18th Annual MCI Symposium

Application of NIA-AA Research Framework in the Real World

Special Topic Workshop: MCI & Dementia: Epidemiology to Pathology

The NIA-AA Research Framework: Implications for Clinical Care, Epidemiological and Genetic/Biology Studies

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Potential Conflicts of Interest: None

Acknowledgements



Greetings to Our Friends at the 18th Annual MCI Conference from the Biggs Family!



https://biggsinstitute.org/research/south-texas-alzheimers-conference/ Feb 23rd to 26th San Antonio, TX

Outline of Talk

A-T-N Criteria, Stages of Cognitive Impairment: Imperfectly Aligned Axes

A-T-N in Epidemiology: Impractical, Insufficient Explanation

A-T-N Framework in Clinical Care & Clinical Trials: Overlapping Biology

A-T-N in Genetic & Biological Studies: More Targets, Better Outcomes?

A-T-N Plus: What Next?

The Cognitive Continuum

• Age-related Cognitive Decline

Normal Aging Versus Dementia

- Subjective Cognitive Impairment or Objective Decline in 'normal' range
- Mild Cognitive Impairment
- Dementia

 Making a bad decision once in a while 	 Making poor judgments and decisions a lot of the time 	Slow versus
 Missing a monthly payment 	 Problems taking care of monthly bills 	not at all!
 Forgetting which day it is and remembering later 	 Losing track of the date or time of year 	All dementia does NOT
Sometimes forgetting which word to use	 Trouble having a conversation 	begin with memory or language problems;
Losing things from time to time	 Misplacing things often and being unable to find them 	Vision, personality, mood, walking, sleep changes can be 1 st signs
Occasional v	ersus Frequent, Persistent	

What is Dementia?

• A syndrome



- Loss of memory and thinking abilities or changes in behavior
- Affects the person's ability to function as they used to and wish to



William Utermohlen:

Self potraits; dementia diagnosis at age 61, 1995



2018 ATN Alzheimer Disease Criteria: *the most frequently <mark>diagnosed</mark> dementia*

Amyloid+

A+ (amyloidosis) = Alzheimer A- = No Alzheimer



Tau +

CSF: Amyloid, p-tau

PET Imaging

Neurodegeneration+

Tau +

T-= Pathophysiological continuum T+ = Disease



Alzheimer's & Dementia: The Journal of the Alzheimer's Association 2018 14, 535-562DOI: (10.1016/j.jalz.2018.02.018)

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AT(N) profiles	Biomarker category	2018 National Institute on Aging—Alzheimer's Association (NIA-AA) Research Framework			
A-T-(N)-	Normal AD biomarkers	— NIA-AA <mark>Res</mark>	A Research Framework: Toward a biological definition of Alzheimer's disease		
A+T-(N)-	Alzheimer's pathologic change	A +	Initial Rationale: We should only treat people with X (amyloid) 'lowering' drugs if X levels are 'high', so A+		
A+T+(N)-	Alzheimer's disease	\frown	Supporting Rationale:		
A+T+(N)+	Alzheimer's disease	Alzheimer's continuum	If we treat persons with high amyloid early, before clinical symptoms, perhaps		
A+T-(N)+	Alzheimer's and concomitant suspected non Alzheimer's		we can prevent clinical symptoms		
	pathologic change		PET Imaging		
A-T+(N)-	Non-AD pathologic chang	e	CSF Levels		
A-T-(N)+	Non-AD pathologic change		Blood levels		
A-T+(N)+	Non-AD pathologic chang	e			

Percentage of participants with no cognitive impairment or aMCI without AD dementia over time JAMA Neurol. 2018;75(8):970-979. doi:10.1001/jamaneurol.2018.0629





