

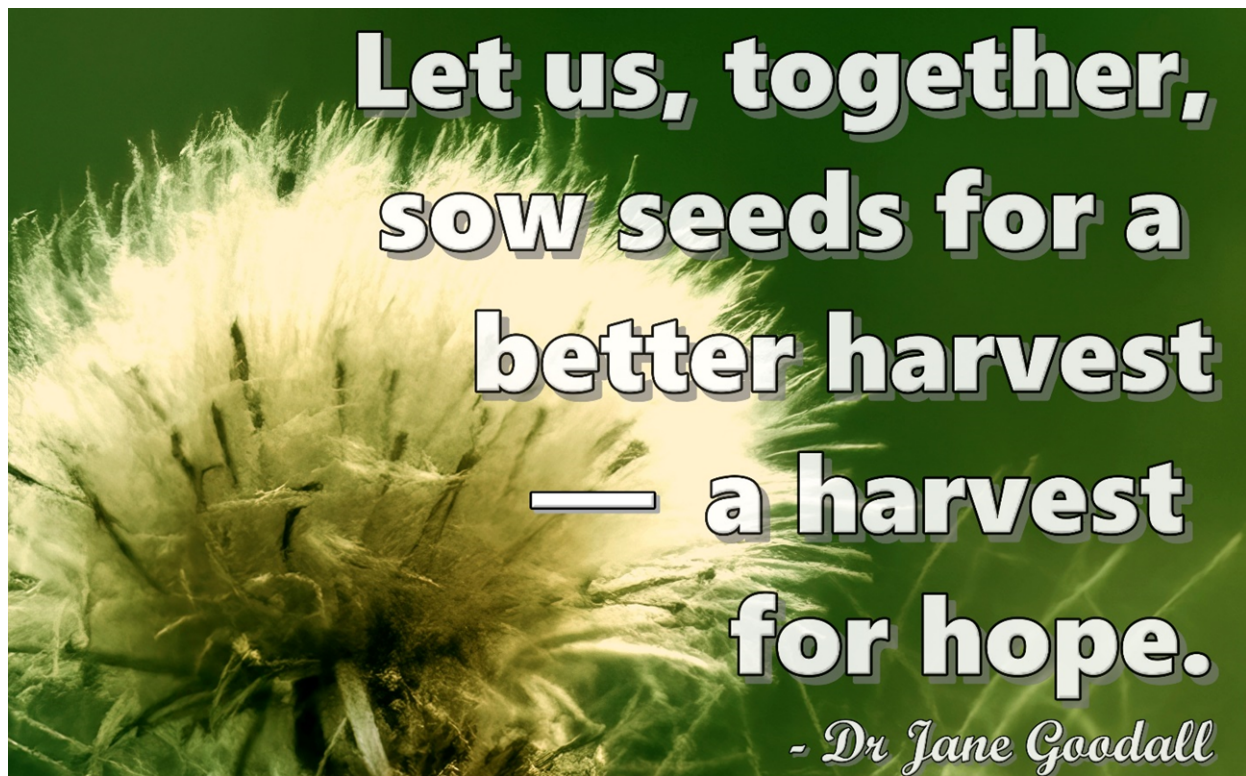


ApoE4.Info

Annual Report

2022

ApoE4.Info, Inc. concluded our eighth year leading, serving, and strengthening understanding of the ApoE ϵ 4 allele. As carriers of the gene most closely related to the common form of Alzheimer's, we earnestly take on our role as the voice of those at risk. We continued to evolve our services to best meet the needs of our members, we actively worked with the research community searching for strategies to mitigate the effects of ApoE4, and we continue to educate the public at large by leading an advocacy movement for our population.



A word from our President

Greetings friends,

While 2022 quietly ushered in a post-pandemic “new normal”, it also brought a series of personal challenges for me that brought home the struggle that all ApoE4 carriers face — *the constant juggle between self-care and caregiving*. Because of our higher risk for dementias and heart disease, the vast majority of us do our best to optimize our own health while also caring for our loved ones who’ve already been affected.

