

AWARENOW

ISSUE 08

THE AWARENESS TIES™ OFFICIAL MAGAZINE FOR CAUSES

MATTERS OF THE MIND

DR. NICOLAS BAZAN (ON THE COVER)

A NEW FINDING, A NEW HOPE
FOR ALZHEIMER'S DISEASE

REAL ROYALTY

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WHOLE HEALING

ARIELLE CAPUTO

THE LIFE EDITION

CONFRONTING & OVERCOMING LIFE'S OBSTACLES

LSU Health New Orleans



Every 68 seconds someone in the US develops Alzheimer's.

This is why every second in our lab spent to find a cure counts.



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An Exceptional Excerpt

In this month's edition of *AwareNow*, we explore the many obstacles life brings. Through exclusive interviews and personal stories we find how to confront and overcome them. This issue's focus is on Alzheimer's Awareness and Suicide Prevention.

What follows is the excerpt from this issue featuring Dr. Nicolas Bazan, world-renowned scientist and recently named the Awareness Ties 'Official Ambassador for Alzheimer's Awareness'.

*AwareNow*TM is a monthly publication produced by Awareness TiesTM in partnership with IssuuTM. Awareness Ties as the 'Official Symbol of Support for Causes', is changing the way causes are supported with a tie that raises both awareness and funds. We raise awareness with national campaigns and funds with local events and online fundraisers.



ALLIÉ MCGUIRE

Editor In Chief & Co-Founder of Awareness Ties

Allié is a Taurus. She started her career in performance poetry, then switched gears to wine where she made a name for herself as an online wine personality and content producer. She then focused on original content production under her own label *The Allié Way*TM before marrying the love of her life (Jack) and switching gears yet again to pursue a higher calling to raise awareness and funds for causes with Awareness TiesTM.

