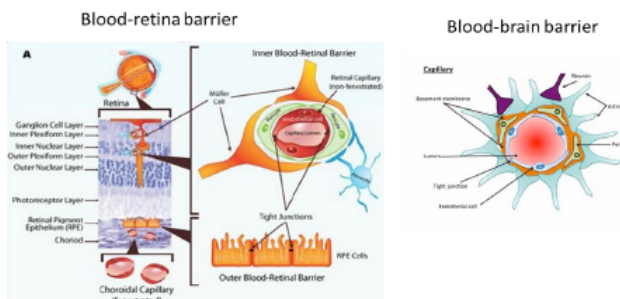
- Presence of glaucoma or retinopathy (diabetic, macular degeneration, cataracts) or other conditions that obstruct retinal imaging
- Pupil dilation inadequate or contraindication or allergy to dilating eye drops
- Prior ocular surgery within two months of scan or in the course of post-surgery medications.

The retina shares many similarities with the brain

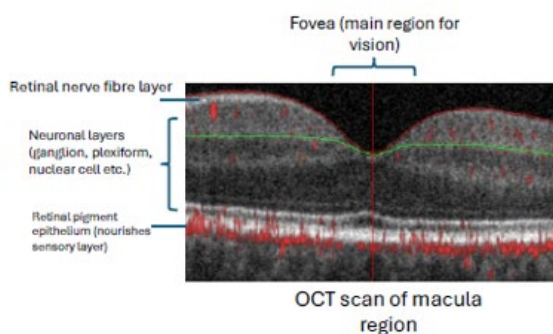
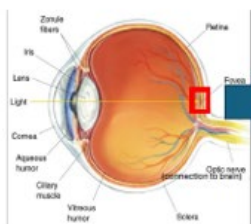
The retina shares many similarities with the brain.

E.g. The retina has a blood-retinal barrier, which protects it from harmful substances in the bloodstream and nourishes the retinal tissues. The analogue in the brain is the blood-brain barrier.

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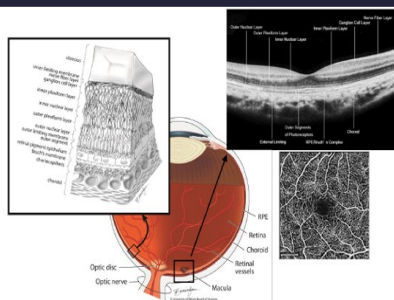


The eye is the only part of the central nervous system that extends outside the skull, allowing for non-invasive observation of retinal neural tissues.



Research indicates that changes in the retina may be due to alterations in brain health since it is neural tissue with a direct link to the brain.

Like the brain, the retina is a multi-layered structure of neural tissue with an extensive blood supply



Retinal Structure

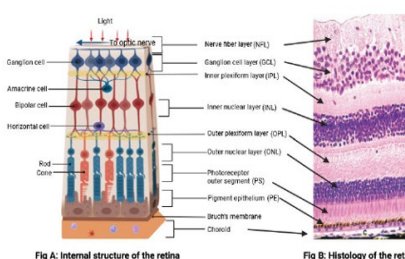


Fig A: Internal structure of the retina

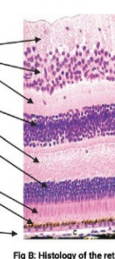


Fig B: Histology of the retina

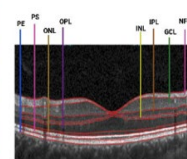
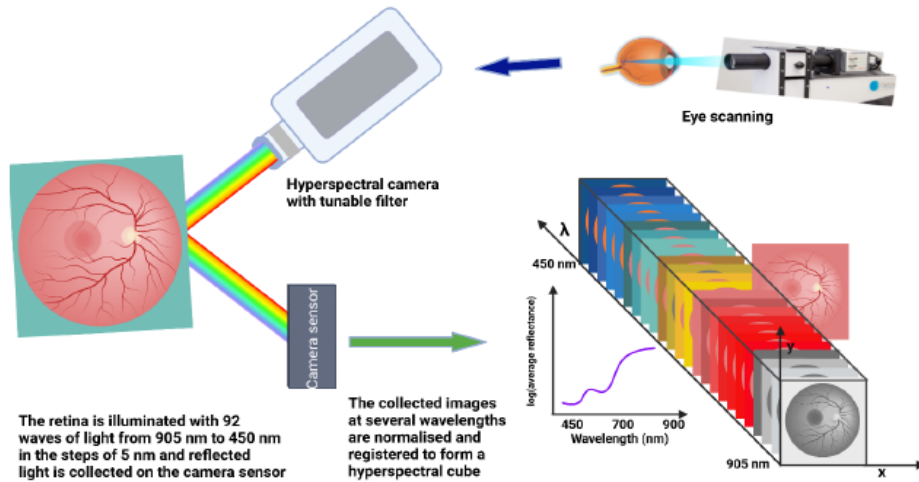


Fig C: Internal layers of the retina observed in OCTA

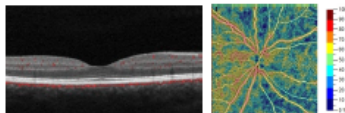
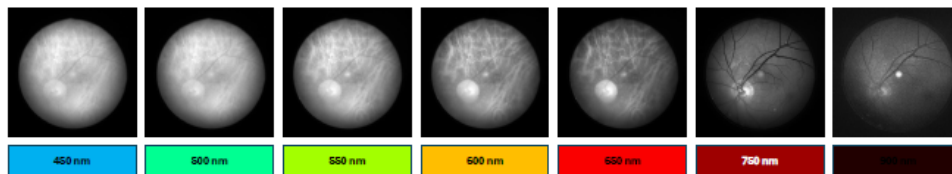
HYPERSPECTRAL RETINAL IMAGING AS A NON-INVASIVE MARKER TO DETERMINE BRAIN AMYLOID STATUS

SCANNING PROCESS FOR HYPERSPECTRAL RETINA IMAGING

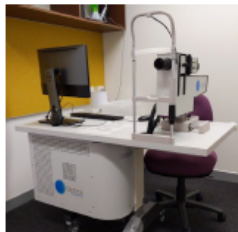


HYPERSPECTRAL RETINAL IMAGING AS A NON-INVASIVE MARKER TO DETERMINE BRAIN AMYLOID STATUS

Different retinal features are highlighted at each wavelength collected. This is because each of these have different protein and other components.