In an effort to heal my immune system from the effects of mold, my husband and I made the heartbreaking decision to leave our home and belongings to relocate this past summer — only to have our new “mold-free” home flood twice in six months! As you might imagine, maintaining my brain-healthy lifestyle has been very difficult without a safe place to call home. Added to that challenge has been the doubling of my caregiving responsibilities. While I’ve long been the primary caretaker for my beloved uncle in the late stages of Alzheimer’s, I’m now also caring for my 84-year old mother who suffered a devastating hemorrhagic stroke during the Thanksgiving holiday, likely due to cerebral amyloid angiopathy (CAA) which inordinately affects ApoE4 carriers. Her tragedy has inspired me to spread awareness about CAA in an effort to protect all ApoE4 carriers. See [CAA: Notes from the Frontlines](#) for a list of strategies to protect



ApoE4.Info is a 501(c)(3) tax-exempt public charity

Our Mission:

ApoE4.info, Inc. is dedicated to understanding the APOE-ε4 allele and how it affects health. We do this by:

- *providing basic information about the APOE-ε4 allele*
- *running active forums and a Facebook page*
- *supporting APOE-ε4 carriers and their loved ones*
- *acting as a contact point for anyone interested in the APOE-ε4 allele*
- *exploring ways to mitigate Alzheimer’s, cardiovascular, and other diseases to which carriers are more susceptible*
- *connecting researchers and carriers of the allele*
- *organizing ongoing APOE-ε4 meetups*
- *working with the media to inform and educate health professionals and the public about the APOE-ε4 allele and strategies to prevent or delay onset of cognitive decline*

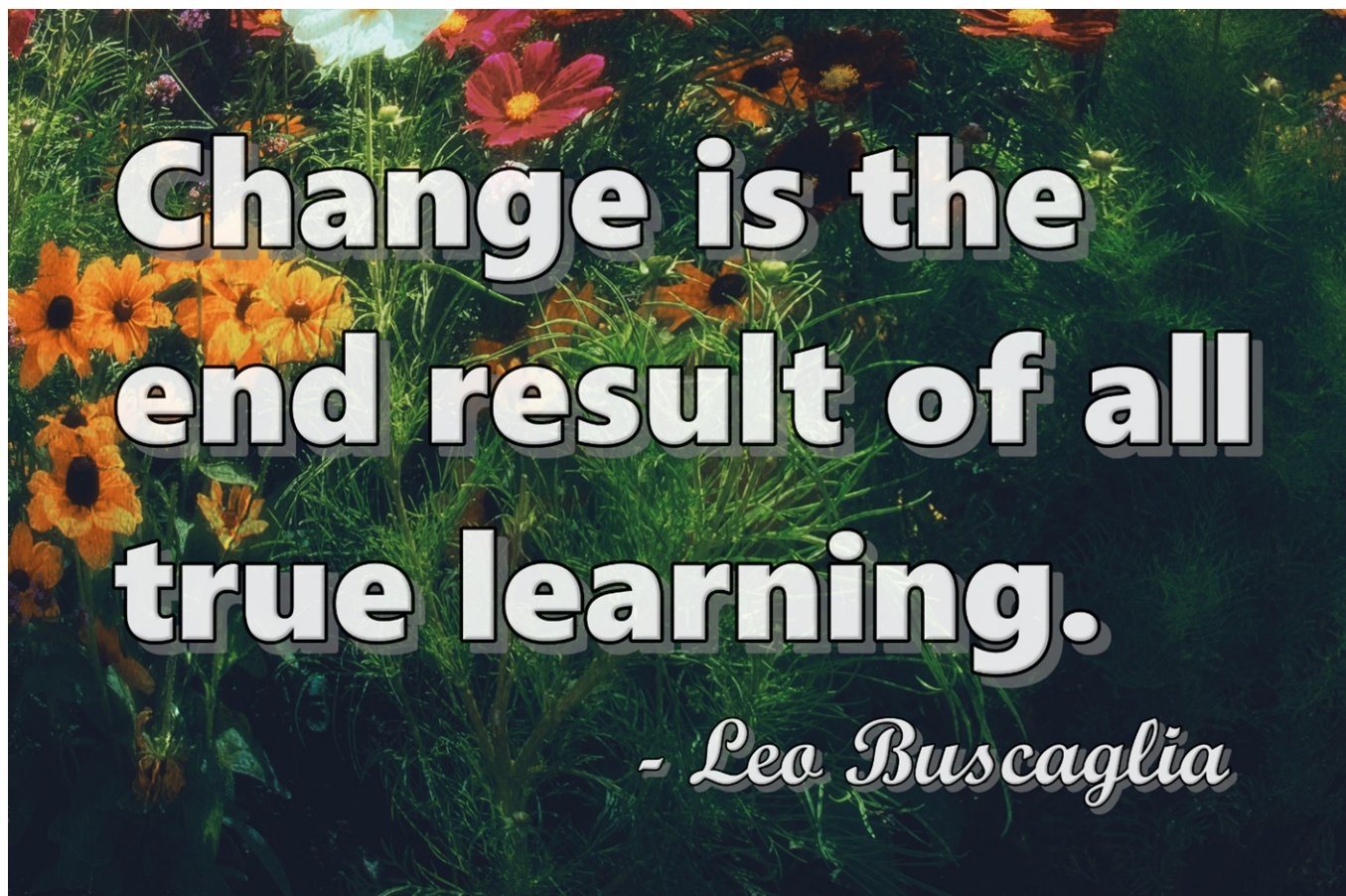
yourself from this devastating condition that many ApoE4 carriers may have without even being aware.

