**FDA Approves New Drug to Treat Dementia**

Actavis and Adamas Pharmaceuticals, Inc., announced that the U.S. Food and Drug Administration has approved the New Drug Application for Namzaric™ for the treatment of moderate to severe dementia of the Alzheimer’s type in patients stabilized on memantine hydrochloride and donepezil hydrochloride.

Namzaric will be available in two dosage strengths: 28/10 mg (memantine extended release/donepezil) and 14/10 mg (memantine extended release/donepezil) for patients with severe renal impairment.

Efficacy and safety of the coadministration of memantine hydrochloride (HCl) extended release and acetylcholinesterase inhibitors (AChEIs), including donepezil HCl, was based on the results of a randomized, double-blind, placebo-controlled trial of 677 outpatients on a stable dose of AChEIs. The clinical study was not conducted with Namzaric; however, bioequivalence of Namzaric with coadministered memantine HCl extended release and donepezil HCl was demonstrated. Approximately 68% of patients randomized to receive either memantine HCl extended release 28 mg or a placebo were taking donepezil as the AChEI at baseline and throughout the study. The results demonstrated statistically significant improvement in cognition and global function for patients treated with memantine HCl 28 mg plus an AChEI compared to the placebo plus an AChEI.


**Insulin Nasal Spray for Treating Cognitive Impairment**

A man-made form of insulin delivered by nasal spray may improve working memory and other mental capabilities in adults with mild cognitive impairment (MCI) and Alzheimer’s dementia (AD), according to a pilot study published in the Journal of Alzheimer’s Disease.

The study included 60 adults diagnosed with amnesic MCI or mild to moderate AD. Those who received nasally administered 40 international unit (IU) doses of insulin detemir, a manufactured form of the hormone, for 21 days showed significant improvement in their short-term ability to retain and process verbal and visual information compared with those who received 20 IU doses or a placebo.

Participants who received 40 IU doses carrying the APOE-e4 gene, which is known to increase the risk for Alzheimer’s, recorded significantly higher memory scores than those who received the lower dosage or placebo; non-carriers across all three groups posted significantly lower scores.

Previous trials showed promising effects of nasally administered insulin for adults with AD and MCI, but this study was the first to use insulin detemir, whose effects are longer lasting than those of regular insulin.


**New Resources for Coping With the Stress of Alzheimer’s Caregiving**

Videos, information, and links relating to stress experienced by more than 15 million American family caregivers for individuals with dementia are now available in the Brookdale Alzheimer’s Resource Center (access http://prn.to/16gXJaG).

New topics include:
- A woman describing the impact of her mother-in-law’s dementia on her family.
- How spouses and adult children experience caregiving differently.
- Ways that caregivers can protect their own brain health.
- Long-distance caregiving, the symptoms of caregiving stress, dealing with caregiver guilt, being a healthy caregiver, and caring for the caregiver.