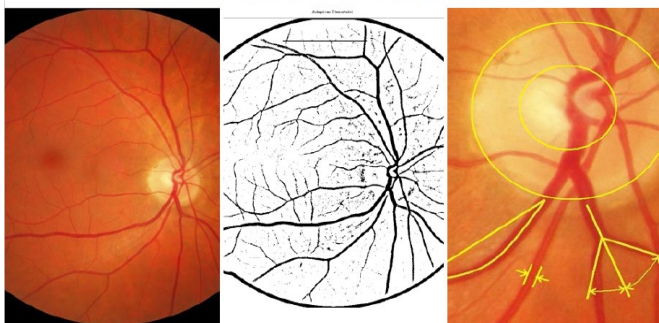
Retina is also imaged using OCT and OCTA camera to identify structural changes in the eye.



Hyperspectral retina scans do not need special stains or large equipment. Camera consists of the optics on a desk and PC for control and data collection.

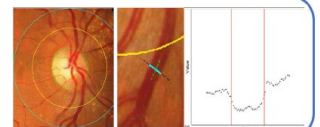
HYPERSPECTRAL RETINAL IMAGING AS A NON-INVASIVE MARKER TO DETERMINE BRAIN AMYLOID STATUS

Non-invasive methods can be used to study vascular geometry and vascular thickness, including arteriolar, venular, and the arteriolar-to-venular ratio (AVR).



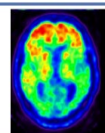
HYPERSPECTRAL RETINAL IMAGING AS A NON-INVASIVE MARKER TO DETERMINE BRAIN AMYLOID STATUS

AVR = Arterio-Venular Ratio
(ratio of retinal vessel
thickness)

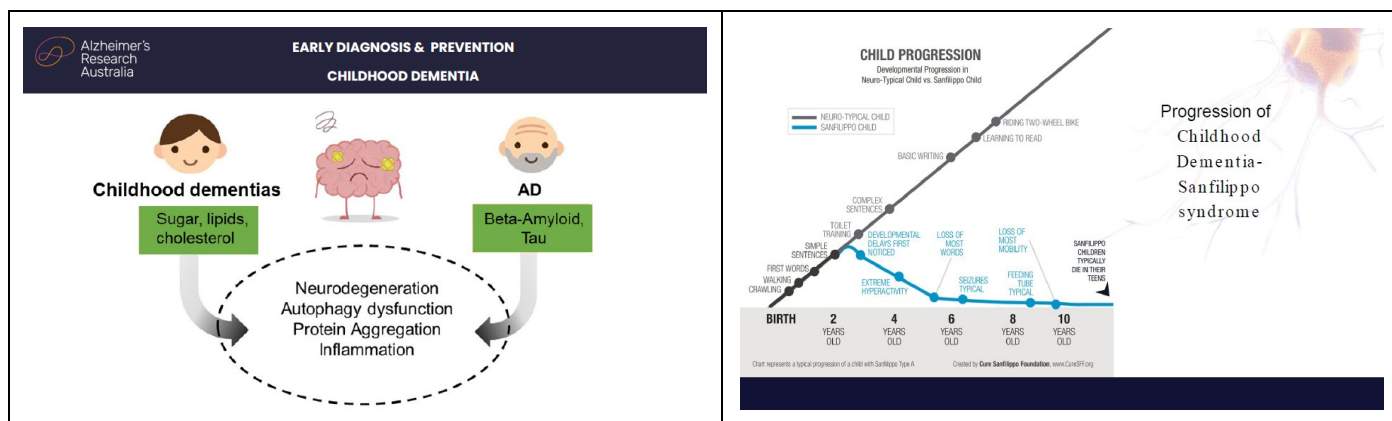


2) Retinal AVR Correlated
With Plaque Burden

SUVr = Plaque-burden in the brain



CHILDHOOD DEMENTIA



AU-ARROW

The Australian-Multidomain Approach to Reduce Dementia Risk by protecting brain health With lifestyle intervention Study.

AUSTRALIA'S GROWING DEMENTIA PROBLEM



2nd leading cause of death of Australians

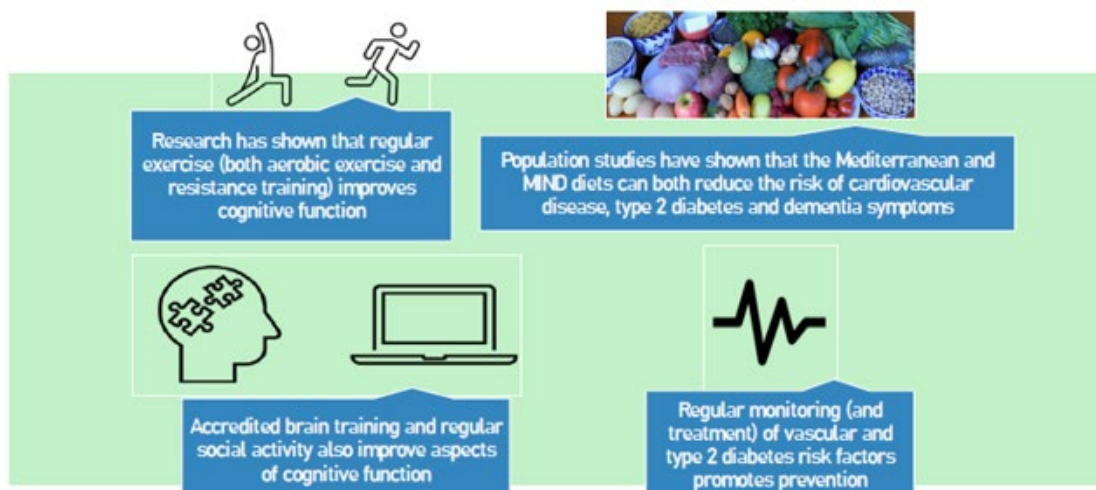


Leading cause of death in Australian women

- Currently (2022), there are **487,500** people living with dementia in Australia, and it's estimated that almost **1.6 million** people are involved in the care of these people
- The number of people with dementia is expected to increase to **1,076,000** by **2058** (Dementia.org.au/statistics)
- Dementia has: **Known risk factors**, **Known protective factors**
- Protective factors include **LIFESTYLE MODIFICATIONS**, providing the opportunity to develop easily adoptable programs to **DELAY** or **PREVENT** dementia onset, thus reducing the number of people who will develop dementia, or possibly the severity of dementia
- In Australia, a **5% REDUCTION** in the annual age-sex specific incidence rates for dementia in people aged 65 years and above would lead to savings of **\$120.35 billion** by 2056