I’ve slowly watched my uncle decline but have been stunned at the ferocity of my mother’s decline. She went from very mild cognitive impairment to not being able to name her children with a single event. With rehabilitation and supportive therapies, she’s slowly been able to improve. I’ve been blessed to be able to support her during this critical time as she re-learns how to speak, to read, to care for herself, etc. While I’m struggling to find balance between caregiving and caring for myself, the suffering of my family members hardens my resolve to do my best to avoid succumbing as they have. I see so many of you, facing that same daunting balancing act with such bravery and grace.



Despite my personal challenges, I remain full of hope for our community because of all that we've learned together. Ten years ago, when I was experiencing symptoms of cognitive decline, I was told there was no hope. Now, through our own experimentation substantiated by Dr. Bredeesen's 2022 clinical trial

publication, [Precision Medicine Approach to Alzheimer's Disease: Successful Pilot Project](#), we have a path to prevent and even reverse Alzheimer's disease in the early stages. In addition, we have a courageous subset of members, who've enrolled in a variety of clinical trials to test the efficacy of pharmaceutical interventions, including lecanamab. These members are generously sharing their experiences along the way. We're very proud to continue to announce clinical trial opportunities and to support our members who are contributing to this scientific endeavor. All who participate are bravely adding to our knowledge base and increasing our opportunity for a future free from disease. Through our N=1s (testing diet, lifestyle, and supplement combinations) and our clinical trial participation, we are working together to forge a disease-free path for the ApoE4 generations to follow us.

