NEUROSCIENCES CONNECT:
HUMAN RESEARCH NEWSLETTER

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Department of Neurosciences
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Vice Chair of Human Clinical Research
Dr. Jennifer Graves

Department Chair
Dr. James Brewer

Dear Colleagues,

As autumn settles in and the days grow shorter, we are reminded of the steady rhythms of change, both seasonal and scientific. In the spirit of Santiago Ramón y Cajal's insight that the "brain is a world consisting of unexplored continents", this fall issue celebrates the many discoveries across our department that continue to illuminate those vast and fascinating frontiers.

From stem cell therapies that may reverse stroke damage to blood-based tests offering early detection of Alzheimer's disease, the pace of innovation is accelerating and the potential for life-changing impact has never been greater.

These advances reflect not only the brilliance of our scientists and clinicians, but also our shared commitment to translating research into tangible benefits for patients and families.

The season also brings exciting opportunities for connection. We look forward to welcoming colleagues from around the world to Neurosciences 2025, the Society for Neurosciences' annual meeting in San Diego this November is a unique chance to showcase our work and spark new collaborations right here at home.

Inside this issue, you will find highlights from our 2nd Annual Human Research Day, updates on federal research policies, a feature on our own Rett Syndrome Center of Excellence, and recent and upcoming events designed to foster discovery, mentorship, and inclusive participation in research. Each story reflects the department's dedication to cross-disciplinary collaboration, scientific rigor, and compassionate care.

Thank you for your curiosity, creativity, and the perseverance you bring to our mission every day. Together, you form the neural network that powers our collective progress.

With gratitude,

Jennifer Graves, MD, PhD, MAS
Vice Chair of Human Clinical Research
Department of Neurosciences

In This Issue

Submit content to

Ileana Rubio
irubio@health.ucsd.edu

Stand up for UC: Protecting Research that Changes Lives

The University of California has launched the Stand Up for UC Campaign in response to a federal demand of $1 billion from UCLA, a move that threatens the entire UC system's ability to fulfil its mission of education, research and public service.

The campaign calls on all students, faculty, staff, alumni, and supporters to act and help safeguard UC's legacy of innovation and access: At stake are:

- Educational Opportunities for future generations
- Life-saving medical research and treatments
- Technological breakouts that fuel the U.S. economy
- National security research
- Support for underserved communities

Why it Matters to Research:

UC San Diego and its Neurosciences Department are at the forefront of clinical translational research, driving discoveries that improve lives and shape the future of medicine. From pioneering therapies, to inclusive clinical trials, our work reflects UC's broader commitment to research that is both scientifically rigorous and socially responsible.

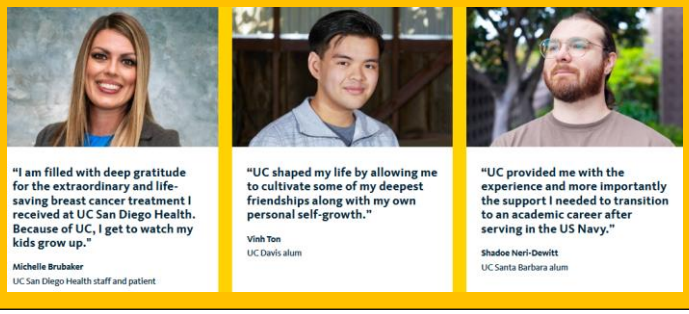
Research Participant Testimonial:

" Participating in a UC San Diego clinical trial gave me hope when I had none. The care team treated me like a partner in the process, and I truly felt that my experience could help others down the line. " Anonymous participant, UC San Diego.

This story reflects the transformative power of research, not just in advancing science, but in restoring dignity, hope, and health to individuals and families. It is a reminder of why we must stand up for UC and protect the research that makes these outcomes possible.

How You Can Help Stand Up for UC | University of California:

- Take the pledge to show your support
- Share your UC story, how UC has impacted your life or community
- Spread the word on social media and within your networks



Eligibility Update: ACTRI Vouchers Now Open – Apply Today!

ALTMAN CLINICAL & TRANSLATIONAL RESEARCH INSTITUTE

UC San Diego

Beginning September 8, 2025, The UC San Diego Altman Clinical and Translational Research Institute (ACTRI) announced the reopening of its **Voucher Program**.

Program Purpose:

These vouchers are targeted support for early-stage clinical and translational research projects that require preliminary data to strengthen future applications for federal or foundation funding.

What are ACTRI Vouchers?

ACTRI vouchers provide access to specialized services, such as clinical space, biostatistics, bioinformatics, lab support, and study coordination, rather than direct funding. They are designed for rapid turnaround and help researchers advance well-defined, time-sensitive project needs. Submit application by summitting a **ACTRI Service Voucher Request Form**.

