



Amyloid Deposition in Healthy Aging, Vascular and Neurodegenerative Disease and Genetic Effects

MCI Symposium

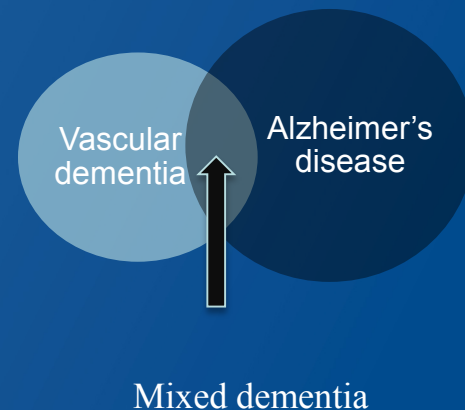
Presented by: Rebecca Gottesman, MD PhD
January 19, 2019

Disclosures

- I am an Associate Editor for the journal *Neurology*.

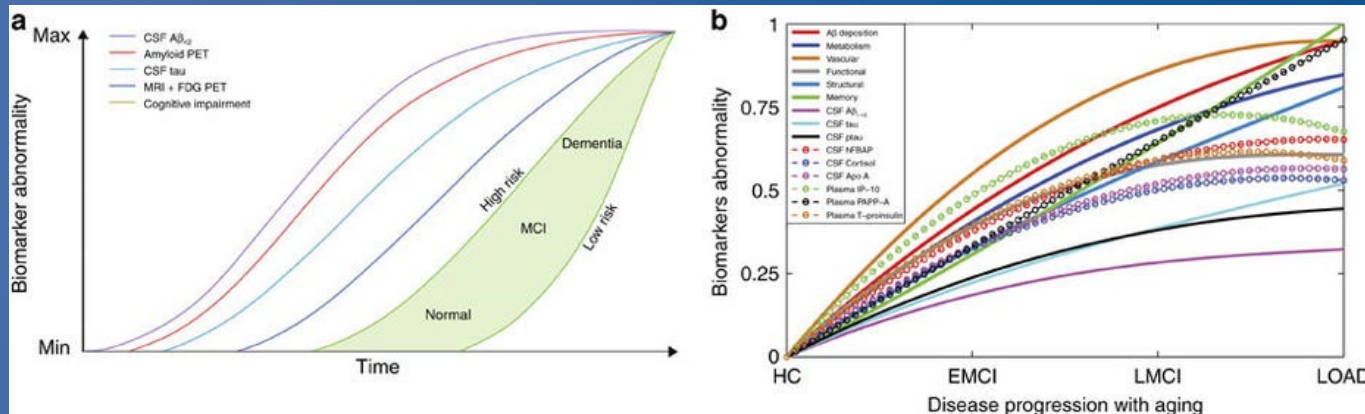
Vascular risk and Alzheimer's Disease

- Many patients diagnosed with AD may actually have some vascular contribution, and patients diagnosed with vascular dementia may have some contribution from AD neuropathology
- Vascular risk factors (hypertension, diabetes, smoking, high cholesterol) are known to be present in a subset of individuals with dementia and AD
- This relationship is likely because either:
 - Vascular disease directly causes neuropathologic changes of Alzheimer's dementia, OR
 - Vascular disease of the brain and neuropathologic changes of Alzheimer's together make it more likely that a patient will decline clinically to the point to be labeled with AD



A window of opportunity for prevention

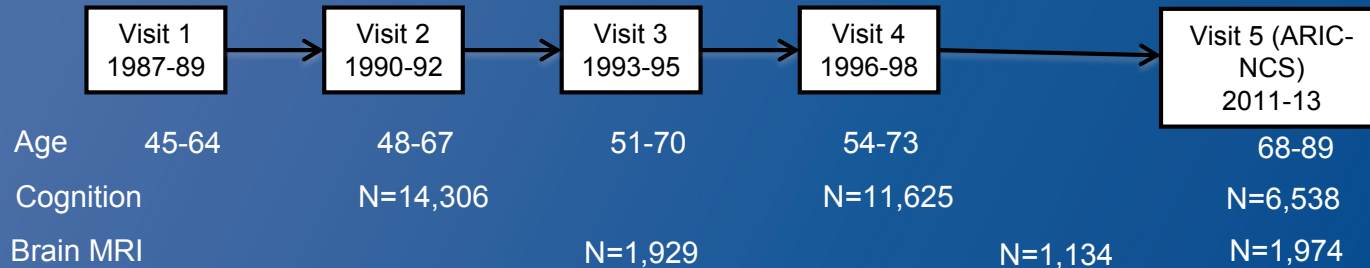
- The long preclinical period of Alzheimer's Disease emphasizes the need to evaluate *early* risk factors
- Vascular risk factors from middle age have stronger relationships with cognitive outcomes than from later life