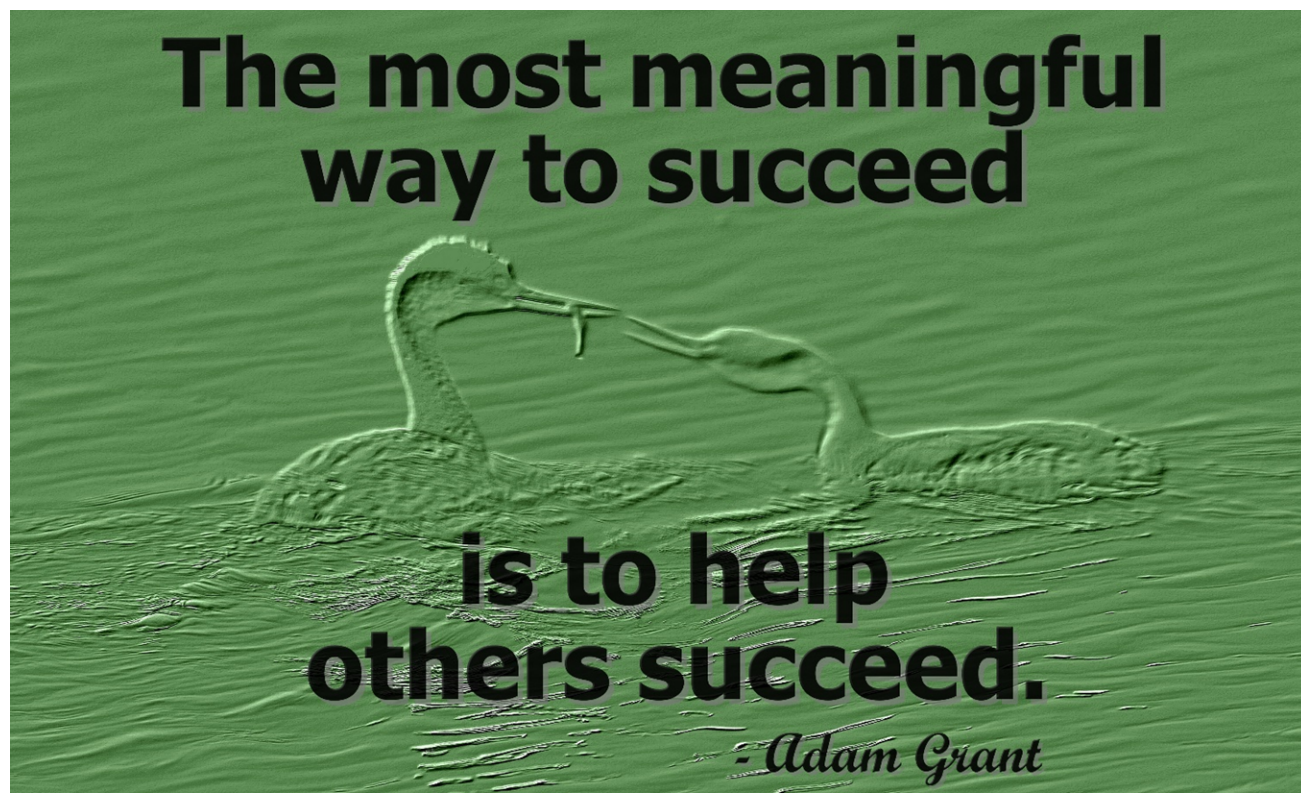


I remain committed to better identifying the various biomarkers that signal a shift away from wellness for our community, before actual disease sets in. By proactively addressing these emerging targets as early as possible, we may be able to extend our healthspans and avoid the diseases associated with our high risk allele. This is the ultimate goal of our community research project entitled MOD4, short for Metabolomics, Open-Access, Dataset for, ApoE4.Info. Managed by **efcole** (Emily Cole, Ph.D., academic researcher), MOD4 invites members to engage in self-directed research by using metabolomic testing to evaluate how specific strategies affect their health and cognition at a cellular level. We warmly welcome members to learn more and to participate in [MOD4](#) as we develop the project further in the coming year.

ApoE4.Info continues to expand our educational outreach with our Facebook page. Under the management of **TheresaB**, in 2022 we featured over 1,000 ApoE4-specific educational posts, with an increased average reach of almost 800 views per post. One post, encouraging a broadened

perspective on Alzheimer's research, reached over 7,000 views demonstrating our ability to influence the public at large with our message. Continuing her educational role, **TheresaB**, also oversaw our wiki page, personally authoring two new articles last year. Many members of our community made updates and revisions to the wiki; **MarcR** added a new section on ApoE4 Aware Care Facilities and **NF52** added additional links to learn about clinical trials.

