



# ApoE4.Info

## Annual Report

### 2020

ApoE4.Info, Inc. concluded our sixth year leading, serving, and strengthening understanding of the ApoE4 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

Hello friends-

What a year! 2020 has offered unprecedented challenges with the global pandemic that has completely overturned our lives, *but we were ready*. As a community, the vast majority of our members had been inadvertently preparing for the challenge by optimizing metabolic health and actively working to upregulate our immune systems through diet, lifestyle and supplement strategies all of which offered a level of protection against COVID-19. Indeed, the risk factors that lead to severe complications with the SARS-CoV-2 virus are almost identical to those that lead to Alzheimer's disease — underscoring the vital nature of our project.

Every member of our community has been personally touched by this virus, some even losing family members. Many of us have been separated from our loved ones suffering with Alzheimer's as care facilities throughout our country and the entire world have been locked down. My son, with a history of exercise induced asthma, had a severe case that was terrifying to witness from afar. He's now left with lingering costochondritis from weeks of struggling to breathe. Yet, I recognize that he's among the lucky ones. I extend my condolences to all who've experienced loss. I mourn with you and yearn for a better tomorrow.

***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*

**You can't always choose  
the music life plays for us,  
but we can choose  
how we dance to it.**





Despite the challenges we've weathered, I remain full of hope for our community because of all we've learned together. When I first learned of my ApoE4 homozygote status almost nine years ago, I was terrified as I was already exhibiting symptoms of cognitive decline. At that time, there was very little known about how we could mitigate the risk associated with the ApoE4 allele. In fact, I was told that Alzheimer's couldn't be prevented, was untreatable, incurable, progressive and fatal. When I asked my neurologist for specific strategies I could use to improve my cognition, the best he could offer was "Good luck with that." I refused to believe it. I instinctively knew that there was something we could do. Many of you shared that same quest for information. That sense of purpose brought us together on the 23andMe forums where we began searching for answers and later led us to create our own non-profit and [website](#) where we could better focus our efforts. By working together, we are not only making progress, but we are sharing what we've learned with the world.

Over the past several years, I've been honored to work with Dale Bredesen, MD, the founding President and CEO, professor Emeritus at the Buck Institute for Research on Aging, and his integrative physician wife, Aida Lasheen Bredesen, MD to write the "The End of Alzheimer's Program," which was published in August of this year. This NYT bestseller builds on Dr. Bredesen's first book by offering updates to his science and it features a distillation of our community's collective knowledge which comprises the "handbook" portion of the book—offering specific instructions for diet and lifestyle strategies to both prevent and mitigate symptoms of cognitive decline. Dr. Bredesen very kindly dedicated the book to our community acknowledging our contributions.

*"This book is dedicated to Julie G. and the 3,000+ members of ApoE4.Info, who embrace the twenty-first-century approach to health and are together offering hope to the more than one billion people at high risk for Alzheimer's disease worldwide."*



Along with the entire Alzheimer's community, I eagerly await the results of Dr. Bredesen's first clinical trial (that persevered despite the pandemic) and puts many of the diet and lifestyle strategies used by our community to the test. The trial was completed in December of this year. Pre-publication results should be available in the coming months. There are already plans underway for a larger clinical trial to begin in 2021.

I've continued my work as an independent contractor, serving as the chief health liaison for [Apollo Health](#), where I serve as a part of their medical team, helping to translate Dr. Bredesen's science into clinical practice and then working with the software team to turn that information into health content for subscribers. My contributions to the book and Apollo Health have sprung from my own health journey and experimentation, but also to a large extent, from the combined knowledge of our vibrant community.

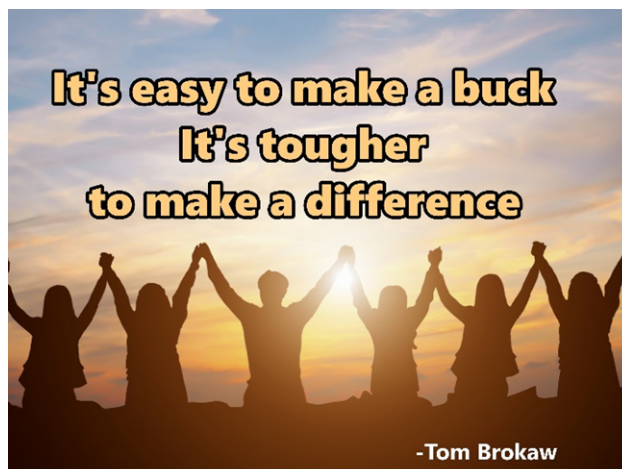
Tragically, the pandemic has also slowed Alzheimer's research around the globe. While we stayed in touch with many researchers who've kept us abreast of their work, we weren't able to recruit for studies as we normally do. Our community project to create an opportunity to share information we've collected with the research community was also delayed.