Adjusted Cumulative Incidence of Dementia	JAMA Neurology Original Investigation Assessment of Plasma Total Tau Level as a Predictive Biomarker for Dementia and Related Endophenotypes Matthew P. Pase, PhD: Alexa S. Beiser, PhD: Jayandra J. Himali, PhD: Claudia L. Satizabal, PhD: Hugo J. Aparicio, MD: Charles DeCarli, MD: Geneviève Chène, MD, PhD: Carole Dufouil, PhD: Sudha Seshadri, MD JAMA Neurol. 2019;76(5):598-606. doi:10.1001/jamaneurol.2018.4666 Published online March 4, 2019.				
Association of Plasma Total Tau With Cognition an	nd Hippocampal Volume	in the Framingham H	Heart Study ^a		
Outcome	β (SE)	P Value	β (SE)	P Value	
Episodic memory					
Logical memory, No. correct	-0.12 (0.06)	.049	-0.14 (0.06)	.03	
Paired associate learning, No. correct	-0.05 (0.02)	.04	-0.04 (0.02)	.06	
Verbal reasoning: similarities, No. correct	-0.18 (0.05)	<.001	-0.17 (0.06)	.003	
Visual memory: visual reproductions, No. correct	-0.14 (0.05)	.002	-0.14 (0.05)	.003	
Visuospatial integration: Hooper Visual Organization Test, log unit ^d	-0.02 (0.01)	.01	-0.02 (0.01)	.02	
Processing speed: Trail Making Test A, log unit ^{e,f}	-0.02 (0.01)	<.001	-0.02 (0.01)	.004	
Executive function: Trail Making Test B-A, log unit ^e	-0.010 (0.004)	.005	-0.009 (0.004)	.01	
Premorbid function					
Wide-Ranging Achievement Test, log unit ^g	-0.009 (0.010)	.37	-0.001 (0.010)	.95	
Hippocampal volume, %	-0.002 (0.001)	.003	-0.003 (0.001)	.001	

Polygenic Risk Scores: Helpful for Risk Stratification Enrollment in Prevention Trials





Chouraki V et al. J Alz Dis,2016

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A-T-N Plus: What Next?

Concerns about equating "Cerebral Amyloidosis" with Alzheimer Continuum (not Alzheimer Disease)

Social Justice Arguments

- Cost of Screening (1 Amyloid PET = Cost of Effective BP control for 10 years)
- Limited Knowledge on Prevalence in Minorities

Editorial

January 7, 2019

Biomarkers for Alzheimer Dementia in Diverse Racial and Ethnic Minorities—A Public Health Priority

Polypill for Cardiovascular Disease Prevention in an Underserved Population

Daniel Muñoz, M.D., Prince Uzoije, M.D., Cassandra Reynolds, B.S., Roslynn Miller, M.S., David Walkley, Susan Pappalardo, Phyllis Tousey, M.S.P.H., Heather Munro, M.S., Holly Gonzales, M.D., Wenliang Song, M.D., Charles White, M.P.H., William J. Blot, Ph.D., and Thomas J. Wang, M.D.

N ENGLJ MED 381;12 NEJM.ORG SEPTEMBER 19, 2019

For example, African-Americans may have less tau but more clinical dementia

Lisa L. Barnes, PhD¹

Distribution of single and multiple pathologies in 90+ Study



Claudia H. Kawas et al. Neurology 2015;85:535-542

AD = Alzheimer disease; CAA = cerebral amyloid angiopathy; HS = hippocampal sclerosis; LBD = limbic/neocortical Lewy bodies; macroinfarcts = 2 or more; microinfarcts = 3 or more;; SAE = white matter disease/subcortical arteriolosclerotic leukoencephalopathy.

Cannot Ignore Disease in 85+

Alzheimer Association, Facts and Figures, 2019: By 2050, 50% of clinical AD will be in 'oldest-old'

Multiple tau, TDP-43, Vascular etc.