From Iturria-Medina
et al., Nat Commun
2016

Atherosclerosis Risk in Communities (ARIC)

- Community-based prospective cohort of initially 15,792 middle-aged adults



Cognitive analyses through visit 5 consider:
Change in cognition
Incident dementia

Methods consider attrition from death and dropout, using inverse probability of attrition weighting and multiple imputation with chained equations

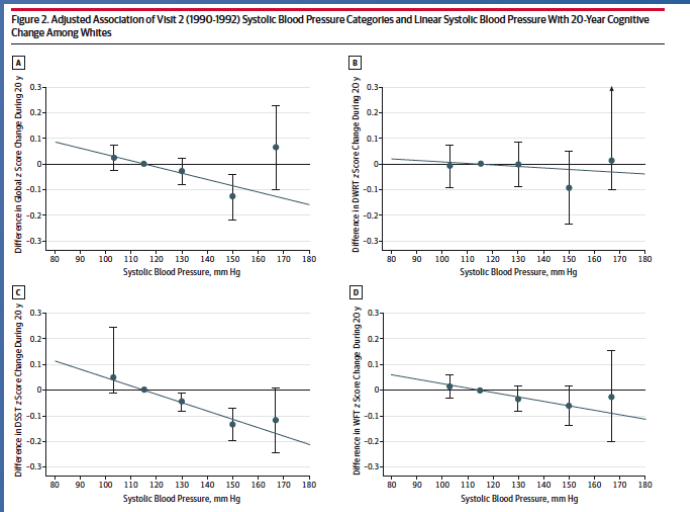
Midlife Hypertension and 20-Year Cognitive Change

The Atherosclerosis Risk in Communities Neurocognitive Study

Rebecca F. Gottesman, MD, PhD; Andrea L. C. Schneider, MD, PhD; Marilyn Albert, PhD; Alvaro Alonso, MD, PhD;
Karen Bandeen-Roche, PhD; Laura Coker, PhD; Josef Coresh, MD, PhD; David Knopman, MD; Melinda C. Power, ScD;
Andreea Rawlings, MS; A. Richey Sharrett, MD, DrPH; Lisa M. Wruck, PhD; Thomas H. Mosley, PhD

JAMA Neurol. 2014;71(10):1218-1227.

Midlife hypertension is associated with **steeper 20-year cognitive decline**, but *late-life* hypertension is not associated with prior 20 years' worth of change

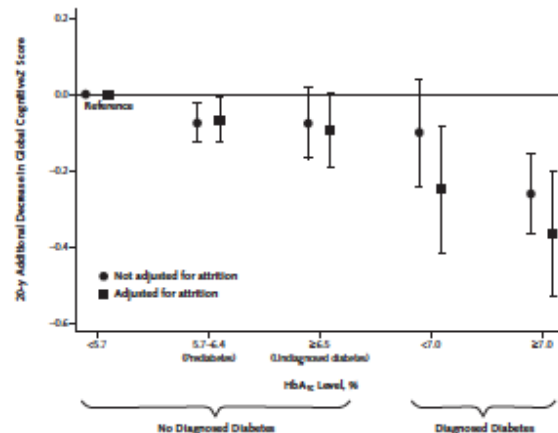


Diabetes in Midlife and Cognitive Change Over 20 Years

A Cohort Study

Andreea M. Rawlings, MS; A. Richey Sharrett, MD, DrPH; Andrea L.C. Schneider, PhD; Josef Coresh, MD, PhD, MHS; Marilyn Albert, PhD; David Couper, PhD, MS; Michael Griswold, PhD; Rebecca F. Gottesman, MD, PhD; Lynne E. Wagenknecht, DrPH, MPH; B. Owen Windham, MD; and Elizabeth Selvin, PhD, MPH

Figure 2. Difference in global cognitive Z score decline by clinical category of HbA_{1c} level compared with decline in persons without diabetes and HbA_{1c} level <5.7%.