5% Reduction	2036	2056
\$\$ saved	\$26.8 billion	\$120.4 billion
Reduction in dementia cases	13%	24%

BACKGROUND TO AU-ARROW STUDY



COMBINATION TRIALS: Combination trials of brain training together with regular exercise have reported cognitive improvements in participants. Similarly, other studies around the world have shown combinations of these lifestyle changes can provide additive effects.

FINGER STUDY: The Finland FINGER (Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability) study showed that the combination of regular exercise, brain training exercises, adherence to the MIND diet, and regular monitoring of vascular risk factors significantly benefits cognition.

World-Wide FINGERS: The results of FINGER have led to a world-wide initiative: World-Wide FINGERS (WW-FINGERS), including countries such as Germany, Japan, South Korea, China and Ireland. Currently 16 studies are underway or have been completed.

Australia has joined this initiative via AU-ARROW

GLOBAL INITIATIVE:

- Brain training and regular exercise = cognitive improvements
 - Global Studies:
- Combination lifestyle changes show additive effects
 - The FINGER Study (Finland):
- Combines exercise, brain training, MIND diet, and vascular risk monitoring
- Significant cognitive benefits
 - World-Wide FINGERS:
- Global initiative inspired by FINGER study
- Includes 16 studies in countries like Germany, Japan, South Korea, China, and Ireland
 - Australia participates via AU-ARROW
 - US-POINTER Study:
- U.S. study focused on lifestyle interventions to protect brain health
 - AU-ARROW aligns closely with US-POINTER methods and outcomes

AU-ARROW CLINICAL STUDY DESIGN



AU-ARROW is Aligned with US-POINTER

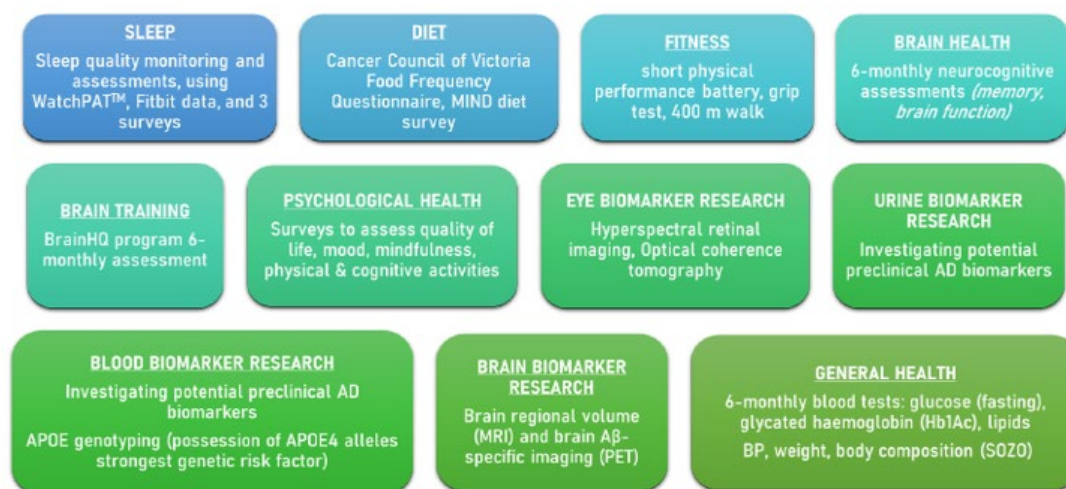
US-POINTER (Structured Lifestyle Intervention)	AU-ARROW (Multidomain Lifestyle Intervention)
EXERCISE <ul style="list-style-type: none"> YMCA Fitbit Log of exercises one week/month Short Physical Performance Battery (SPPB, 6-monthly) 	EXERCISE <ul style="list-style-type: none"> Local gyms (attendance recorded) Fitbit Log of exercises one week/month Phone calls and gym (group) visits SPPB (6-monthly), Grip test, SO20 body comp.
DIET <ul style="list-style-type: none"> MIND diet Personal daily food intake log Monthly phone calls Rush Food Frequency Questionnaire (6-monthly) 	DIET <ul style="list-style-type: none"> MIND diet + minor changes to Australian foods & following Aust. Dietary Guidelines Easy Diet Diary App (Australien) to log diet Monthly phone calls Cancer Council of Victoria Food Frequency Questionnaire (6-monthly)
COGNITIVE EXERCISES <ul style="list-style-type: none"> BrainHQ Personal activity log 1 week/month BrainHQ assessment (6-monthly) 	COGNITIVE EXERCISES <ul style="list-style-type: none"> BrainHQ Log of cognitive/social activities, 1 week/month BrainHQ assessment (6-monthly)
HEALTH MONITORING <ul style="list-style-type: none"> 6-monthly blood tests (Glc, HbA1c, lipids) blood pressure, weight. Encouraged to measure BP regularly at YMCA, pharmacy or fire station 	HEALTH MONITORING <ul style="list-style-type: none"> 6-monthly blood tests (Glc, HbA1c, lipids), blood pressure, weight. BP measurement by staff at monthly meetings, encouraged to check regularly at chemist

Multidomain Lifestyle Group	
Physical activity education (weeks 1-4)	4
Nutrition education (weeks 5-8)	4
Brain training information (weeks 9-12)	4
General Health education (weeks 13-16)	4
Monthly group meetings (months 5-24)	20
Exercise reviews at gym or by phone	8
Telehealth calls to review diet	25
Clinic visits for blood tests, health review, questionnaires, clinician review (4 visits, 2 in-person, 2 telehealth) and memory/cognitive assessments	6
Extra memory/cognitive tests (with study partner)	2
Total interactions (group meetings, telehealth calls, clinic visits, not including baseline visits)	77