I'm deeply grateful to **NF52** and 2021/2022 intern **ro.oconnor** for generously sharing their ApoE4 insights with the Congressionally Directed Medical Research Program (CDMRP), a division of the Department of Defense, by participating in a total of three peer-review panels as consumer reviewers of grant applications for Alzheimer's, traumatic brain injury, and psychological health research to help determine how \$190 million will be allocated. Our members join diverse consumer voices to make recommendations for research priorities and ethical study practices improving the lives of at-risk service members and their families.



Because I keenly remember the fear of newly learning about my ApoE4 status, I'm so grateful to **JML** and **NF52** for overseeing our all-volunteer senior support staff and rotating group of Functional Medicine Coaching Academy (FMCA) interns to assist our members. Many people come to our website feeling uncertain and frightened. Our senior support staff and knowledgeable interns ensure that no new member feels alone in their ApoE4 journey. They warmly welcome each member, share educational resources, and offer support. **JML** and **NF52** recruit, train, and manage this rotating team and maintain our wiki list of ApoE4-aware health coaches and practitioners.

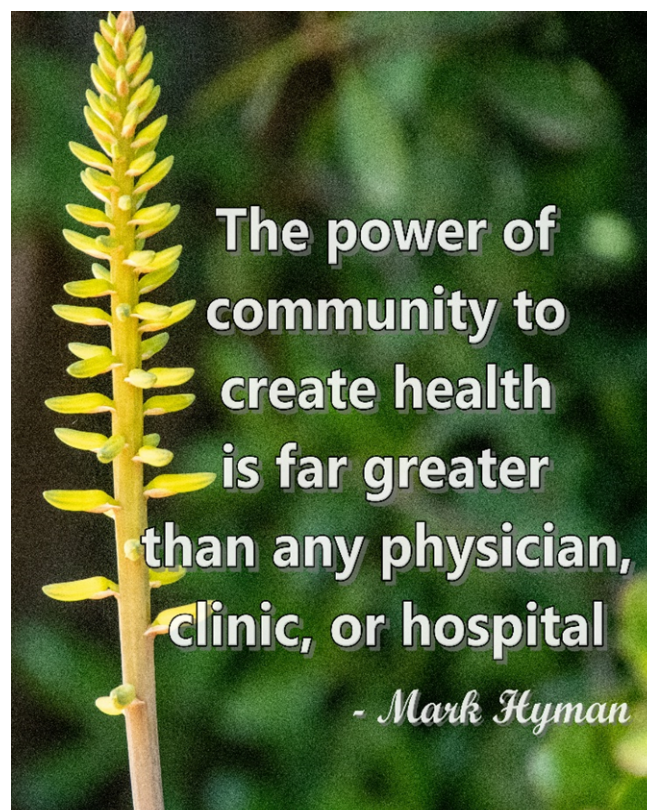
I continue to share lessons learned from the ApoE4.Info community with the broader Alzheimer's community through my consulting role with Apollo Health, where I serve as their Chief health Liaison. I'm honored to work closely with Dr. Bredesen, to help translate his scientific research into clinical practice. I work closely with their medical, coaching, and software teams to create and disseminate educational information for participants and practitioners. I continue to broaden my educational outreach by joining Dr. Bredesen for [Facebook Lives](#), where we discuss Alzheimer's-specific topics and often host subject matter experts. I also contribute a monthly [blog](#) featuring many topics of interest for ApoE4 carriers. This year I was honored to be featured as a speaker for Dr. Heather Sandison's Reverse Alzheimer's 2.0 Summit, spreading my personal story of recovery from cognitive decline and the vital role that the ApoE4.Info played in my recovery.

We continued to deepen our community ties with our vibrant book club organized by ReCODE 2.0 certified health coach **JML**. The group was initially focused on Dr. Bredesen's "The End of Alzheimer's Program," but has become more of an ApoE4.Info support group. We regularly have dozens of members attend, each sharing their personal journeys and educating everyone along the way. All are welcome to attend; see details [here](#).

