

together we are transforming the future of health care



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A lot of us are likely to be a little tired this afternoon after staying up late to watch the Patriots win yet another Super Bowl championship.

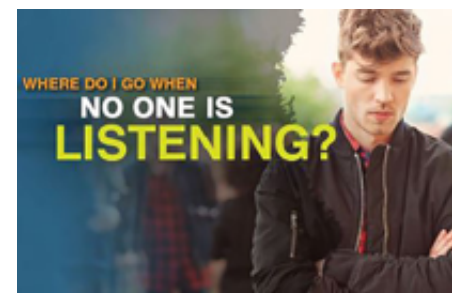
Even those rooting against the home town team have to be impressed, as we all had a chance to watch history in the making. Undoubtedly, the team's success starts with a simple concept of each person doing their job, working collectively towards a common goal. Check out the photos below of so many of our staff decked out in their Pats gear!

The connection of this concept to your efforts over the past few years is not lost on me. And while we may not have our own parade, all of your hard work has without a doubt been critical to our collective success. While many of my updates are focused on the status of the Partners acquisition or our ongoing efforts to improve quality, access, and service (you may have heard that before), it's important that we also continue to showcase the tremendous work being done around the system to provide needed services to the communities we serve.

Starting today, as part of that effort, we are launching a public campaign to promote two of Butler's newest intensive outpatient programs (IOPs), True Self and College Student. The three-month advertising campaign will target young adults, 18 to 26, with a particular focus on local college students and their parents. Elements of the campaign include print, radio, and digital ads as well as RIPTA buses. In conjunction with our outreach to primary care providers and college counselors, we are confident these efforts will help to successfully reach this important population. IOPS take place three hours per day, three or four hours per week, for three or four weeks.

The True Self Intensive Outpatient Program (LGBTQ+) serves individuals ages 18 to 26 years old who identify as gay, lesbian, bisexual, transgender, queer, or questioning, and who seek to address their mental health concerns in an affirming and supportive environment. The program explores the diverse challenges that occur for many young people, with a focus on issues such as family acceptance, limited social support, stigma, and self-acceptance that occur for some in the LGBTQ+ communities.

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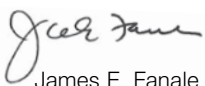
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The College Student Intensive Outpatient Program is designed to meet the specific needs of matriculating college students who are struggling to function in the academic environment due to mood related issues, such as depression and anxiety. The supportive environment empowers young adults to learn how to gain control of their mental health and strive to achieve their personal goals in school.

Both programs are accepting patients through professional or self-referral. For more information, visit butler.org/trueself or butler.org/college.

Congratulations to all those involved with these terrific programs, and thank you all for your hard work and dedication to those we serve.

Sincerely,



James E. Fanale, MD
President and Chief Executive Officer

ConvergenceRI
VIEW THIS WEEK'S EDITION HERE



“Game Changing” New study: Blood test could predict Alzheimer’s 16 years before symptoms appear

The brain damage that leads to Alzheimer’s can be detected with a simple blood test up to 16 years before symptoms appear, according to a study published recently in the journal [Nature Medicine](#) and reported on by [CNN](#), [The Today Show](#), and [USA Today](#). Dr. Stephen Salloway, director of the Memory and Aging Program at Butler Hospital, is among the authors of the paper. The study was conducted through the [Dominantly Inherited Alzheimer’s Network \(DIAN\)](#), an international consortium of researchers investigating the development of genetically inherited Alzheimer’s disease. The Memory and Aging Program is a DIAN member and study site.



“A blood test for Alzheimer’s would be a game-changer with regard to detecting people at risk, so the results of this study mark a major breakthrough in the field,” Dr. Salloway said.

The study measured the levels of a protein in the blood called Neurofilament light chain (NfL), which is an indication of nerve cell loss in the brain. Elevated levels of this protein indicate brain damage. The study showed that a continuing rise in the level of NfL can serve as a biomarker of developing Alzheimer’s disease.