Who Should Apply?

Eligible applicants include junior faculty (primarily assistant professors) at UC San Diego or ACTRI partner institutions. Vouchers may be extended to early associate-level faculty and, pending future funding, senior faculty. Visit the ACTRI website for full eligibility details at: **Funding Opportunities and Support** and contact **ctri-fin-recharges@health.ucsd.edu** for questions.

Four Levels of Support Available:

Category A Biostatistics and Bioinformatics services – up to $1,000 per investigator budget year	**Category B** Center for Clinical Research services – up to $5,000 per investigator budget year	**Category C** Laboratory services – up to $5,000 per investigator budget year	**Category D** Center for Computational Biology and Bioinformatics (CCBB) services Tier 1 – up to $500 in CCBB project planning and consultation Tier 2 – up to $10,000 in CCBB data analysis services
Category A can include ACTRI support for design, biostatics, and informatics consultation.	Category B can include ACTRI clinical services: nursing services, study coordination, nutrition assistance, exercise testing, ultrasound imaging and DEXA scanning, V02 testing, phlebotomy, room only, and equipment use only.	Category C can include ACTRI laboratory services: analysis and biobank.	Category D includes consultation and data analysis only, and is not for generating data. Tier 1 includes translational medicine and systems biology brainstorming, project planning and consultation. Tier 2 includes data analysis services (RNA-seq, ChIP-seq, DNA-seq, microbiome, network analysis, data mining,

FEATURED EVENTS

Seminar on Sex Differences in Neurological Diseases

SAVE THE DATE
November 21, 2025

We are excited to announce an upcoming seminar focused on Sex Differences in Neurological Diseases, bringing together experts and researchers to explore how biological sex and gender-related factors influence brain health across the lifespan.

Topics may include:

- Lifestyle and modifiable risk factors and how they differ between sexes.
- Menopause and female reproductive history as they relate to brain aging and disease risk.
- Sex-informed approaches to understanding and treating neurological conditions such as MS, AD and others.

This seminar is part of our ongoing commitment to inclusive, translational research that addresses the unique needs of all populations.
We hope you will join us for this important and timely discussion.

If you are you are interested in participating or have suggestions for potential agenda items, please email Ileana Rubio at irubio@health.ucsd.edu

HOT TOPICS IN MEDICINE

webinar series

The New Era of Disease Modifying Therapies (DMT) for Alzheimer's Disease (AD)

Date: Wednesday, October 1, 2025
Time: 12:15 PM – 1:00 PM Pacific Time
Dr. Gabriel Leger

Register Here - **Hot Topics in Medicine - The New Era of Disease Modifying Therapies in Alzheimer's Disease** - for an engaging remote and live presentation by Dr. Gabriel Leger, to learn about the who, what, where, when, and how of treating patients with Alzheimer's disease.

Research Connections to the Learning Objective: Recognize the biomarker-based diagnosis of AD:

- Research relevance: This objective reflects the growing body or research on biomarkers such as amyloid-beta and tau proteins, which are critical for early and accurate diagnosis of AD.
- Translational impact: Studies validating these biomarkers help bridge basic science and clinical practice, enabling earlier intervention and more targeted therapies.

Featured Events (CONT.)

Glia and Neuroinflammation Seminar Series

Chris Balak, PhD
Glass Lab
"Mechanisms driving epigenetic and transcriptional responses of microglia in a neurodegenerative lysosomal storage disorder model"
October 23, 2025

Timothy Woo
Zou Lab
"Glial and neuroinflammation changes in spinal cord injury"
October 23, 2025

Time: 4-5 PM
Place: Liebow Auditorium, BSB

To be added to the distribution list, please contact: Kaja Arnold at kbajc@health.ucsd.edu or Soha Fardad at sofardad@health.ucsd.edu

Research Highlights: Publications

2025 Publications from PubMed Search Featuring Faculty and Staff from our Department

Predicting Neurobehavioral Outcomes in Persons with HIV

https://pubmed.ncbi.nlm.nih.gov/40195986/#full-view-affiliation-1

Ronald J Ellis, Bing Tang, Robert K. Heaton, Payal Patel, Jairo Gonzalez, Patricia K. Riggs, Jennifer Ludicello,, Scott L. Letendre,

This study leveraged longitudinal data from 506 participants in the multi-site CHARTER cohort to identify complex biopsychosocial phenotypes in people with HIV (PWH). Using machine learning, researchers grouped individuals into four distinct clusters based on neurocognitive performance, mood symptoms, self-reported cognitive complaints, and daily functioning across four visits over 18 months. The largest cluster (C1, N=231) demonstrated stable and favorable outcomes across all domains.