Risk and Protective Factors Over Lifespan

- Prenatal Care, Education & Nutrition: Reserve
- Unknown factors: Infections, Lead, Pollution
- Cognitive engagement, hearing

Figure 2: Associations of antihypertensive medication use with incident Alzheimer's disease in the high blood pressure stratum

- Physical Activity, Sleep
- Social interactions
- Stress, Diet

Antihypertensive medications and risk for incident dementia and Alzheimer's disease: a meta-analysis of individual participant data from prospective cohort studies

Vascular

 $\mathscr{M} = \mathbb{R}$

jie Ding, Kendra L. Dovis: Plourde: Sanar. Sedaghat; Phillip; Tulky, Wannet Wang, Caroline Phillips, Matthew P Pase, Jayandro J. Himali, B Gwen Windham, Michael Griswold, Rebecca Gatemann, Thomas H Modey, Low White, Vilmundar Gubasan, Stephanie Debette, Alexa S Beins: Subhis: Schaftri, M Arfin Iriam, Oscio Meriello, Christoph Tezuro, Larvej Laurer

A-T-N: Sufficient to Explain Dementia Risk Predictors? Are vascular, lifestyle factors acting through amyloid and tau?

Figure 4: Life-course model of contribution of modifiable risk factors to dementia Numbers are rounded to nearest integer. Figure shows potentially modifiable or non-modifiable risk factors.

Framingham Heart Study: Neurology, 70+ years

Amyloid and Tau PET associations in FHS

- 280 persons, 46% F, age 35-75 years (expect N=900 by end of study)
- Framingham Stroke Risk Profile, Arterial Stiffness
 - Not associated with amyloid burden overall
 - CFPWV associated in women (46%) and APOE 4+ (24%)
- Plasma total tau (N+, blood marker)
 - Associated with Dementia, Cognition, not PET amyloid
 - Cingulate, insular and transverse temporal tau
- Walking Speed (Clinical Biomarker)
 - Associated with 2-3X risk of dementia
 - Lower brain volume (N+)
 - Entorhinal tau burden, not amyloid

Searching for 'biomarkers' and risk predictors/biological underpinnings of individual endophenotypes

JAMA Neurology | Original Investigation

Associations Between Vascular Risk Across Adulthood and Brain Pathology in Late Life Evidence From a British Birth Cohort

JAMA Neurology Published online November 4, 2019

Sudha Seshadri, MD

Christopher A. Lane, MD, PhD; Josephine Barnes, PhD; Jennifer M. Nicholas, PhD; Carole H. Sudre, PhD; David M. Cash, PhD; Ian B. Malone, PhD; Thomas D. Parker, MRCP, PhD; Ashvini Keshavan, MRCP, PhD; Sarah M. Buchanan, FRACP; Sarah E. Keuss, MRCP; Sarah-Naomi James, PhD; Kirsty Lu, MA; Heidi Murray-Smith, MSc; Andrew Wong, PhD; Elizabeth Gordon, MSc; William Coath, MSc; Marc Modat, PhD; David Thomas, PhD; Marcus Richards, PhD; Nick C. Fox, FMedSci; Jonathan M. Schott, MD, FRCP

Figure. Plots Showing the Effect Sizes of a 1% Increase in Framingham Heart Study-Cardiovascular Risk Score at Ages 36, 53, and 69 Years on Imaging Outcome Measures at Age 69 to 71 Years

(Midlife) Vascular Factors Adversely Impact Brain Structure

[Increase Risk of Dementia]

But do not increase brain amyloid

HV indicates hippocampal volume; WBV, whole-brain volume; WMHV, white matter-hyperintensity volume.

Prevention of Dementia–Thinking Beyond the Age and Amyloid Boxes

129 FHS participants; stroke risk profile (DM, HTN, AF, CVD, smoking)

Associations of vascular risk burden and neuropathology outcomes. Ann Clin Transl Neurol. 2019;6:2403-2412

