



A Note from CHeBA's Co-Directors, Perminder Sachdev & Henry Brodaty

As we come toward the end of 2015, we can look back with great satisfaction at the achievements of CHeBA in the last year. Though only three years old, CHeBA has established itself as a leading centre for work in brain ageing and dementia. The Centre has seen much grant success through this year. The award of a NHMRC Program grant was followed by a large Dementia Research Team Grant to conduct an intervention trial to reduce cognitive decline at the population level, and two grants to study the role of genetics and epigenetics in brain ageing and dementia. CHeBA has thereby secured funding of more than \$16 million over the next five years for its research.

The liaison with the community has been taken to the next level with the launch of The Dementia Momentum with its emphasis on community awareness and fundraising from the corporate sector. Two successful Wipeout Dementia events and a number of public awareness forums and academic seminars have broadened the reach of CHeBA's message of healthy ageing. The CHeBA Champions and ambassadors have continued to work tirelessly to help this cause.

We would like to profusely thank all staff members of CHeBA for their dedication and hard work toward a common goal and to the supporters of CHeBA and study participants for their generosity.

We wish you and your loved ones the very best for the festive season and may you have a peaceful and prosperous 2016.



CHeBA Awarded Gold Star for Apolipoprotein Research

CHeBA researchers, led by Professor Perminder Sachdev, have been awarded a \$40,000 UNSW Gold Star award for research into the structure and function of apolipoproteins which affect brain ageing. By identifying different plasma levels of Apo1 and ApoH, the team aims to yield new insights into longevity, normal and pathological brain ageing.

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Standardised Approach Needed to Validate miRNAs as Biomarkers

CHeBA Co-Director Professor Henry Brodaty and CHeBA PhD student Dr Helen Wu have been awarded a \$10,000 grant from the SJTU-UNSW Collaborative Research Fund for comparative research into micro-RNAs (miRNAs) as biomarkers for Alzheimer's disease in Australian and Chinese populations.

In this month's edition of *The Brain Dialogues*, we discuss findings from Dr Wu's recently published systematic review of miRNA biomarkers in the *Journal of Alzheimer's Disease*.

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Introducing Tanya Duckworth: Our Latest CHeBA Champion

The CHeBA Champions continue to grow, increasing their outreach and promotion of healthy lifestyle for positive brain ageing.

CHeBA is proud to introduce our latest recruit, CHeBA's very own Tanya Duckworth. As many of you may be aware, Tanya has worked with CHeBA's Older Australian Twins Study (OATS) since 2010.

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Seasons Greetings

On behalf of everyone at CHeBA we would like to wish you a joyous and relaxing festive season.

Remember to take care of your brain health during the holiday season by keeping physically active, drinking in moderation and engaging in complex mental activity and social interaction!



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