

**The Intersection of Multiple Chronic Conditions (MCCs), Alzheimer's Disease
and Alzheimer's Disease Related Dementias (AD/ADRD)**

*Supported by the National Institute on Aging (NIA), the American Geriatrics
Society (AGS), the Advancing Geriatrics Infrastructure and Network Growth
(AGING) Initiative and the Alzheimer's Diagnosis in older Adults with Chronic
Conditions (ADACC) Network*

Bethesda North Marriott Hotel & Conference Center

March 6-7, 2025

CONFERENCE AGENDA AND SPEAKERS

DAY 1: THURSDAY, March 6th

7:30am ET **Breakfast**

Opening Session

8:00 - 8:15am ET Opening & Welcome: Introduction of conference goals and format **Sanjay Asthana, MD;**
Michelle Mielke, PhD

8:15 - 8:40am ET Plenary: Comorbidity and ADRD: Innocent bystanders or accomplices? **Heather Whitson, MD**

8:40 - 9:05am ET Plenary: The ugly elephant that owns the room: social determinants of health, equity and
health disparities **Monica Parker, MD**

9:05 – 9:30am ET Plenary: Current state of science on ADRD biomarkers **Michelle Mielke, PhD**

9:30 – 9:45am ET **Break**

Topic 1: Biological aging as a mechanistic link between brain and body

Moderator: George A. Kuchel, MD, CM, FRCP, AGSF, FAAAS

9:45am – 11:15am ET

9:45 – 9:50am Topic and Speaker Introductions **George A. Kuchel, MD, CM, FRCP, AGSF, FAAAS**

9:50 – 10:05am Aging immune system **George A. Kuchel, MD, CM, FRCP, AGSF, FAAAS**

10:05–10:20am Oxidative stress and cellular metabolism **John Newman, MD, PhD**

10:20–10:35am Dysregulation of genome **Juan Young, MD**

10:35–10:50am Pace of aging and timing of disease onset **Micah Savin, PhD**

10:50–11:15am Moderated discussion on gaps and future directions **George A. Kuchel, MD, CM, FRCP, AGSF, FAAAS**

11:15 – 11:30am ET **Break**

Topic 2: Untapped opportunities to improve ADRD outcomes by preventing or treating comorbidities

Moderator: Cynthia Carlsson, MD, MS

11:30am – 1:00pm ET

11:30am – 11:35am Topic and Speaker Introductions **Cynthia Carlsson, MD, MS**

11:35–11:50am Obstructive Sleep Apnea and other Sleep Disorders **Omonigho M. Bubu, MD, MPH, PhD**

11:50 – 12:05pm Chronic Kidney Disease **Kerry Sheets, MD, MS**

12:05 – 12:20pm Vascular risk factors and biomarkers **Fanny Elahi, MD, PhD**

12:20 – 12:35pm Insulin resistance inflammation and immune function **Suzanne Craft, PhD**

12:35 – 1:00pm Moderated discussion on gaps and future directions **Cynthia Carlsson, MD, MS**

1:00pm – 2:15pm ET **Lunch and Networking**

Topic 3: Responsible care in the era of multiple chronic conditions and therapeutic revolutions in aging brain

Moderator: Nicole Fowler, PhD

2:15pm – 4:15pm ET

2:15pm – 2:20pm Topic and Speaker Introductions **Nicole Fowler, PhD**

2:20pm – 2:35pm	Diagnostics and risk prediction Suzanne E. Schindler, MD, PhD
2:35pm – 2:50pm	Considerations of implementing lifestyle interventions in MCC and special populations Laura Baker, PhD
2:50pm – 3:05pm	Ethical issues raised by new tests and treatments Jalayne Arias, JD, MA
3:05pm – 3:20pm	New generation AD and other treatments in the setting of MCCs Mark Supiano, MD
3:20pm – 3:35pm	Improving access to diagnosis and treatment in communities and special populations Desiree Byrd, PhD
3:50pm – 4:15pm	Moderated discussion on gaps and future directions Nicole Fowler, PhD

4:15pm – 4:30pm ET Break

Small Group Breakout Sessions: 4:30pm – 5:30pm ET

Each group will be carefully pre-selected and tasked with identifying priorities and agendas related to a specific topic that ‘cuts across’ multiple sessions. There will be a pair of moderators at each table, who are asked to prepare 3 slides – first 2 slides will summarize key discussion points and final slide will list up to 3 critical priorities for advancing the field.

Small Group assignments will be sent out in advance of the meeting.

- **Human study designs needed to improve ADRD outcomes by treating MCCs Optimizing the use of existing data for secondary analyses**
- **Top priority questions related to geroscience and ADRD**
- **Estimating risk, benefit, and futility of AD tests and treatments of people with MCC**
- **Non pharmacologic approaches to improve brain health and MCC outcomes simultaneously through lifestyle and addressing social determinants**

5:30pm – 6:00pm ET Break

6:00pm – 9:00pm ET Reception and Dinner

DAY 2: FRIDAY, March 7th

8:00am – 9:00am ET **Breakfast and one-on-one Mentee/Mentor Meetings**

Moving the Field Forward: Priorities, Agenda-setting, Wrap-up

Moderator: Sharon Brangman, MD

9:00am – 12:00pm ET

9:00am – 10:00am Small groups 1-3 provide 10-minute reports from the break-out groups with 10 minutes of discussion after each.

10:00am – 10:15am Break

10:15 – 11:00am Small groups 4-6 provide 10-minute reports from the break-out groups with 10 minutes of discussion after each.

11:00am – 11:30pm **Moderated Discussion – Brainstorming, Agenda-setting and Prioritizing**

11:30am – 12:00pm ET **Wrap-up, Final remarks, Evaluations**

12:00pm – 3:30pm ET Rising Stars: Afternoon Session

Time	Session	Presenters
12:00 – 1:00pm	Lunch/Networking – Getting to Know NIA Staff	
1:00 – 2:00pm	Roundtable Resilience Consultancy Discussions <ul style="list-style-type: none"> • Each person has 5 minutes to discuss background, stage of career, and a specific challenge they are facing. Group then provides 	<i>All</i>

	<p>practical feedback using a structured “wise crowds” format.</p> <ul style="list-style-type: none"> Attendees can choose among tables with different themes: Defining Resilience in your field; Measurement/analytic issues in resilience; Resilience promoting intervention development; general career or mentorship challenges 	
2:00 – 3:00pm	“Write a Compelling Grant” – Panel Discussion	All
3:00 – 3:30pm	Evaluations, Action Item postcards, Adjourn	All

CONFERENCE PLANNING COMMITTEE

Sanjay Asthana, MD (Conference Co-Chair) Wisconsin Alzheimer's Disease Research Center (ADRC) University of Wisconsin-Madison School of Medicine and Public Health
Nicole R. Fowler, PhD Indiana University School of Medicine
Jerry H. Gurwitz, MD (PI, R13) UMass Chan Medical School and UMass Memorial Medical Center
Nancy E. Lundebjerg, MPA (PI, R13) American Geriatrics Society
Michelle Marie Mielke, PhD (Conference Co-Chair & PI, U24) Wake Forest University School of Medicine
Ana R. Quiñones, PhD Oregon Health & Science University
Marcel Salive, MD, MPH (NIA Representative) National Institute on Aging - NIH
Heather E. Whitson, MD, MHS (Conference Co-Chair) Duke University School of Medicine & Durham VA Geriatrics Research Education and Clinical Center

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