Connect with Allié on LinkedIn: www.linkedin.com/in/alliemerrick

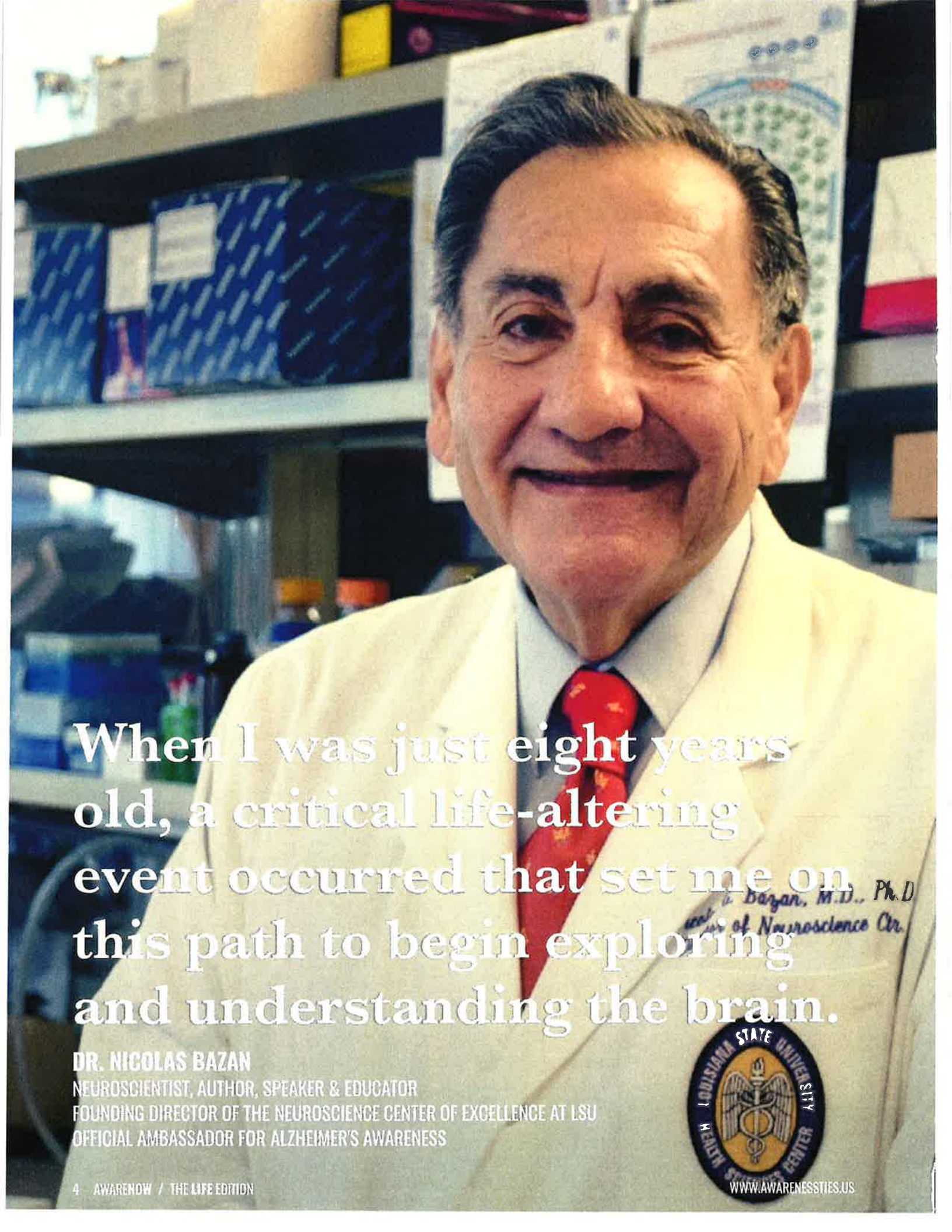


JACK MCGUIRE

Production Manager & Co-Founder of Awareness Ties

Jack is a Gemini. He got his start in the Navy before his acting and modeling career. Jack then got into hospitality, focusing on excellence in service and efficiency in operations and management. After establishing himself with years of experience in the F&B industry, he sought to establish something different... something that would allow him to serve others in a greater way. With his wife (Allié), Awareness TiesTM was born.

Connect with Jack on LinkedIn: www.linkedin.com/in/jack-mcguire-609339186



When I was just eight years old, a critical life-altering event occurred that set me on this path to begin exploring and understanding the brain.

DR. NICOLAS BAZAN

NEUROSCIENTIST, AUTHOR, SPEAKER & EDUCATOR

FOUNDING DIRECTOR OF THE NEUROSCIENCE CENTER OF EXCELLENCE AT LSU

OFFICIAL AMBASSADOR FOR ALZHEIMER'S AWARENESS



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EXCLUSIVE INTERVIEW WITH DR. NICOLAS BAZAN

MATTERS OF THE MIND

A NEW FINDING AND A NEW HOPE FOR ALZHEIMER'S

"In this special edition of AwareNow Magazine, I am beyond honored to announce Dr. Nicolas Bazan as the Awareness Ties Official Ambassador for Alzheimer's Awareness. A world renowned neuroscientist, Dr. Bazan has been conducting research to better understand the mind for years. As the Director of the LSU Neuroscience Center of Excellence, he and his team continue to make new discoveries that provide new hope for Alzheimer's." - Allié M.

Allié: We're all tied to a cause. Alzheimer's is yours.

Will you share with us the story of your aunt that ties you to this cause?

Dr. Bazan: **When I was just eight years old, a critical life-altering event occurred that set me on this path to begin exploring and understanding the brain. In my novel, *Una Vida: A Fable of Music and the Mind* (21), I describe this early experience through the fictional character, Dr. Alvaro Cruz:**

"...at eight, the course of his life was set when he witnessed his aunt having a grand mal seizure. They were in Salta, on the way to his piano teacher's house...His aunt began to convulse violently, then fell with a thud onto the muddy cobblestone street. Young Cruz watched in fascinated horror, as though from a great distance that grew greater each moment, as her body flailed like a chicken whose neck had just been wrung. Her feet were shaking as though someone were choking her; she was clawing for her life...there in the sweltering street, he somehow understood that the brain held all the power."

While Dr. Alvaro Cruz is fictional, this event was very real and led to my decision to go to medical school in Argentina in order to focus on the brain. Specifically, I wanted to understand why certain brains, such as my Aunt Tita's, deviated from others and what I could do to help these patients. These riddles took over my curious mind, and I resolved to chart the maze of the brain and to find the key to unlocking the many mysteries held within this organ. My ongoing quest in biology and medicine is, in a way, a response to a major challenge facing civilization: the growing incidence in the loss of cognition in neurodegenerative diseases as increased life expectancy occurs.



Nicolas Bazan is a man driven by his life's many passions including a thirst for knowledge about the human mind and eyes, and a hunger for great food and fine music. Born in the tiny town of Los Sarmientos in Tucuman, Argentina, Nicolas Bazan's defining moment was witnessing an aunt suffer a seizure while walking him to a music lesson when he was a young boy, putting him on the path to becoming one of the world's premier neuroscientists.