In contract, the other clusters showed varying patterns of cognitive decline, depressed mood, and functional impairment. Notably, baseline factors, such as chronic pulmonary disease, distal neuropathic pain, polypharmacy, and elevated creatinine levels were significantly associated with adverse trajectories.

These findings highlight the value of multidimensional, data-driven approaches in identifying PWH at risk for worsening biopsychosocial outcomes. They also underscore the potential for targeted, personalized interventions to support vulnerable subgroups and improve long-term strategies.

α-Synuclein Seed Amplification Assay Amplification Parameters and the Risk in Prodromal Parkinson's Disease

https://pubmed.ncbi.nlm.nih.gov/39913882/

David G Coughlin[1], Ben Shifflett[2], Carly M Farris[3], Yihua Ma[3], Douglas Galasko[1], Steven D Edland[1], Brit Mollenhauer[4], Michael C Brumm[5], Kathleen L Poston[6], Kenneth Marek[7], Andrew D Siderowf[8], Claudio Soto[9], Luis Concha-Marambio[3]; as the Investigators of the Parkinson's Progression Marker Initiative

This study from the Parkinson's Progression Markers Initiative (PPMI) explored how a specialized test, called the alpha-synuclein seed amplification assay can help identify individuals at risk for developing Parkinson's disease. Researchers analyzed cerebrospinal fluid samples from over 1000 participants, including healthy controls, nonmanifesting genetic carriers, individuals with early signs of PD and those diagnosed with PD.

Key findings showed αSyn-SAA positivity was more common in individuals with prodromal PD and those diagnosed with PD, compared to healthy controls and nonmanifesting carriers. Among those who tested positive and had faster amplification parameters, such as shorter time-to-threshold (TTT) and time-to-50% maximum fluorescence (T50), were associated with a higher likelihood of experiencing phenoconversion, transitioning from early signs to a clinical diagnosis of PD. No significant changes were observed in longitudinal assays from prodromal participants, suggesting that αSyn-SAA may be most useful as a predictive tool rather than for tracking progression over time.

This study highlights the potential of αSyn-AAA as a biomarker for early detection of Parkinson's disease, especially in individuals who carry genetic risk factors or show subtle early symptoms. By identifying those at highest risk, researchers and clinicians may be able to intervene earlier, monitor progression more effectively, and tailor clinical trials to those most likely to benefit.

Research Highlights: Publications

2025 Publications from PubMed Search Featuring Faculty and Staff from our Department

Laser Interstitial Thermal Therapy for the Treatment of Mesial Temporal Lobe Epilepsy in Children

https://pubmed.ncbi.nlm.nih.gov/39887192/#full-view-affiliation-1

Aditi M Trivedi[1,2], Maria A Montenegro[1,2], David Gonda[1,2], Olivia Kim-McManus[1,2], Neggy Rismanchi[1,2], Aliya Frederick[1,2], Natalie Guido-Estrada[1,2], Anuja Jindal[1,2], Shifteh Sattar[1,2]

This retrospective study evaluated the effectiveness of laser interstitial thermal therapy (LITT) in treating drug-resistant mesial temporal lobe epilepsy in children and adolescents. The study included 19 patients ages 8-20, all of whom underwent comprehensive presurgical evaluations by a multidisciplinary team.

Using the Visualase laser ablation system, researchers compared outcomes between patients with visible hippocampal sclerosis on MRI (lesion group) and those with normal imaging (nonlesional group). Seizure outcomes were assessed using the Engle surgical outcome scale. The study found that 73.55 of patients achieved seizure freedom (Engle Class I), Outcomes were more favorable in the lesional group (90% seizure-free) compared to the nonlesional group (55.5% seizure-free). Earlier age of epilepsy onset was associated with better surgical outcomes, and no other significant predictors of outcome were identified.

LITT appears to be a safe and effective treatment option for pediatric patients with mesial temporal lobe epilepsy, particularly those with identifiable hippocampal abnormalities. These findings support the use of minimally invasive laser therapy as a viable alternative to traditional surgical approaches in select pediatric populations.

Cannabidiol (CBD) Treatment for Severe Problem Behaviors in Autistic Boys: A Randomized Clinical Trial

https://pubmed.ncbi.nlm.nih.gov/40410546/

Doris Trauner[1,2], Anya Umlauf[3,4], David J Grelotti[3,4], Robert Fitzgerald[5,4], Andrew Hannawi[6,7], Thomas D Marcotte[3,4], Caitlin Knight[6], Lauren Smith[6], Gisselle Paez[6], Jennifer Crowhurst[6], Alyson Brown[6], Raymond T Suhandynata[5], Kyle Lund[5], Marlen Menlyadiev[5], Igor Grant[3,4]

This double-blind, placebo-controlled crossover study investigated the safety, tolerability, and behavioral effects of plant-derived cannabidiol (CBD; Epidiolex®) in autistic boys aged 7-14 with severe behavioral challenges. Previous open-label and observational studies have suggested potential benefits of CBD in reducing problematic behaviors in autistic children, this trial is among the first to rigorously assess its clinical impact under control conditions.

