MindCadence
Where Brain Science Meets Human Life

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RESEARCH & DISCOVERY | INAUGURAL ISSUE

Slowing Alzheimer's, not stopping it

For our first issue: a landmark trial — and why a familiar song can still find its way home.

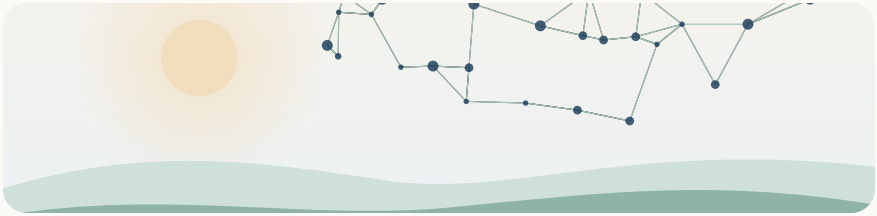


Illustration: MindCadence

① THE DISCOVERY

Clinical trial

Clearing amyloid modestly slowed early Alzheimer's

What they found. In a clinical trial, 1,795 people with early Alzheimer's disease (mild memory problems or mild dementia, with amyloid confirmed in the brain) received lecanemab – an antibody that helps clear amyloid – or a placebo every two weeks for 18 months. On a standard scale of memory, thinking and daily function, people on lecanemab declined about 27% more slowly.

Why it matters. Published in 2023, it was among the first trials to show that clearing amyloid can modestly slow the disease itself – groundwork for the treatments in use today.

> **What it means for you.** Lecanemab slows decline; it does not stop or reverse it. About one in eight participants had brain swelling on scans, usually without symptoms, so careful monitoring is required. It is only for early-stage disease, and it is a decision to make with a specialist.

van Dyck CH, et al. (2023). Lecanemab in Early Alzheimer's Disease. *New England Journal of Medicine*, 388(1), 9–21. https://doi.org/10.1056/NEJMoa2212948

② THE HUMAN SIDE

The song that stays

Many caregivers notice that a song can reach a person when words no longer do. A melody from a wedding, a hymn from childhood, a tune once hummed while cooking. Memory may grow quiet in some rooms of the mind, while others stay lit for a long time.

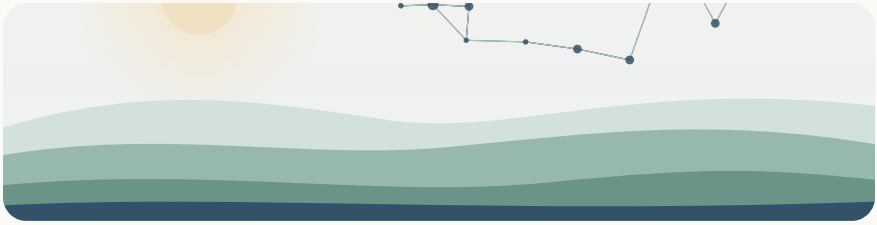
If you care for someone, try the music of their twenties. Sing badly. Sing together. You are not testing their memory; you are keeping them company inside it.

③ WORTH EXPLORING

Understanding Alzheimer's Disease

If this issue left you wondering about amyloid, tau, or what a diagnosis really means, our plain-language guide walks through what changes in the brain — and what it means, day to day, for the person living with it and those who love them.

https://www.mindcadence.org/article.html



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