Available on Amazon.

NEW DISCOVERIES FOR NEW HOPE

AN EXCLUSIVE INTERVIEW WITH DR. NICOLAS BAZAN



Allié: Dr. Bazan you have dedicated your career to finding a cure of Alzheimer's disease. Are we almost there? Is there a cure in sight? Please tell us about your latest research.

Dr. Bazan: **Our work aims to define early cellular and molecular events of Alzheimer's disease onset and progression, and a central theme aims to gain insight into mechanisms that could contribute to prevent, ameliorate, and eventually cure Alzheimer's disease. A common thread of concepts includes synaptic/neuronal damage, essential fatty acids, and cell survival signaling.**

We discovered cellular and molecular principles that reveal novel pro-homeostatic mediators relevant to counteract onset/early stages and progression of neurodegenerative diseases. These novel mechanisms and mediators are relevant to Alzheimer's disease, experimental stroke, experimental epilepsy, Parkinson's disease, traumatic brain injury, and age-related macular degeneration. Our finding that elovanoids (ELVs) downregulate senescence-associated secretory phenotype (SASP) secretome and senescence gene program upon oligomeric Amyloid- β peptide challenge offers a new mechanism related to counteracting age-related cellular changes. The senomorphic actions of ELVs suggest that these lipid mediators may be critical to preventing loss of function associated with aging, age-related pathologies, and Alzheimer's disease. A challenge of civilization is to slow down age-related decline and to be able to maintain quality of life, successful aging if you will. Overall, we hope to apply this knowledge to prevent Alzheimer's disease and other related neurodegenerative disease. ELVs foster repair, remodeling and regeneration and provide a potential avenue to fulfill that hope.

Currently, we are beginning to apply our discoveries in the form of patents exclusively licensed from Louisiana State University Health New Orleans in a startup company that I co-founded called NeuResto Therapeutics, LLC for novel discoveries for Alzheimer's disease as well as Parkinson's disease, retinal degenerations, stroke, traumatic brain injury, and other brain and retina diseases (www.neuresto.com).

“We uncovered here mechanisms of protection relevant to age-related macular degeneration and Alzheimer's disease.”

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www.pnas.org/content/116/48/24317

Allié: Science isn't your only contribution to Alzheimer's. You also wrote a novel, entitled 'Una Vida', that was then adapted to a film, 'Of Mind and Music'. For those who haven't yet had the pleasure of experiencing either, please tell us about the story. What is it that you want readers/viewers to take away from it?

Dr. Bazan: **"Una Vida: A Fable of Music and the Mind"** is a loosely autobiographical but ultimately fictional novel exploring neuroscientist, Alvaro Cruz's lifelong intellectual quest and exploration for a better understanding of the deep beauty and complexity of the human experience. The catalyst for this search is through Cruz's encounters with Una Vida, a New Orleans street singer who is losing her memory from Alzheimer's disease. Music, in particular, provides a path for victims of this disease to be reached and therein lies a key to better understanding and treatment of the disease. Ultimately, a scientist must reach beyond what we know, confront his helplessness in the face of such a disease, and looks for alternatives that have been overlooked.

The novel was later produced as the award-winning feature film **"Of Mind and Music"** starring the well-known Portuguese-American actor, Joaquim de Almeida, as Alvaro Cruz, as well as actors Aunjanue Ellis and Bill Cobbs. The film really brings the story to life visually with New Orleans as the backdrop as well as its infamous jazz music.

To learn more about Dr. Nicolas Bazan, visit www.awarenessties.us/nicolasbazan.

To support Alzheimer's disease research by Dr. Nicolas Bazan, please send your contribution to LSU Health Foundation, New Orleans: 2000 Tulane Ave, 4th Floor, New Orleans, LA 70112 – indicate on the memo line of your check: Dr. Nicolas Bazan, Alzheimer's Research Fund (You are welcome to copy Dr. Bazan at nbazan@lsuhsc.edu).

OF MIND AND MUSIC

THE OFFICIAL TRAILER



SCAN TO PLAY ▶
WITH YOUR CAMERA APP,
FOCUS ON THE CODE TO THE LEFT.

▶ 🔊 1:51 / 2:32





WE'RE ALL TIED TO A CAUSE.
WHAT'S YOURS?
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