	Mid-life vascular risk Model 1		Mid-life vascular risk Model 2		Late-life vascular risk Model 3	
Outcome	OR (95% CI)	р	OR (95% CI)	р	OR (95% CI)	р
Cerebrovascular pathology						
Cortical infarcts	3.99 (1.65, 9.65)	0.002*	3.83 (1.55, 9.45)	0.004*	104 (1.00, 1.08)	0.049*
Subcortical infarcts	1.95 (1.07, 3.54)	0.029*	1.85 (1.01, 3.40)	0.047*	1.02 (0.99, 1.06)	0.129
Atherosclerosis	1.89 (1.17, 3.06)	0.009*	1.90 (1.16, 3.10)	0.011*	1,02 (1.00, 1.05)	0.070
Arteriosclerosis	1.86 (1.15, 3.02)	0.012*	1.78 (1.09, 2.90)	0.022*	1.03 (1.00, 1.05)	0.024*
Proteinopathy						/
Braak NFT stage	1.15 (0.73, 1. 82)	0.554	<u>1 18 (0.74, 1.89)</u>	0.484	1.03 (1.01, 1.05)	0.012*
Cerebral amyloid angiopathy	1.15 (0.71, 1.86)	0.575	1.19 (0.72, 1.95)	0.494	1.02 (1.00, 1.05)	0.061
CERAD neuritic plaque score	0.86 (0.54, 1.37)	0.525	0.86 (0.54, 1.39)	0.547	1.02 (1.00, 1.05)	0.052

OR: Odds ratio, CI: confidence interval, P: p-value, CERAD: Consortium to Establish a Registry for Alzheimer's Disease. *p<0.05.

Model 1: Adjusted for sex, presence of ApoE £4, and elapsed time between mid-life vascular risk and death (with quadratic term for atherosclerosis and arteriosclerosis).

Model 2: Model 1 additionally adjusted for late-life vascular risk.

Model 3: Adjusted for sex, presence of ApoE ɛ4, and elapsed time between late-life vascular risk and death.

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Final Diagnosis: One 'typical' patient

Definite AD, by any criteria

- High ADNC
- Stage 2 LATE-NC
- Limbic (transitional) Lewy body pathology
- Mild cerebral amyloid angiopathy
- Moderate cerebrovascular disease, non-occlusive
 - Moderate arteriolosclerosis and HTN changes
- Small subdural

Table 3 "ABC" score for level of AD neuropathologic change

AD neuropathologic change		B ^a			
A ^b	C°	0 or 1	2	3	
0	0	Not ^d	Not ^d	No	
1	0 or 1	Low	Low	Lo	
	2 or 3 ^f	Low	Intermediate	Interm	
2	Any C	Low ^g	Intermediate	Interm	
3	0 or 1	Low ^g	Intermediate	Interm	
	2 or 3	Low ⁹	Interme diate	Hi	

NIA-AA Research Framework				
Amyloid	Cerebrospinal fluid A eta 42, or A eta 42/A eta 40 ratio			
(A)	Amyloid-positron emission tomography			
Tau (T)	Cerebrospinal fluid phosphorylated-tau			
	Tau positron emission tomography			
Neuro-	Anatomic MRI			
degener-	Fluorodeoxyglucose-positron emission tomography			
	Cerebrospinal fluid total tau			
Clinical Linkages for Individuals With Symptoms				
A+T+N-	Prodromal Alzheimher's disease/mild cognitive impairment due to Alzheimer's disease			
A+T+N+	Alzheimer's disease dementia (can still be mixed dementia)			
A-T+N-	Cerebrovascular disease, prion disease, early tauopathies			
A-T+N+	Vascular dementia, tauopathies, dementia with Lewy bodies, primary age-related tauopathy			
A-T-N+	Limbic-predominant age-related TDP-43 encepha- lopathy			

Valuable in Differential Diagnosis of Clinical Dementia

Causal or Incidental?

Problem of Missing Pathologies we cannot yet screen for

• For 'Worried Well' and 'Persons with Subjective Cognitive Impairment'

Stigma, Anxiety, Impact on Family

Potentially Unnecessary or Harmful Treatment Changes

• Extrapolating data gathered with old to new criterion based Alzheimer Disease diagnosis

IDEAS Trial: *"In participants who joined the study with MCI and scans revealed amyloid, clinicians were twice as likely to prescribe Alzheimer's drugs (~40% to 80%). Doctors discontinued drugs in some with little amyloid"*

JAMA April, 2019

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What Causes Dementia?