Midlife diabetes, and higher HbA1c is associated with steeper cognitive change, with strengthening of results with adjustment for attrition

Associations Between Midlife Vascular Risk Factors and 25-Year Incident Dementia in the Atherosclerosis Risk in Communities (ARIC) Cohort

Rebecca F. Gottesman, MD, PhD; Marilyn S. Albert, PhD; Alvaro Alonso, MD, PhD; Laura H. Coker, PhD; Josef Coresh, MD, PhD; Sonia M. Davis, DrPH; Jennifer A. Deal, PhD; Guy M. McKhann, MD; Thomas H. Mosley, PhD; A. Richey Sharrett, MD, DrPH; Andrea L. C. Schneider, MD, PhD; B. Gwen Windham, MD, MHS; Lisa M. Wruck, PhD; David S. Knopman, MD

JAMA Neurol. doi:10.1001/jamaneurol.2017.1658

- *Participants:* ARIC participants of black or white race (N=15,744)
- Vascular risk factors from ARIC visit 1 (midlife)
- Dementia: (through visit 5) defined using:
 - adjudicated dementia cases from complete ARIC-NCS evaluation
 - Telephone Interview for Cognitive Status, Informant interviews
 - Prior ICD-9 hospitalization codes for dementia
- Level 1 dementia used data from three repeated cognitive tests, informant CDR/ FAQ interviews, and larger neurocognitive battery given at ARIC visit 5, with algorithmic diagnosis and expert review and classification
- Statistical analysis: Cox proportional hazards model
 - Also: discrete time analysis with complimentary log-log link; logistic regression; competing risk proportional hazards model

Table 2. Cox Proportional Hazards Regression Model of Time to Incident Dementia Overall and Stratified by Race

Variable	Hazard Ratio (95% CI)		
	Full Eligible Cohort (n = 15 407) ^a	Black (n = 4004)	White (n = 11 403)
Female	0.89 (0.79-0.99)	0.87 (0.72-1.06)	0.92 (0.80-1.05)
Black	1.36 (1.21-1.54)	NA	NA
Visit 1 age, y ^b	1 [Reference]	1 [Reference]	1 [Reference]

Table 2. Cox Proportional Hazards Regression Model of Time to Incident Dementia Overall and Stratified by Race

Variable	Hazard Ratio (95% CI)		
	Full Eligible Cohort (n = 15 407) ^a	Black (n = 4004)	White (n = 11 403)
Visit 1 smoking ^b			
Current	1.41 (1.23-1.61)	1.07 (0.85-1.35)	1.62 (1.37-1.92)
Former	1.00 (0.89-1.13)	0.77 (0.61-0.98)	1.13 (0.97-1.31)
Never	1 [Reference]	1 [Reference]	1 [Reference]

APOE ε4 genotype ^b			
0 Alleles	1 [Reference]	1 [Reference]	1 [Reference]
≥1 Alleles	1.98 (1.78-2.21)	1.61 (1.34-1.92)	2.23 (1.96-2.54)
Unknown APOE	1.18 (0.89-1.56)	1.84 (0.97-3.47)	1.11 (0.81-1.52)
Visit 1 diabetes	1.77 (1.53-2.04)	1.85 (1.50-2.29)	1.69 (1.39-2.07)
Visit 1 hypertension			
Normal	1 [Reference]	1 [Reference]	1 [Reference]
Prehypertension	1.31 (1.14-1.51)	1.17 (0.86-1.59)	1.35 (1.14-1.59)
Hypertension	1.39 (1.22-1.59)	1.36 (1.04-1.77)	1.37 (1.17-1.60)
Visit 1 total cholesterol, mg/dL			
<200	1 [Reference]	1 [Reference]	1 [Reference]
200 to <240	0.87 (0.77-0.98)	0.91 (0.74-1.13)	0.86 (0.74-1.00)
≥240	0.91 (0.80-1.04)	0.78 (0.62-0.98)	0.99 (0.84-1.16)