Health Education and Coaching Group	
Group meetings for lifestyle & health education, goal-setting	5
Clinic visits for blood tests, health review, questionnaires, in-person clinician review (at 2 visits) and memory/cognitive assessments	4
Extra memory/cognitive tests (with study partner)	2
Total interactions (group meetings, telehealth calls, clinic visits, not including baseline visits)	11

AU-ARROW Study Group Meeting and Assessments are Aligned to that of US-POINTER Study

AU-ARROW Study Outcomes



POTENTIAL BENEFITS OF SUCH A PROGRAM, IF AS EFFECTIVE AS THE ORIGINAL FINLAND FINGER STUDY

Quality of Life for the elderly

- The maintenance of good cognitive health, good physical health, and quality of life, for as long as possible, are usually the most important aspects of life for ageing members of any society, also benefiting their families and friends
- The specific aims of AU-ARROW's combined lifestyle intervention are to preserve or improve cognitive and physical health, and to encourage the long-term maintenance of such a lifestyle

Potential financial benefits

- Such a program would not be cheap to implement as part of a country's public health program
- However, economic modelling following the FINGER study has revealed that such a program is economically worthwhile, even if only considering improvements in cognitive health
- When the financial benefits of improved cardiac health and reductions in other chronic conditions are factored into the equation – these are likely to increase the value of the program



Australian Dementia Network
REGISTRY. CLINICS. TRIALS.

ADNeT-Registry

- 1
 - National clinical quality dementia registry
 - Recruit from primary care services, ACAT, etc.
 - Report on quality of care, prognosis, outcomes, safety of interventions, trajectory.

ADNeT-Clinics

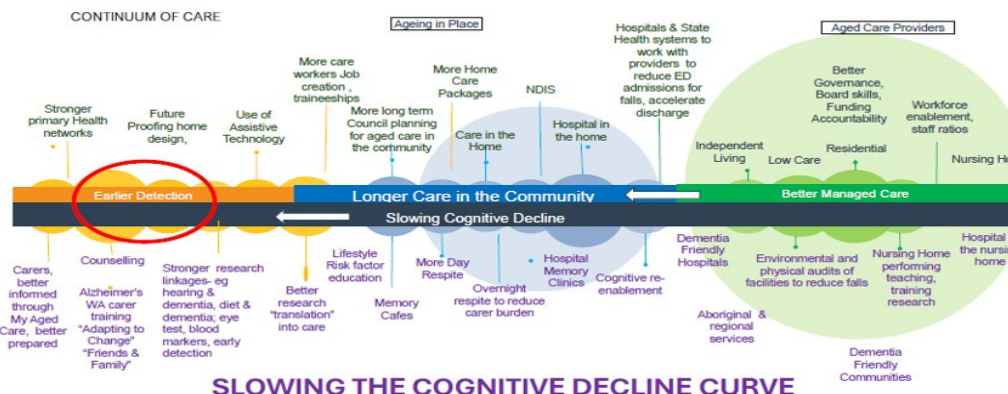
- 2
 - Establish a national Memory Clinic network
 - Provide people seeking a dementia assessment with standardised clinical assessment and care
 - Link ADNeT with primary healthcare providers

ADNeT-Trials

- 3
 - Highly characterised, standing trial-ready cohort of people at-risk, or people with MCI or dementia
 - Investigations of the natural history of dementias
 - Link ADNeT with academia and industry

EARLY DIAGNOSIS AND PREVENTION: To establish an integrated network of dementia researchers, clinicians, service providers, industry, and consumers. ADNeT is to be the one-stop-shop for all people who need help and those who want to help either offering a service (clinicians, carers, aged care facilities, industry), doing research or volunteering.

EARLY DIAGNOSIS AND EARLY INTERVENTION IN AGED CARE



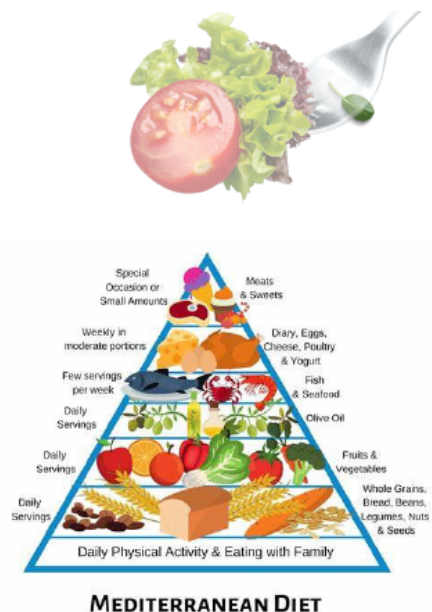
DIET: Diet can play a significant role in the prevention and progression of Alzheimer's disease (AD). Research indicates that certain dietary patterns may contribute to brain health and potentially reduce the risk of AD.

The Mediterranean Diet (MeDi)

The MeDi diet is a plant-based dietary pattern rich in fruits, vegetables, whole grains, beans, nuts, seeds, and extra virgin olive oil. It is characterised by:

- Daily consumption of vegetables, fruits, whole grains, and healthy fats, which are rich in unsaturated fatty acids.
- Weekly intake of fish, poultry, beans, and eggs.
- Moderate intake of dairy products.
- Low intake of red meat.
- Moderate consumption of wine with meals.

The MeDi diet is believed to have a neuroprotective role due to its high content of unsaturated fatty acids and antioxidants. This aids in free-radical scavenging, anti-inflammatory effects, and inhibition of beta-amyloid and Acetylcholine-esterase in the brain.



Dietary Approaches to Stop Hypertension (DASH)

Diet

The DASH diet is primarily designed to reduce blood pressure by encouraging a reduction in sodium intake and an increased intake of nutrient-rich foods that help lower blood pressure. This dietary pattern offers several benefits for adults aiming to control blood pressure, manage cholesterol levels, prevent diabetes, reduce cognitive decline, and enhance overall health and longevity.

