

**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:

9:45am – 11:15am ET

9:45 – 9:50am Topic and Speaker Introductions

9:50 – 10:05am Aging immune system

10:05–10:20am Peripheral markers in brain immunity

10:20–10:35am Dysregulation of genome

10:35–10:50am Pace of aging and timing of disease onset

10:50–11:15am Moderated discussion on gaps and future directions

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

11:35–11:50am Hearing and vision impairments

11:50 – 12:05pm Oxidative stress and metabolism

12:05 – 12:20pm Vascular risk factors and biomarkers

12:20 – 12:35pm Metabolic shifts: NAD⁺, menopause, mitochondrial failure, insulin resistance

12:35 – 1:00pm Moderated discussion on gaps and future directions

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:

2:15pm – 4:15pm ET

2:15pm – 2:20pm Topic and Speaker Introductions

2:20pm – 2:35pm Diagnostics and risk prediction

2:35pm – 2:50pm	Considerations of implementing lifestyle interventions in MCC and special populations
2:50pm – 3:05pm	Ethical issues raised by new tests and treatments
3:05pm – 3:20pm	New generation AD and other treatments in the setting of MCCs
3:20pm – 3:35pm	Improving access to diagnosis and treatment in communities and special populations
3:50pm – 4:15pm	Moderated discussion on gaps and future directions

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:

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

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

AFTERNOON SESSION FOR RISING STARS

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

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 practical feedback using a structured “wise crowds” format.• 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	<i>All</i>
2:00 – 3:00pm	“Write a Compelling Grant” – Panel Discussion	<i>All</i>
3:00 – 3:30pm	Evaluations, Action Item postcards, Adjourn	<i>All</i>

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

Funding for this conference was made possible, in part by 1U24AG082930-02 and 1R13AG089934-01 from the National Institute on Aging. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention by trade names, commercial practices, or organizations imply endorsement by the U.S. Government.