Huge thanks to **MarcR** and **efcole** (Emily Cole, PhD, academic researcher) for continuing to work behind the scenes with Prodrôme Sciences to create our longitudinal open-access dataset in which we plan to share our anthropometrics, multiple biomarkers including metabolomics, with periodic cognitive testing along with a description of our diets and lifestyle strategies. This framework will provide an opportunity for participants to conduct self-directed or “action” research (where patients and researchers authentically work together) that will not only inform themselves about how specific strategies affect their health and cognition, but also our community, and the broader scientific community. The metabolomic portion will provide an opportunity for us all to see how specific strategies are affecting us at a cellular level. We hope to share more information about this project in the coming year.

ApoE4.Info continues to expand our educational outreach with the launch of a podcast focused on identifying thought leaders who have information that is important to our community. We’ve produced several episodes, featuring Terry Wahls, MD who’s successfully battling progressive multiple sclerosis with a program very similar to that used by members of our community and Dayan Goodenowe, PhD, an expert on the biochemical basis of neurological diseases who’s uncovered the important role that plasmalogens play in optimizing health and offering neuroprotection.

Our educational mission continues with our [Facebook page](#), largely managed by Theresa, who’s helped to expand our page followers to over 4,000 from over 44 countries. Over the past year, we’ve shared over 1,000 educational posts on our Facebook page, some reaching over 2,000 people.

Theresa, along with members **Bloomagain**, **Circular**, **Floramaria**, **JML**, **Liebe.wissen**, **MarcR**, **Nf52** have also continued to build our [wiki page](#), researching and writing novel content—providing ApoE4 specific information for our community and beyond.



Additionally, I’ve teamed up with Dr. Bredesen on [his Facebook page](#) to conduct bi-weekly Facebook live sessions to more broadly disseminate his approach along with the combined wisdom of our community reaching thousands of viewers with each session. We’ve covered a multitude of topics including optimizing diet, exercise, sleep, and stress management for neuroprotection as well as using technology to “quantify self” to help hone the protocol. Each session has culminated in an informative broad-based Q & A session with our viewers.

One of our projects that I’m most proud of, however, is our partnership with the Functional Medicine Coaching Academy (FMCA). We continue to manage a rotating group of FMCA certified health coaches, who are working as interns on our forum. Along with our senior support staff, they greet and offer support to every new member. Each of our interns has also completed the *Reversing Cognitive Decline* advanced certificate previously offered by the Institute for Functional Medicine. They are available to work with any member who feels the need for one-on-one support. I’m very grateful to our all-volunteer team—the interns and senior staff—who welcome new members and the 2020 leadership team comprised of **JML**, and **Nf52**, who’ve helped to recruit, train, and manage the team as well as maintain our wiki list of ApoE4-aware health coaches and practitioners to serve as a resource to our members.