Key Characteristics of the DASH Diet:

- Low Consumption of:
 - Saturated fat
 - Total fat
 - Red and processed meat
 - Sugar
 - Salt
- Promoted Intake of:
 - Fruits and vegetables
 - Low-fat dairy products
 - Whole grains
 - Fish and poultry
 - Legumes, nuts, and seeds
 - Vegetable oils

✓ Eat This	⚠ Limit This
 Vegetables	 Fatty meats
 Fruits	 Full-fat dairy
 Whole grains	 Sugar sweetened beverages
 Fat-free or low-fat dairy	 Sweets
 Fish	 Sodium intake
 Poultry	
 Beans	
 Nuts & seeds	
 Vegetable oils	

HOW DOES THE MIND DIET PROTECT YOUR BRAIN: The potential mechanisms behind the beneficial role of the MIND diet on brain health include:

- Decreasing vascular risk factors:
- Better blood lipid profiles
- Lower blood pressure
- Less insulin resistance
- Weight loss
- Less inflammation and less oxidative stress
- Reducing the accumulation of toxic proteins in the brain known to be signs of Alzheimer's disease

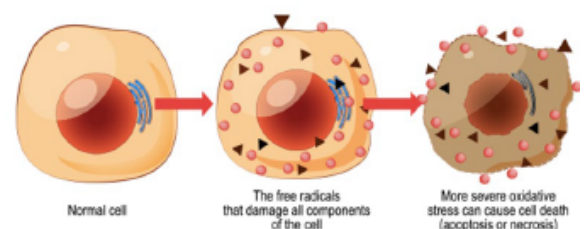
Oxidative stress and inflammation are decreased via high abundance of antioxidants and anti-inflammatory agents in the MIND diet (antioxidant phytochemicals are found especially in fresh brightly coloured fruits and vegetables and omega-3 polyunsaturated fatty acids are found in oily fish).

Both oxidative stress and chronic inflammation are present in AD and are in fact thought to be involved in disease development.

WHAT IS OXIDATIVE STRESS?

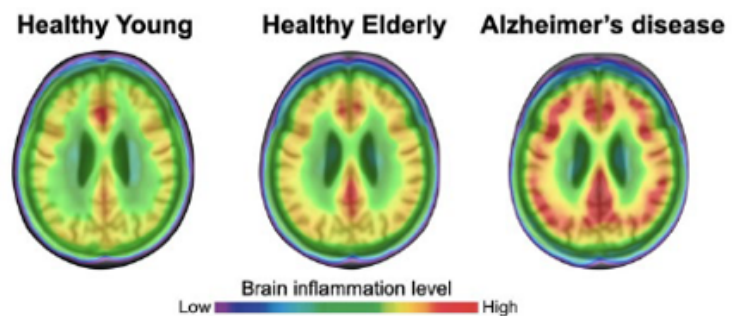
- Oxidative stress is an imbalance between free radicals and antioxidants in your body.
- When functioning properly, free radicals help our bodies fight off pathogens that lead to infections.
- Antioxidants stabilise free radicals to make them become less reactive.
- If free radicals > antioxidants □ the free radicals can start doing damage to fatty tissue, DNA, and proteins in your body.
- This can lead to a vast number of diseases over time, and they also speed up the ageing process.

Oxidative stress



WHAT IS INFLAMMATION?

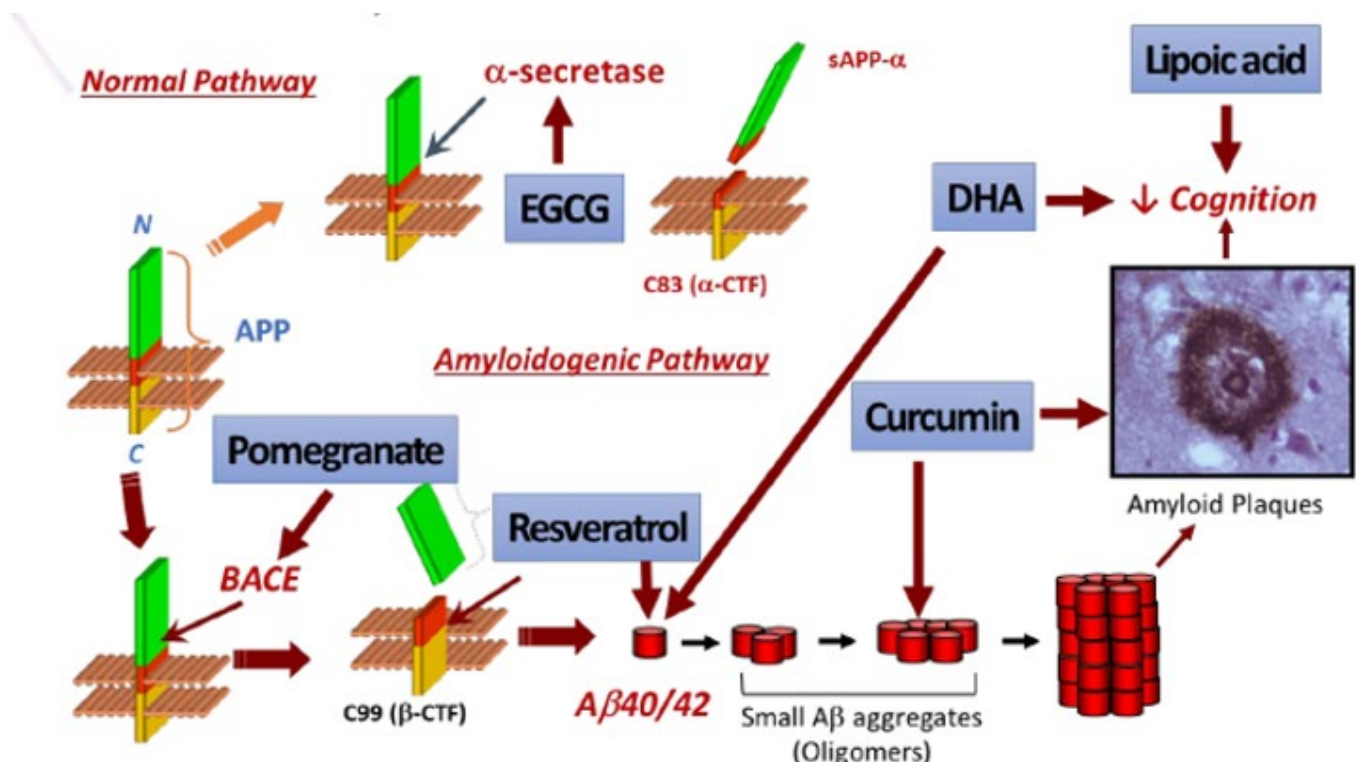
- Inflammation is your body's natural reaction to invasion by an infectious agent, toxin or physical, chemical or traumatic damage
- Inflammation helps fight disease and protect parts of the body, but it also suspends the body's normal immune response and certain metabolic processes
- Short term inflammation helps fight infection, repair damages in body
- Long term inflammation causes progressive damage
- Chronic systemic inflammation is not confined to a particular tissue (e.g. site of damage/infection) but can involve the lining of blood vessels and many internal organs and systems
- Neuroinflammation: Specifically, inflammation of the central nervous system including the brain, and in the case of AD is a response to the build up A β , a small protein that is toxic if not removed



