

Role: Undergraduate biology major

Audience: Other ODU undergraduates, but not biology majors

Format: One page summary

Topic: Find a genetics-related article from the popular press, and write a summary of the article. Substantiate the article with information from a scientific review article.

News Article: "Dementia cases expected to double by 2026, experts share advice" - WFXR (March 13, 2026)

Article: "Blood test predicts dementia in women as 25 years before symptoms begin" - UC San Diego Today (March 10, 2026)

Summary of News Article: Researchers find that cases of dementia are expected to double in the year 2026. Herbert-Meritt Carilion Clinic's Home Health Cognitive Care Program Coordinator and Dementia Care Navigation Services Coordinator, says that they are seeing a rise of younger Americans developing dementia right at home. Within the state of Virginia 9.5% of 45 year and older individuals are reported to have cognitive decline. Speaks on how having a healthy life may help, and also speaks on how they want to help educate families to create supportive and predictable environments for those individuals who are experiencing cognitive decline.

Article Summary: The University of California San Diego researchers have found a blood-based biomarker that can predict a woman's risk of dementia, 25 years before symptoms begin to appear. The study is from March 10, 2026, the biomarker is a protein that is linked to brain changes seen in Alzheimer's disease. It was also linked to future mild cognitive impairment and dementia in elderly women. Findings are based on their research size of almost three thousand participants, within the large national study the women aged around 65-70 years old in the late 1990s and followed them for about 25 years. What was measured was the levels of p-tau27; which is a form of tau protein that reflects early brain changes that are associated with Alzheimer's. Results being that cognitively impaired women- p-tau27 is associated with MCI or dementia up to 25 years later. Findings show age, race, and HT should be considered when examining connections to p-tau27 with cognitive outcomes.

Results: The news article chosen above just speaks in a non-educational way on how and why there is a double increase in cognitive decline cases and just simply says how if you eat healthy, don't do drugs or drink alcohol and exercise then you should be fine. But then the scientific article above speaks on a study done on a multitude of participants and how within their own bodies, there are proteins created that are biologically and chemically connected to the disease Alzheimer's and that many individuals in the world will eventually have a decline in their cognitive abilities because of these proteins created and used throughout the human body.

Cities:

Scripps Research Institute. (2026, March 12). A surprising blood protein pattern may reveal Alzheimer's. *ScienceDaily*. Retrieved April 19, 2026 from www.sciencedaily.com/releases/2026/03/260312020104.htm

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