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Visit 1 age, y ^b			
44-49	1 [Reference]	1 [Reference]	1 [Reference]
50-54	2.04 (1.66-2.49)	2.22 (1.66-2.98)	1.98 (1.49-2.62)
55-59	3.97 (3.28-4.81)	3.53 (2.63-4.73)	4.37 (3.37-5.65)
60-66	8.06 (6.69-9.72)	6.20 (4.64-8.28)	9.54 (7.41-12.27)
Educational attainment			
<High school	1.37 (1.20-1.57)	1.61 (1.28-2.03)	1.29 (1.09-1.53)
High school graduate or GED	1.05 (0.93-1.20)	1.17 (0.90-1.53)	1.02 (0.88-1.18)
>High school	1 [Reference]	1 [Reference]	1 [Reference]
Visit 1 BMI			
Underweight	0.99 (0.53-1.87)	1.15 (0.36-3.66)	0.92 (0.43-1.97)
Normal	1 [Reference]	1 [Reference]	1 [Reference]
Overweight	1.05 (0.92-1.19)	0.95 (0.73-1.22)	1.08 (0.93-1.26)

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	Full Eligible Cohort (n = 15 407) ^a	Black (n = 4004)	White (n = 11 403)
Visit 1 hypertension			
Normal	1 [Reference]	1 [Reference]	1 [Reference]
Prehypertension	1.31 (1.14-1.51)	1.17 (0.86-1.59)	1.35 (1.14-1.59)
Hypertension	1.39 (1.22-1.59)	1.36 (1.04-1.77)	1.37 (1.17-1.60)
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Underweight	0.99 (0.53-1.87)	1.15 (0.36-3.66)	0.92 (0.43-1.97)
Normal	1 [Reference]	1 [Reference]	1 [Reference]
Overweight	1.05 (0.92-1.19)	0.95 (0.73-1.22)	1.08 (0.93-1.26)
Obese	1.14 (0.99-1.31)	0.92 (0.71-1.20)	1.22 (1.03-1.45)
Visit 1 total cholesterol, mg/dL			
<200	1 [Reference]	1 [Reference]	1 [Reference]
200 to <240	0.87 (0.77-0.98)	0.91 (0.74-1.13)	0.86 (0.74-1.00)
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Unknown APOE	1.18 (0.89-1.56)	1.84 (0.97-3.47)	1.11 (0.81-1.52)
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Visit 1 total cholesterol, mg/dL			
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Vasc

This relationship is likely because either:

- Many vascular dementia neuro
- Vascular chole individ
- This relationship
 - Vascular disease directly causes neuropathologic changes of Alzheimer's dementia, OR
 - Vascular disease of the brain and neuropathologic changes of Alzheimer's together make it more likely that a patient will decline clinically to the point to be labeled with AD

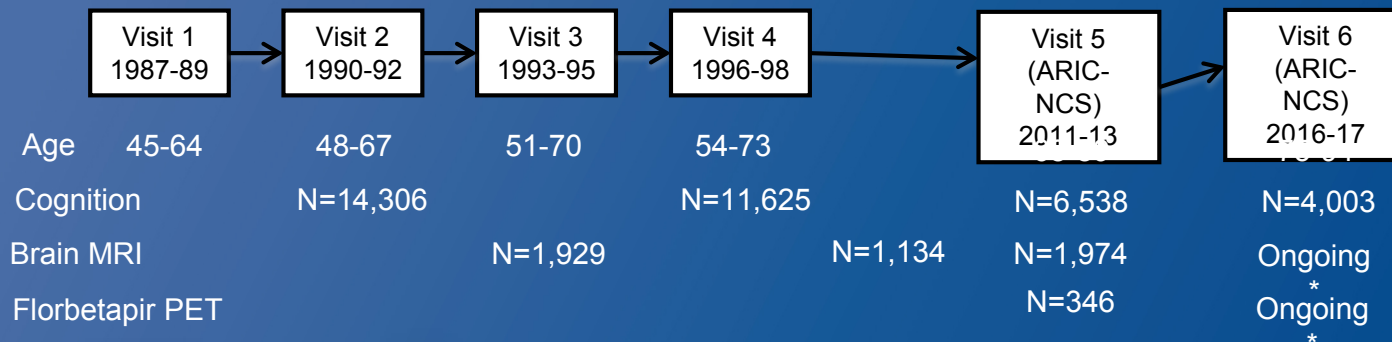
Changes of Alzheimer's together make it more likely that a patient will decline clinically to the point to be labeled with AD