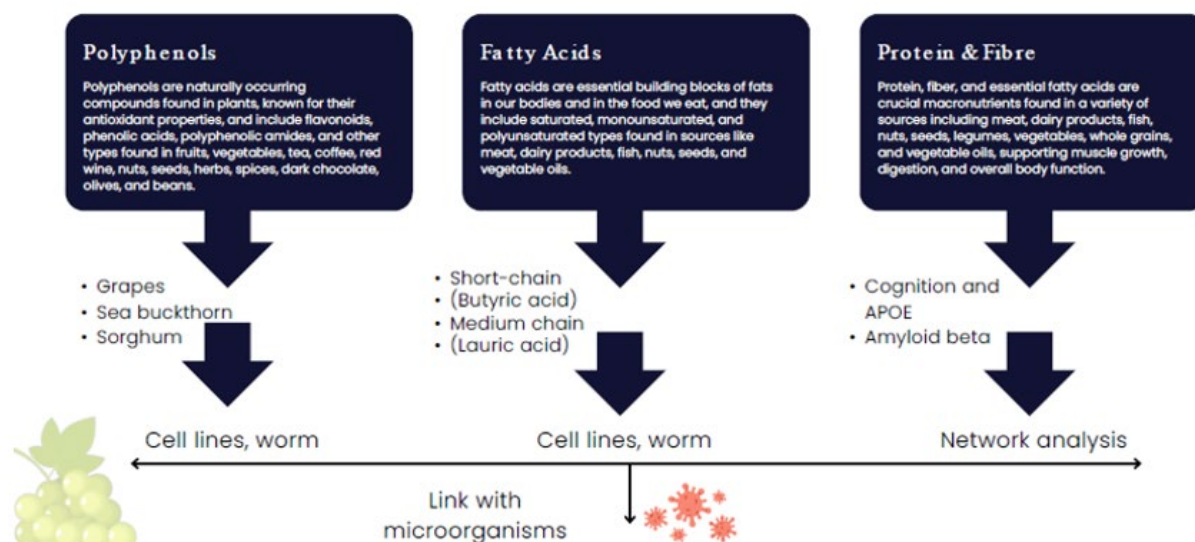
It is conceivable that the protective role of MeDi against cognitive decline is mediated by the inflammation pathway.

Oxidative Stress is one of the earliest processes in the pathogenesis of AD. The MeDi could be capturing the composite effect of dietary antioxidants, and this could explain the association with a lower risk of AD.

PROPOSED COMBINED NUTRITIONAL SUPPLEMENT THERAPIES: varying mechanisms of action.



THE ROLE OF DIET IN ALZHEIMER'S DISEASE: By Binosha Fernando



ILLUSTRATED BOOK WINNER OF THE YEAR

MAGGIE'S RECIPE FOR LIFE

This is such an important book for me and something I'm so very excited about, which is why I'm thrilled to reveal the cover for 'Maggie's Recipe for Life', my new book co-written with Prof Ralph Martins. Published in October by Simon & Schuster Australia, 'Maggie's Recipe for Life' includes 200 delicious recipes to reduce your chances of Alzheimer's and other lifestyle diseases. The book's proceeds will be shared between the Maggie Beer Foundation and the Lions Alzheimer's Foundation.

-Maggie Beer

Over 100,000 copies sold, for every book sold, \$2 is donated to the Lion's Alzheimer's Foundation

ABOUT THE BOOK

- Title: "Dancing with Memories"
- Authors: Sally Yule, Ralph Martins, Cheryl Orsini
- Theme: Demystifying dementia for kids

STORY HIGHLIGHTS

- Beautifully illustrated
- Follows Lucy, a joyful lady living with dementia
- Emphasizes that Lucy is not defined by her condition
- Highlights creating a dementia-friendly environment

ADDITIONAL FEATURES

- Bonus: Maggie Beer's healthy lunch box recipes included
- Purchase QR Code: Scan the QR copy to get yours today

Thank you

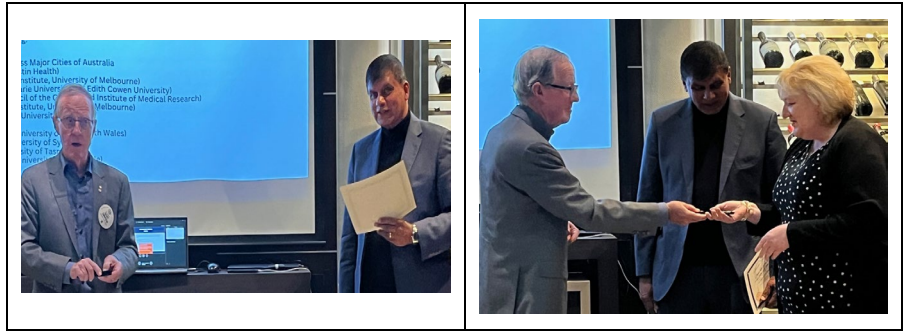
We extend our heartfelt gratitude to the following for their invaluable support and dedication:

- Bryan Shaw, Andrew DeLacey, and the Gold Coast Lions Clubs
- Alzheimer's Research Australia
- Leo McManus, Chair of Lions Alzheimer's Foundation
- Rob Davies, Treasurer of Lions Alzheimer's Foundation
- Malcolm, Tonya and Carolyn McCusker
- John Davies
- All participants and their families

Your contributions make a significant impact in the fight against Alzheimer's.