Cog Reserve Indicator: Education + Social

JAMA. doi:10.1001/jama.2019.9879 Published online July 14, 2019.

- Things that injure the brain overcome it's resilience/reserve
 - Neurodegenerative Diseases
 - Vascular Brain Injury
 - Age, inflammation
 - Trauma, stress, infections

rs72824905-G allele in PLCG2

102 year old E4/4 carrier with a protective variant in PLCG2 2 3 8 high 5 ow 10 minutes before 11

Acta Neuropathologica (2019) 138:237–250 https://doi.org/10.1007/s00401-019-02026-8

ORIGINAL PAPER

A nonsynonymous mutation in *PLCG2* reduces the risk of Alzheimer's disease, dementia with Lewy bodies and frontotemporal dementia, and increases the likelihood of longevity

Fig. 1 Association results of rs72824905-G with seven brain diseases and longevity. *P values < 0.05. Numbers (*N*) of cases (patients or long-lived individuals) and controls studied. The figure shows the odds-ratio (box) of the rs72824905-G with the 95% confidence intervals (whiskers)

Protective against all types of dementia and increasing longevity?

1.25

1.5

Association with:	Comparing:	Odds-ratio	P-value		
Parental dementia	16,968 father cases vs. 358,468 father controls +	0.88 [0.81-0.95]	0.0018*		H - H
	32,262 mother cases vs. 346,999 mothers controls				
Parental age >90 years	17,558 father's age =90 years vs. 353,100 father age <90 years +	1.05[0.97-1.13]	0.24		F
	35,256 mother's aged =90 years vs. 342,810 mother's aged <90 years				
Parental age >95 years	3043 father's age =95 years vs. 353,100 father's age <90 years +	1.19 [1.03-1.38]	0.021*		
	7790 mother's aged =95 years vs. 342,810 mother's aged <90 years				
				0.5	0.8

Association results of rs72824905-G with dementia by-proxy and longevity by-proxy analysis in the UK Biobank. *P values < 0.05. The figure shows the odds-ratio (box) of the rs72824905-G with the 95% confidence intervals (whiskers)

A-T-N Based Diagnoses of Clinical Dementia (ADRD)

- Will likely need addition of markers for-
 - Vascular
 - Inflammatory
 - Mitochondrial
 - Genetic (common variants)
 - Genetics (rare variants)
 - Other omic, molecular markers
 - Environmental (built, social, behavioral)
 - Lifestyle (sleep, physical activity, diet)

Avoid the 'peptic ulcer' fallacy

May not be acting through A or T pathways

2019 Alzheimer's Drug Development Pipeline

https://doi.org/10.1016/j.trci.2019.05.008

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How Might we move beyond A-T-N?

Explore, define dementia subtypes in

- International Collaborative Clinical Dementia Registries
- By clinical, imaging, genetic and omic endophenotypes
- Dementia, Cognitive (x-MIND) clinical trial datasets
- Biobanks and Longitudinal Cohorts

Rare Diseases Registry Program (RaDaR) Helps You:

Recognize 'Alzheimer disease' as defined by A+/T+ Is likely only one part of the problem (? 50%) of dementia

Summary: Uses of A-T-N Classification: Research

- Tracking Prevalence of and Prognosis with Biomarkers
 - 'Cerebral Amyloidosis'? 'Alzheimer?'
- Selecting Subjects for and Tracking Response in *Specific* Clinical Trials
- Differential Diagnosis in Persons with Dementia
- Genetics/Biology of Endophenotypes

- Other Markers of Cognitive Decline
- Oldest-Old, Other Race-, Ethnic-, SES groups
- Some Risk Factors not acting through A or T
- Anxiety, Stigma, Costs
- Missing Concomitant Pathology
- Assuming Risk Factors and Treatments Identified with old criteria apply to new
- Opportunity Cost of not finding treatable causal and modifying biology

GOOD

CONCERNING