Alzheimer's
disease

dementia

Atherosclerosis Risk in Communities (ARIC)

- Community-based prospective cohort of initially 15,792 middle-aged adults



Cognitive analyses through visit 5 consider:
Change in cognition
Incident MCI, dementia, and
progression

*Imaging recruitment during visits 6 and 7;
planned ~300 (PET) and 1000 (MRI)

The ARIC-PET amyloid imaging study

Brain amyloid differences by age, race, sex, and *APOE*

Neurology® 2016;87:1-8

Table 2 Adjusted odds ratios (ORs) (95% confidence intervals [CIs]) for global cortex SUVR >1.2 (median) (n = 329)

	Model 1, OR (95% CI)	Model 2, OR (95% CI)	Model 3, OR (95% CI)
Age (per 10 y)	1.97 (1.26-3.08)	1.91 (1.22-2.99)	1.63 (1.01-2.65)
Female vs male	1.70 (1.05-2.75)	1.72 (1.06-2.79)	1.53 (0.78-2.98)
Black race vs white race	2.29 (1.42-3.70)	2.18 (1.34-3.56)	2.08 (1.23-3.51)
Education level			
College, graduate, or professional school	1 (reference)	1 (reference)	1 (reference)
High school, GED, or vocational school	0.88 (0.52-1.48)	0.87 (0.52-1.46)	0.88 (0.52-1.49)
< High school	1.04 (0.52-2.07)	0.99 (0.49-1.98)	0.88 (0.43-1.80)
<i>APOE</i> ϵ 4 genotype (per 1 additional ϵ 4 allele)	2.62 (1.61-4.24)	2.70 (1.66-4.41)	2.65 (1.61-4.39)

Abbreviations: GED = general educational development; SUVR = standardized uptake value ratio.

Model 1: Adjusted for age, sex, race, education, and *APOE* ϵ 4 genotype. Model 2: Model 1 + hypertension and diabetes.

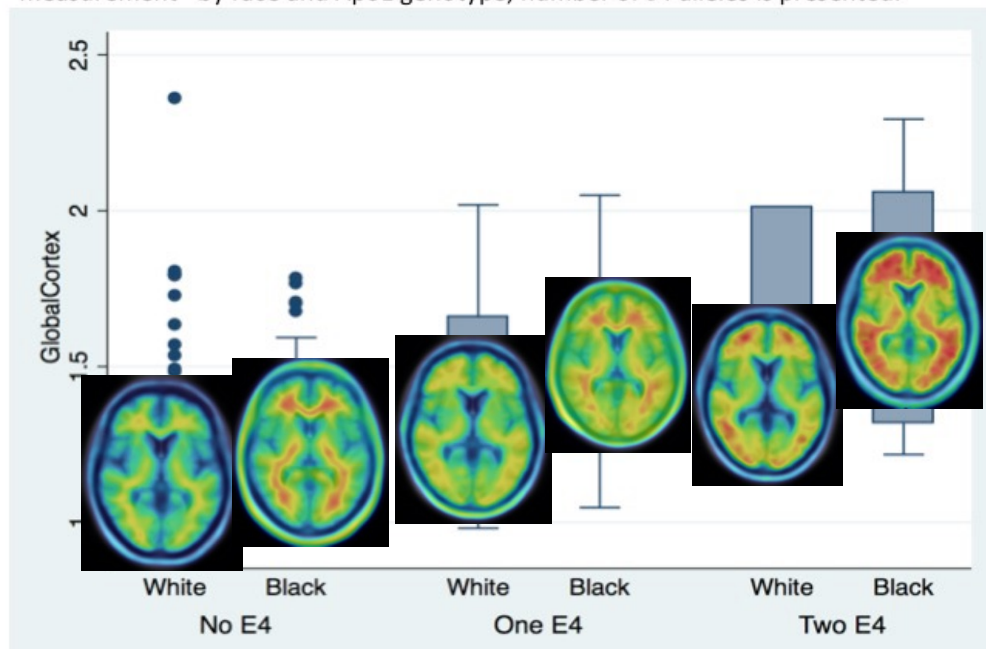
Model 3: Model 2 + mild cognitive impairment status, white matter hyperintensity volume, and total intracranial volume.