Our armchair photographer President Tick tried to capture the moment of Prof Ralph receiving 20 polio vacs in his name, and the keys to the chocolate box to Caren. Something is missing.....



The moral of the story, get out of your seat and take proper snaps and find out what's going on.....Sheesh!

2-Minute Noodles



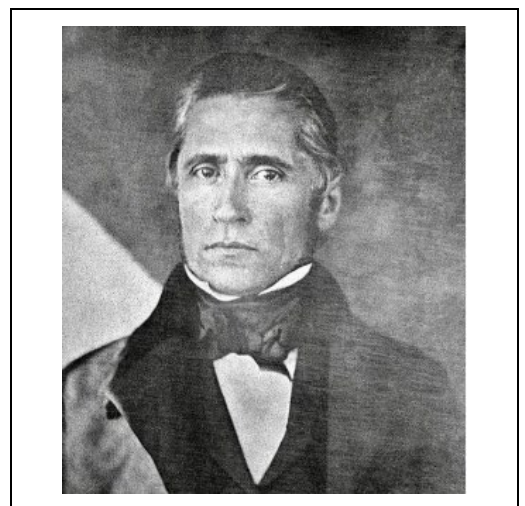
2-Minute Noodles? What a beauty! Last week, Grand Master Chef, Peter Blockley served up well-loved Polska noodles that would have made Zsa Zsa Gabor rise from the dead, if not for her gold weighing her down. On the menu was Pawel Strzelecki and Tadeusz Kosciuszko. Hope that has you interested because it was a good Noodle:

Peter wanted to bring us up to date with some Australian history. If you have ever wondered why Kosciuszko and Strzelecki got a mention in Australia, this is why. Both are minor Polish noblemen. Kosciuszko 1746 – 1817 (71), Strzelecki 1797 – 1873 (76), overlapping by about 20 years. Kosciuszko never came to Australia, and it was Strzelecki who made him famous in Australia. Strzelecki was famous in Europe and USA and was a very well-known explorer, the most famous explorer of the day.

Sir Paweł Edmund Strzelecki as he was known, was a Polish explorer, geologist, humanitarian, environmentalist, nobleman, scientist, businessman and philanthropist. He is noted for his contributions to the exploration of Australia, particularly the Snowy Mountains and Tasmania, and for climbing and naming the highest – 2228 metres (7310 feet) – mountain on the continent, Mount Kosciuszko.

Known for Exploration of Australia, work for the British Relief Association during the Great Famine (Ireland). He was a humanitarian.

Awarded Founder's Medal (1846) Companion by the Royal Geographical Society, Order of the Bath (1849), a British order of chivalry, Order of St Michael and St George (1869), another British order of chivalry to name a few.



		
Founder's Medal	Order of the Bath	Order of St Michael and St George

He was a tutor to local nobility but fell in love with a girl of 15, his young student, but was rejected by her father. Tutor and student exchanged letters over 40 years, but they never married. Then at 26 years of age, with funds provided by his family, Strzelecki travelled to Austria and Italy, then around 1829 spent time in France, from where he travelled to Africa.

He had no formal training in geology, a science then in its infancy in England, but was probably, like his English contemporaries, self-taught.

In 1834, he sailed from Liverpool to New York and then travel widely in North America, analysing soil, examining minerals, and visited farms to study soil conservation and to analyse the gluten content of wheat. He went up the west coast from Chile to California and during this time, became a strong opponent of the slave trade. He arrived in New Zealand around 1839, arriving at Sydney in 1839. He visited the estate of his friend James Macarthur at Camden. His main interest was the mineralogy of Australia, and in September he discovered gold and silver in NSW and collected numerous samples of Australian gold, which were sent to the eminent geologist Sir Roderick Murchison of London, and also to Berlin, but the Governor of New South Wales, Sir George Gipps, fearing unrest among 45,000 convicts, stifled the news about the discovery.

Later in 1839 Strzelecki set out on an expedition into the Australia Alps and explored the Snowy Mountains with James Macarthur, James Riley and two Aboriginal guides: Charlie Tarra and Jackey. In 1840 he climbed the highest peak on mainland Australia and named it Mount Kosciuszko, to honour Tadeusz Kościuszko, one of the national heroes of Poland and a hero of the American Revolutionary War. From there Strzelecki explored Gippsland which he named after the governor. He walked on foot, NSW, Victoria, and Tasmania.

During the autumn and winter of 1846–47 the disaster of the great famine came to Ireland.

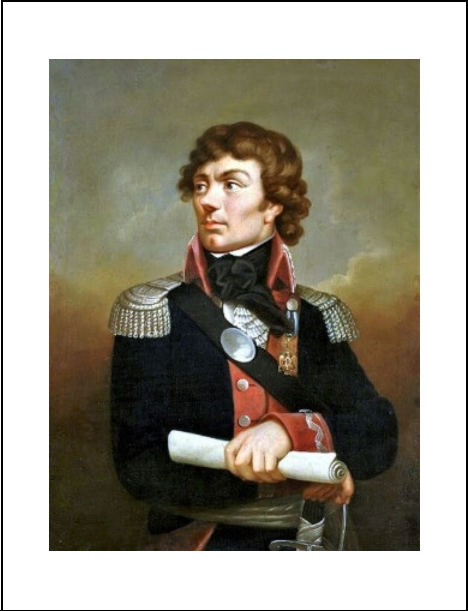
In order to alleviate the critical situation of famished Irish families and especially children, Strzelecki developed a visionary and exceptionally effective mode of assistance: feeding starving children directly through the schools. He extended daily food rations to schoolchildren across the most famine-stricken western part of Ireland, while also distributing clothing and promoting basic hygiene.