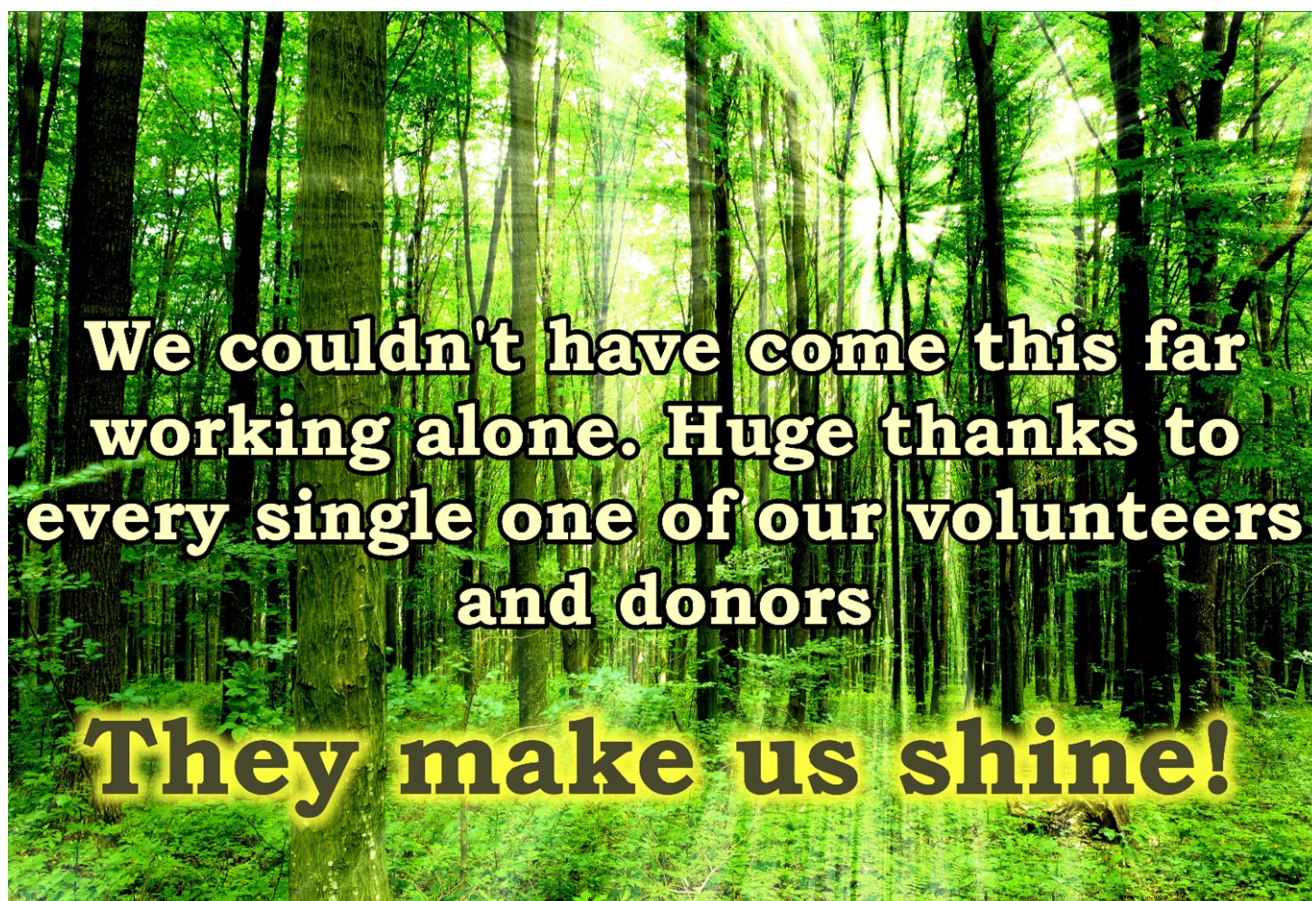


We've continued to deepen community ties by creating opportunities for our members to gather around topics of interest with our Meet-Up forum. Because of the global pandemic, we've been largely restricted to virtual gatherings this year with topics ranging from qi-gong instruction offered by **Floramaria**, to a virtual guided mindfulness meditation session, coordinated by **shacherry**, and a vibrant book club focused on discussing The "End of Alzheimer's Program," organized by **JML**.

I begin this new year full of hope for a better tomorrow and so grateful for each of you. By sharing both your knowledge and health journeys, we've created our community—our family—that has led to a meaningful connection and advancement of our understanding of how ApoE4 impacts our health.

We couldn't have come this far working alone. Huge thanks to every single one of our volunteers and donors especially our tireless board of directors comprised of Theresa Braymer, vice president; Marc Rouleau, treasurer; George Newman, secretary; and Andrea Steinberg, M.D., director upon whose advice and counsel I continue to lean on. We are an all-volunteer community run solely by your donations. I'm continually 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.

Gratefully,  
Julie Gregory, President



## Financials

We are an all-volunteer organization. Our work and the subsequent HOPE we provide, wouldn't be possible without the many hours provided by our volunteers. But we still have expenses and greatly appreciate all monetary contributions to meet our current expenses and to fund future plans and research opportunities.

This past year the majority of our expenses were dedicated to sharing information and research: our [apoe4.info](http://apoe4.info) website and our Zoom teleconference service.

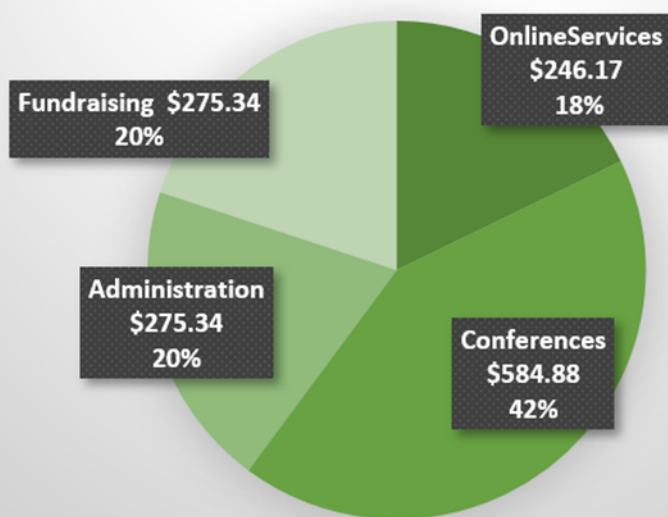
## Every Gift Matters!

A BIG thank-you to donors who gave individual contributions and to those who designated **ApoE4.Info Inc** as their [AmazonSmile](https://www.amazon.com/apoe4info) charity.

### 2020 Contributions by Type

Amazon Smile	\$341.17
Individuals, Biz	\$18,120.00
Other	\$32.65
<b>Total:</b>	<b>\$18,493.92</b>

## 2020 Functional Expenses



	Online Services	Conferences	Administration	Fundraising
Business Registration Fees	\$ 6.00	\$ -	\$ -	\$ -
PayPal Fees	\$ -	\$ -	\$ 275.34	\$ 275.34
Telecommunications, hosting	\$ 240.17	\$ 584.88	\$ -	\$ -



INCOME AND EXPENSE	
<b>Income</b>	
Corporate Contributions	\$341.27
Individual, Business Contributions	\$18,120.00
Interest-Savings, Short-term CD	\$32.65
<b>Total Income</b>	<b>\$18,493.92</b>
<b>Expense</b>	
Business Registration Fees	\$155.00
PayPal Fees (donation processing)	\$275.34
Telecommunications, hosting	\$825.05
<b>Total Expense</b>	<b>\$1,255.39</b>
<b>Net Income</b>	<b>\$17,238.53</b>