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Thomas H. Mosley, Jr.,
PhD

ARIC-PET recruited 346 *nondemented* ARIC participants from 3 ARIC sites, with florbetapir PET (2011-2014), and a second florbetapir PET underway (2017-present)

Figure. Boxplots of florbetapir SUVR for a composite global cortex measurement* by race and ApoE genotype; number of $\epsilon 4$ alleles is presented.



Association Between Midlife Vascular Risk Factors and Estimated Brain Amyloid Deposition

Rebecca F. Gottesman, MD, PhD; Andrea L. C. Schneider, MD, PhD; Yun Zhou, PhD; Josef Coresh, MD, PhD; Edward Green, MD; Naresh Gupta, MD; David S. Knopman, MD; Akiva Mintz, MD; Arman Rahmim, PhD; A. Richey Sharrett, MD, DrPH; Lynne E. Wagenknecht, DrPH; Dean F. Wong, MD, PhD; Thomas H. Mosley, PhD

JAMA. 2017;317(14):1443-1450.

Table 3. Adjusted Odds Ratios for the Association of Midlife and Late-Life Number of Vascular Risk Factors With Global Cortex SUVR >1.2 Overall and Stratified by APOE ϵ 4 Genotype (N = 322)

Risk Factors ^a	Overall (n = 322) No. With SUVR >1.2/Total No. (%)	Adjusted OR (95% CI) ^b	0 APOE ϵ 4 Alleles (n = 220) No. With SUVR >1.2/Total No. (%)	Adjusted OR (95% CI) ^b	1 or 2 APOE ϵ 4 Alleles (n = 100) No. With SUVR >1.2/Total No. (%)	Adjusted OR (95% CI) ^b
Midlife (Study Visit 1, 1987-1989)						
Vascular risk factors						
0	20/65 (30.8)	1 [Reference]	14/47 (29.8)	1 [Reference]	6/18 (33.3)	1 [Reference]
1	62/123 (50.4)	1.88 (0.95-3.73)	37/85 (43.5)	1.36 (0.61-3.05)	25/38 (65.8)	3.10 (0.84-11.50)
≥ 2	82/134 (61.2)	2.88 (1.46-5.69)	45/90 (50.0)	1.86 (0.83-4.14)	37/44 (84.1)	9.15 (2.27-36.89)
Late life (Study Visit 5, 2011-2013)						
Vascular risk factors						
0	13/35 (37.1)	1 [Reference]	6/23 (26.1)	1 [Reference]	7/12 (58.3)	1 [Reference]
1	37/82 (45.1)	1.02 (0.43-2.43)	16/50 (32.0)	1.38 (0.43-4.39)	21/32 (65.6)	0.56 (0.12-2.67)
≥ 2	114/205 (55.6)	1.66 (0.75-3.69)	74/149 (49.7)	2.21 (0.78-6.26)	40/56 (71.4)	1.03 (0.25-4.29)

Abbreviations: OR, odd ratio; SUVR, standardized uptake value ratio.

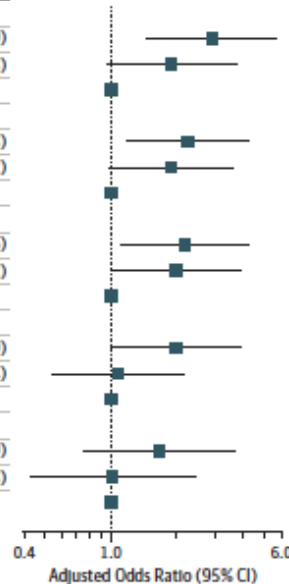
^a Vascular risk factors included body mass index ≥ 30 , current smoking, hypertension, diabetes, and total cholesterol ≥ 200 mg/dL.

^b Models are adjusted for age (at visit 5, 2011-2013), sex, race, education level, and APOE ϵ 4 genotype.