Despite suffering from the effects of typhoid fever he contracted in Ireland, Strzelecki dedicated himself tirelessly to hunger relief, and to help impoverished Irish families to seek new lives in Australia.

Strzelecki died of liver cancer in London in 1873.

Andrew Thaddeus Bonaventure Kosciuszko as he was known was a Polish military engineer, statesman, and military leader who then became a national hero in Poland, the United States, Lithuania, and Belarus. He fought in the Polish Lithuanian Commonwealth's struggles against Russia and Prussia, and on the U.S side in the American Revolutionary War. As Supreme Commander of the Polish National Armed Forces, he led the 1794 Kościuszko Uprising. He opposed serfdom.

Awarded Order of Cincinnati, a fraternal, hereditary society to commemorate the American Revolutionary War and largely restricted to descendants who served, awarded by General Washington, and the Virtuti Militari.



<p>Thomas Jefferson</p>	<p>Virtuti Militari</p>	<p>Roch III is a Polish coat of arms used by several szlachta families</p>

Kosciuszko, at age 20, graduated from the Corps of Cadets in Warsaw, Poland, and moved to France in 1769 to study. In 1776 he moved to North America, where he took part in the American Revolutionary War as a colonel in the Continental Army. An accomplished military architect, he designed and oversaw the construction of state-of-the-art fortifications, including those at West Point, New York. In 1783, in recognition of his services, the Continental Congress promoted him to brigadier general.

Upon returning to Poland in 1784, Kościuszko was commissioned as a major general in the Polish Lithuanian Commonwealth Army in 1789. After the Polish Russian War of 1792 resulted in the Commonwealth's Second Partition, he commanded an uprising against the Russian Empire in March 1794 until he was captured in October 1794.

A close friend of Thomas Jefferson, with whom he shared ideals of human rights, Kościuszko wrote a will in 1798, dedicating his US assets to the education and freedom of the US slaves. He eventually returned to Europe and lived in Switzerland until his death in 1817.

Kościuszko is be remembered as a freedom fighter and humanitarian; a poster boy of Europe and USA.



Statue of Strzelecki in
Jindabyne



Kosciuszko statue in Lafayette
Park, Washington, D.C., USA.

Announcements

Changeover Night: EVENT STARTS AT 7:00PM, not 6:00pm as previously advised. Anzac House, 26th June, \$75 a head for a two-course meal and cash bar. Parking at Council house for \$5 after 6:00pm. PP TD's going to be MC. See back of Bulletin.

Duty Role	05 June	12 June	19 June	26 June	
Host	Tony Pepper	Mally Rall	Geoff Simpson		
Welcome	Mally Rall	Geoff Simpson	Ant Ulijn		
Toast	Geoff Simpson	Ant Ulijn	John Van Vliet		
Thanks	Ant Ulijn	John Van Vliet	Arthur Blaquiere		
Bulletin	John Van Vliet	Arthur Blaquiere	Peter Blockley		
2 Minutes	Arthur Blaquiere	Peter Blockley	Corrin Caine		

UNDER THE SPOTLIGHT FOR JUNE 2025



Birthdays

Mally Rall 12th

John Tick 17th

Anniversaries

Geoff Hick 5th

Yerzhan Suleyev 24th

Rotary Membership

Angus Buchanan 18th

Guy Mattioli 22nd

Gary Leighton 28th

Dennis Hartley 30th

Attendance

Members:	14
Honorary Member:	0
Visiting Rotarians:	0
Guests:	1
Guest Speaker:	1
Total:	16
Apologies:	12

President's Parting Lecture

You get the health benefits of the coffee UP through about the first twenty-four ounces.
It's the biggest source of antioxidants for Americans, and they think it prevents Alzheimer's
and Parkinson's as well
...Dr Mehmet Oz...



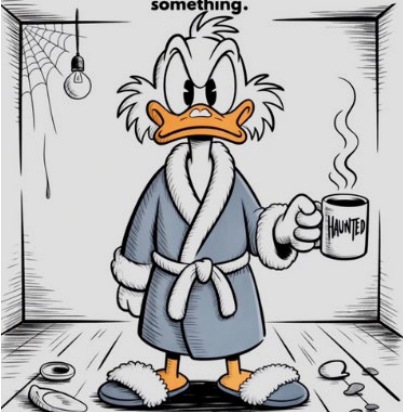
Summary of Upcoming Meetings

Thu 26 th Jun:	Changeover Dinner.
Thu 3 rd July;	Bernie Foley Executive Officer, Report on Life Education
Thu 10 th July:	Doctor Nardine Alnemr Lecturer, Artificial Intelligence Threat to Democracy
Thu 17 th July	Club day

Tit Bits



I've decided my body is not a temple; it's a haunted house. It's slowly falling apart, makes weird noises, and contains the spirit of an old lady who's always mad at something.



My wife doesn't really ask for much. She just needs me to read her mind, take hints she didn't drop and know what's wrong before she does!



PADDY'S LAMENT

I was in Target using the Restroom and just as I closed the door, a voice from the next stall said, "Hey! How are you?" Embarrassed I said, "I'm alright!" The voice said, "So what are you up to?" I said, "Ummm just trying to handle a little private business here!" Then I hear, "Can I come over?" Annoyed I said, "Excuse me?!?!!" Then the voice said, "Listen I have to call you back, there's an idiot in then next stall answering my questions."

At the test centre

Nurse: Have you experienced a sudden loss of taste?

Me: No, I've always dressed this way

ON BEHALF OF THE ROTARY CLUB OF WEST PERTH OUR PRESIDENT JOHN TICK INVITES YOU TO

a changeover night

**ANZAC HOUSE LEVEL 6
28 ST GEORGES TERRACE PERTH**

THURS JUN 26 2025

7:00 PM FOR 7:30 PM START

\$75 PER PERSON 2 COURSE MEAL CASH BAR AVAILABLE

RSVP BEFORE FRIDAY 20 JUNE TO TONY PEPPER tpepper@iinet.net.au

BANK DETAILS FOR DIRECT DEBIT BSB: 036-011 ACC: 427207



VOCAL ENSEMBLE VOICEWORKS PRESENTS

Side by Side