I end this year as I always do by expressing my gratitude to every single member of our community. Because of my personal struggles, I've been unable to spend as much time with the group as I would like, and I recognize how many of you stepped up to fill my gap. We are a team, a family, a community and I've never felt your support more than I have this past year. Enormous thanks to our volunteers and donors, who make our work possible; to our devoted board of directors, comprised of Theresa Braymer, vice president; Marc Rouleau, treasurer; George Newman, secretary; and Emily Cole, Ph.D., director, upon whose advice and counsel I rely. We are an all-volunteer community funded solely by your donations, and I'm humbled by your generosity. Let's keep moving towards greater understanding of the ApoE4 gene so that we, our siblings, and our children can enjoy robust health free of dementia and cardiovascular disease.

With love,

Julie



Financials

Our work wouldn't be possible without the many hours provided by our volunteers, but we still have expenses. We greatly appreciate your generous donations that enable us to meet our current operational expenses and that will enable us to fund future research opportunities, including our MOD4 project.

This past year, the majority of our expenses went towards maintaining our non-profit, our website, and Zoom teleconferencing platform to support our virtual meet-ups and community-wide communications.

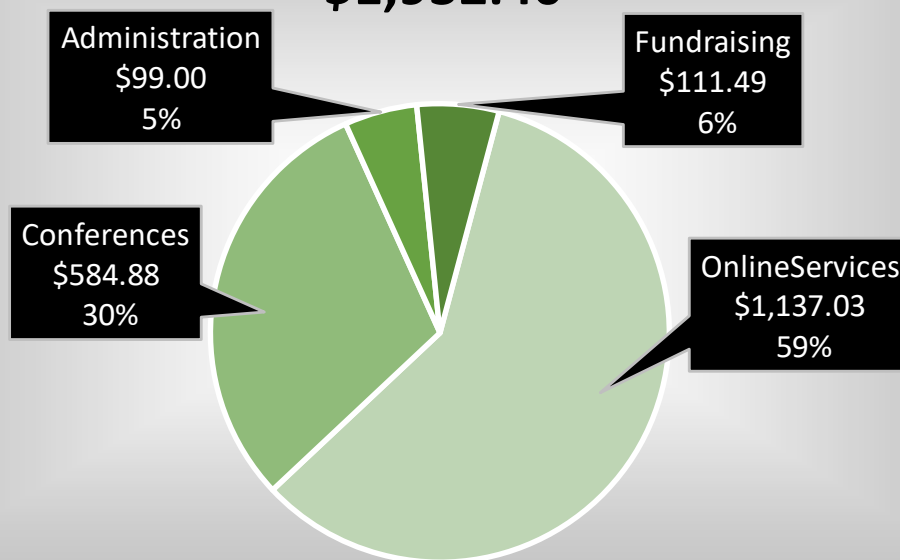
"Alone we can do so little; together we can do so much."

-Helen Keller

2022 Contributions by Type

Amazon Smile	\$296.49
Facebook	\$2,000.00
Forum	\$6,820.00
Other	\$3,568.00
Total:	\$12,684.49

2022 Functional Expenses \$1,932.40



	OnlineServices	Conferences	Administration	Fundraising	TOTAL
Business Registration Fees	0.00	0.00	99.00	0.00	99.00
PayPal Fees	0.00	0.00	0.00	111.49	111.49
Telecommunications, hosting	29.17	584.88	0.00	0.00	614.05
Software	607.86	0.00	0.00	0.00	607.86
Honoraria	500.00	0.00	0.00	0.00	500.00
TOTAL	1,137.03	584.88	99.00	111.49	1,932.40

INCOME AND EXPENSE	
Income	
Corporate Contributions	\$296.49
Individual, Business Contributions	\$12,388.00
Dividend, interest	\$773.83
Other asset sales	(\$6,392.28)
Total Income	\$7,066.04
Expense	
Business Registration Fees	\$99.00
PayPal Fees (donation processing)	\$111.49
Telecommunications, hosting	\$614.05
Software	\$607.86
Honoraria	\$500.00
Total Expense	\$1,932.40
Net Income	\$5,133.64