Relationships between number of risk factors and brain amyloid were strongest from midlife

Figure 1. Adjusted Odds Ratios for Global Cortex Florbetapir SUVRs >1.2 by Number of Vascular Risk Factors, Midlife Through Late Life

No. of Risk Factors by Study Visit	No. With Elevated SUVR/Total No. (%)	Adjusted Odds Ratio (95% CI)
Visit 1 (1987-1989)		
≥2	82/134 (61.2)	2.88 (1.46-5.69)
1	62/123 (50.4)	1.88 (0.95-3.73)
0	20/65 (30.8)	1 [Reference]
Visit 2 (1990-1992)		
≥2	80/137 (58.4)	2.24 (1.19-4.23)
1	57/108 (52.8)	1.88 (0.97-3.62)
0	27/77 (35.1)	1 [Reference]
Visit 3 (1993-1995)		
≥2	83/146 (56.9)	2.18 (1.12-4.26)
1	60/111 (54.1)	1.98 (1.00-3.92)
0	21/65 (32.3)	1 [Reference]
Visit 4 (1996-1998)		
≥2	93/153 (60.8)	1.98 (1.01-3.89)
1	47/111 (42.3)	1.07 (0.53-2.14)
0	24/58 (41.4)	1 [Reference]
Visit 5 (2011-2013)		
≥2	114/205 (55.6)	1.66 (0.75-3.69)
1	37/82 (45.1)	1.02 (0.43-2.43)
0	13/35 (37.1)	1 [Reference]



Adjusted odds ratios (with 95% CIs as error bars) are shown for number of vascular risk factors for visits 1 through 5 for standardized uptake value ratios (SUVRs) >1.2. Models are adjusted for age (at visit 5, 2011-2013), sex, race, education level, and APOE ε4 genotype. Vascular risk factors include body mass index ≥30, current smoking, hypertension, diabetes, and total cholesterol level ≥200 mg/dL.

Intracranial plaque is more strongly associated with amyloid in APOE e4 carriers (unpublished)

P-values
shown are
for
interaction
between
vessel
features
and APOE
e4 status

How do midlife vascular risk and amyloid contribute to cognition?

- Cognitive follow-up after ARIC PET continued through specific study follow-up *and* ARIC-NCS ongoing visits and dementia surveillance
- Relative contributions of vascular risk (mid- and late-life) and amyloid burden to cognition and ~5-year progression were considered

Cognitive level is worse in amyloid-positive participants (unpublished)

Midlife vascular risk factors



Model including all covariates above together, + educational level

Late-life vascular risk factors



Model including all covariates above together, + educational level

Risk of Dementia with level of Amyloid SUVR

ARIC-PET: Burden of risk factors and amyloid on cognition; Results shown adjusted for amyloid (unpublished)



*of these 5: hypertension, hyperlipidemia, diabetes, obesity, and smoking

Conclusions

- Midlife vascular risk factors are strongly related to late-life cognitive outcomes and dementia
- Vascular risk factor status in midlife is associated with later-life amyloid deposition
- Hypertension in *midlife* (but not late-life) is still associated with cognition, even after adjusting for amyloid
- Amyloid remains robustly associated with cognition and its progression, independent of vascular risk
- There may be effect modification in individuals with elevated genetic risk *and* vascular disease or risk factors, with greatest risk of dementia and amyloid in individuals with both

Acknowledgements:



Johns Hopkins:

- Josef Coresh
- A.Richey Sharrett
- Andrea Schneider
- Andreea Rawlings
- Keenan Walker
- Aozhou Wu
- Dean Wong
- Arman Rahmim
- Yun Zhou
- Noble George
- Marilyn Albert

Mayo Clinic:

- David Knopman
- Cliff Jack

George Washington University:

- Melinda Power

Wake Forest University:

- Lynne Wagenknecht
- Akiva Mintz
- Timothy Hughes

University of North Carolina, Chapel Hill:

- Sonia Davis
- Lisa Wruck
- David Couper

University of Mississippi Medical Center

- Thomas Mosley
- Edward Green

Hagerstown Imaging

- Naresh Gupta

Emory University

- Alvaro Alonso

ARIC participants and staff

Acknowledgements



Funding Sources:

NIH/ NIA (R01: ARIC-PET, K24)
NIH: NHLBI, NINDS, NIA (ARIC)
McKhann Scholar Fund/ Dana Foundation
Avid Radiopharmaceuticals: Isotope for
ARIC-PET study