

Meet Anamaria Shanley, Our ARNP

Anamaria joined the Compass Clinic in December 2011. She comes to the Compass Clinic with over 20 years of experience in healthcare. Anamaria graduated from Florida State University with a Bachelor's of Science in Nursing degree in 1997. She began working as an RN at Orlando Regional Medical Center on the neurological unit. She then transferred to the Medical/ Surgical/ Neuro ICU working as staff nurse, charge nurse, preceptor, and served on the code team. After 7 years of nursing experience, Anamaria graduated from UCF with her Master's degree and is licensed as an Advanced Registered Nurse Practitioner.



Anamaria is Nationally Certified as a Family Nurse Practitioner and was inducted into the Nursing Honor Society, Sigma Theta Tau. As a Nurse Practitioner, she has worked in the areas of Women's Health and Primary Care until joining The Compass Clinic. Anamaria has published 3 peer reviewed articles in The Consultant for Primary Care and Practical Neurology. She is also on the Board of Consultants for The Consultant Journal.

Anamaria met her husband at Florida State. They have 2 daughters, Madeleine and Emily, in Elementary School. Hobbies include coaching Madeleine's soccer team, gardening, tennis and running. She has completed 6 marathons and over a dozen half marathons...and counting!

A Message from Dr. Goodman

Efforts to develop effective disease modifying treatments for neurodegenerative diseases continues at a rapid pace with recent encouraging results in Alzheimer's Disease, Parkinson's Disease and ALS (Lou Gehrig's Disease). The discoveries and their pathophysiology are opening the door to new and innovative treatments targeting the different misfolded proteins that characterize these different diseases. Novel discoveries implicating mechanisms such as inflammation, oxidative stress, and in the case of AD, possible infection, are also under investigation. We are at the forefront to apply these pre-clinical findings to patients by the way of carefully controlled clinical trials. As previously noted, Bioclinica Research is number one in the AD clinical trial space. Bioclinica Research has also been chosen as a single site for a drug development clinical trial by several pharmaceutical companies in addition to playing an active role in the formulation in the clinical trial protocols. The Compass Clinic, in conjunction with Bioclinica Research, continues to offer evaluation and standard, as well as investigational, treatments for those diagnosed the above-mentioned neurodegenerative diseases.

The first person who will be cured of Alzheimer's Disease will have participated in a clinical drug trial.

COMMUNITY CORNER

Lewy Body Support Group

2nd Monday, Every Month at 4:30pm

Bioclinica Conference Room, 5th Floor

100 W Gore St, 5th Floor, Orlando, FL 32806

Contact for More Info:

Karen Rigsby rigslion@att.net or call Sue Boudier 914-589-2004

Alzheimer's & Dementia Resource Center adrccares.org, 407-436-7750

- Offers classes, support groups, and online tips for caregivers along with a calendar of events.
- Affiliated with Brain Bank – see website for more information.

Alzheimer's Disease and Related Dementias (ADEAR) National Institute on Aging

www.nia.nih.gov/health/alzheimers

- Extensive Resources for Healthcare Professionals

Art's The Spark – Orlando Museum of Art

Call to register, 407-896-4231, X 261.

- Program for those with memory impairment and their caregivers.
- Offer guided tours and discussions groups.



Bioclinica
Research

Current Trial Count

Alzheimer's Disease-

Disease modifying, symptomatic and agitation trials: 12

Preventative (no memory complaints) trials: 2

Parkinson's Disease-

Disease modifying and agitation trials: 8

Food for Thought: MIND Diet- Mediterranean- DASH Intervention for Neurodegenerative Delay

A way of eating that is helping individuals improve their cognitive testing scores in controlled clinical trials.

Ten foods to eat on the MIND diet:

1. Green, leafy vegetables: 6 or more per week.
2. All other vegetables: At least once a day.
3. Berries: - At least twice per week. Includes strawberries, blueberries, raspberries, and blackberries.
4. Nuts: 5 servings of various nuts or more each week.
5. Olive Oil
6. Whole grains: At least 3 servings daily. Whole wheat pasta and bread, brown rice, oatmeal, quinoa.
7. Fish: At least once a week. Best are salmon, sardines, trout, tuna, mackerel which have high omega 3 fatty acids.
8. Beans: At least four meals per week. Bean, lentils and soybeans.
9. Poultry: Chicken or turkey at least twice a week.
10. Wine: No more than one glass per day. Red or White but red has resveratrol which is an antioxidant.

AVOID: Butter and margarine (1 Tbs daily), cheese (only once per week), red meat (No more than three servings per week), Fried food (once per week), pastries and sweets (no more than four times a week).