Participants of the DIAN study carry a rare genetic mutation that causes early-onset Alzheimer’s disease. A parent has a 50 percent chance of passing the mutation along to his or her child, and if that occurs the child is very likely to develop dementia around the same age as his or her affected parent did. This provided researchers a timeline in which to study any changes that occur in the brain prior to the development of Alzheimer’s symptoms.

As shared in this [release](#) by the study’s lead research site, the Washington University School of Medicine: “More than 400 people participating in DIAN research sites were included in the study; 247 who carry an early-onset genetic variant and 162 unaffected relatives. Each participant had previously visited a DIAN clinic to give blood, undergo brain scans and complete cognitive tests. Roughly half had been evaluated more than once, typically about two to three years apart.

In those with the faulty gene variant, protein levels were higher at baseline and rose over time. In contrast, protein levels were low and largely steady in people with the healthy form of the gene. This difference was detectable 16 years before cognitive symptoms were expected to arise.” [Read the full release.](#)

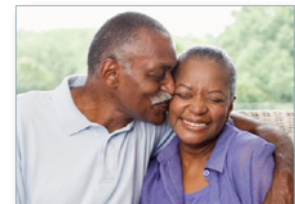
A spike in NfL levels can also be caused by other neurodegenerative conditions such as multiple sclerosis, traumatic brain injury, and stroke, however, so further research will be needed to refine the amount of time that changes in NfL need to be monitored in order to point to an Alzheimer’s diagnosis – but researchers say that that day may not be far off.

The Memory and Aging Program is currently seeking people with normal cognitive function as well as those with mild memory impairment to participate in current and future studies. To learn more, visit butler.org/memory.

KENT HOSPITAL

Kent to hold ribbon cutting for Acute Care for Elders (ACE) inpatient unit

Kent Hospital will hold a ribbon cutting ceremony for its new Acute Care for Elders (ACE) Inpatient Unit on **Thursday, February 7 at 11 a.m.** Kent staff from across campus are invited to join us at 4 North West to celebrate this opening. The event will feature a short speaking program, and refreshments will be served.



The 10-bed ACE Unit is a specialized inpatient service in Care New England’s comprehensive Older Adults Program, meant to diagnose, treat, and manage many of the specific issues that are impacting the health and quality of life for our community’s aging population. Kent Hospital’s ACE Unit includes a broad interdisciplinary team of hospitalists, social workers, pharmacists, occupational and physical therapists, nurses, and geriatric medicine specialists.

For more information about the Kent’s new ACE Unit, please visit kentri.org/geriatrics.



Congratulations! Pharmacist Lacey Segal honored

Congratulations to Women & Infants pharmacist Lacey Segal, PharmD, who earned the Bill Pires New Practitioner Award from the Rhode Island Society of Health System Pharmacists (RIHSP). This award is given to a RISHP pharmacist with less than five years of service in health system pharmacy practice who demonstrates professionalism and an interest in expanding the role of the pharmacist in patient care.

Take the first Healthy Steps™

Whether you have been struggling with being overweight for many years, have recently gained weight, or have a child who has been struggling with weight problems, we are here to help – all at **NO COST*** to you and your family. All benefit-eligible employees in the Care New England Health System, their spouses, and their dependents (14 years+) who qualify are able to participate in the Healthy Steps™ program, even if they have done so in the past. To qualify, participants BMI must be above 25 or have a medical condition documented by your physician.



The Healthy Steps program includes:

- Weekly check-in meetings with a registered dietitian or exercise physiologist at our CNE Wellness Center in Warwick.
- 12-week Healthtrax Fitness Center membership in Warwick or East Providence (only one complimentary membership to Healthtrax in a lifetime).
- Five fitness coaching sessions introducing you to the cardiovascular and strength training equipment inside the center.

All you have to do to get started is pick up the phone and make an appointment, call (401) 732-3066. Take that first step!

**\$50 initial fee; once the program is completed the \$50 fee will be refunded.* 