Participants were randomized to receive CBD (up to 20 mg/kg/day) for eight weeks and placebo for another eight weeks, separated by a four-week washout period. Behavioral assessments were conducted before and after each treatment phase using standardized tools (Repetitive Behavior Scale-Revised (RBS-R), Child Behavior Checklist (CBCL) and Autism Diagnostic Observation Schedule-2 (ADOS-2). Plasma CBD concentrations were also measured to evaluate pharmacokinetics. The study found that both CBD and placebo groups showed improvements on the RBS-R and CBCL with no statistically significant difference between them. Improvements in ADOS-2 scores were observed in the placebo group, but these effects disappeared when accounting for other medications taken by participants. Additionally, blinded clinical impressions indicated that approximately two-thirds of participants showed behavioral improvements with CBD, while one-third improved with placebo. The strong placebo effect noted underscores the importance of placebo-controlled designs in behavioral treatment studies.

CBD was well tolerated and showed noticeable improvements in some participants, however the study did not find clear evidence of efficacy across standardized behavioral measures. The findings highlight the complexity of evaluating behavioral interventions in autism and the need to further research to understand how CBD interacts with other medications and individual neurodevelopmental profiles.

Research Highlights: Publications

2024/2025 Publications from PubMed Search Featuring Faculty and Staff from our Department

Long COVID-Related Blood-Brain Barrier Breakdown and Microstructure in Older Adults are Modified by Sex and Alzheimer's Disease Genetic Risk

https://pubmed.ncbi.nlm.nih.gov/40800841/

Emilie T Reas[1], Austin Alderson-Myers[1], Seraphina K Solders[1], Qian Shen[1], Charlotte S Rivera[1], Xin Wang[1], Jordan Stiver[1], Sarah J Banks[1], Jennifer S Graves[1]

Emerging research highlights concerning links between neurological long COVID (NLCV) and cognitive decline, particularly among older adults with genetic risks factors for Alzheimer's Disease (AD). This study investigated whether blood-brain barrier (BBB) dysfunction and brain microstructural changes, mechanisms shared with AD, are present in individuals experiencing persisting cognitive symptoms following SARS-COV-2 infection. The study found that individuals with NLCV showed cognitive impairments, widespread BBB leakage, subcortical and white matter microstructural abnormalities. Additionally, sex-specific patterns emerged, with men exhibiting more pronounced BBB breakdown and women showing stronger microstructural changes. AD genetic risk modified the relationship between brain changes and memory with higher caudate BBB permeability linked to worse immediate recall and elevated white matter permeability correlated with increased free water only in those with high AD genetic risk.

In summary, the study suggests that BBB dysfunction and brain microstructural changes may contribute to cognitive symptoms in older adults with COVID. The findings highlight sex-specific patters and stronger brain-memory associations in individuals with elevated genetic risk for AD. This emphasizes the need for precision medicine approaches in diagnosing and treating long COVID-related cognitive decline.

The Profound Implications of Mitochondrial Myopathy on Activities of Daily Living: An Observational Qualitative Study of Standardized Structure and Semi-Structured Patient Interviews.

https://pubmed.ncbi.nlm.nih.gov/40735368/#full-view-affiliation-5

Elizabeth M McCormick[1], James T Peterson[1], Joaquim Diego D Santos[1], Jean Flickinger[1,2], Rui Xiao[3,4], Richard Haas[5,6,7], Zarazuela Zolkipli-Cunningham[8,4]

This qualitative study published in *Therapeutic Advances in Chronic Disease* provides an in-depth look at how Mitochondrial Myopathy (MM) affects patient's daily lives. The study involved structured and semi structured interviews with 33 individuals diagnosed with MM or their caregiver, with the aim of capturing the lived experience across five key symptom domains: muscle weakness, muscle fatigue, exercise intolerance, imbalance, and peripheral neuropathy.

The findings demonstrate that Activities of Daily Living (ADLs) such as walking, eating, dressing, and socializing were significantly impacted across all symptom domains. Patients described the need to adapt routines, rely on assistive devices, and manage emotional and social challenges to maintain independence and quality of life. Muscle fatigue and exercise intolerance were the most frequently reported symptoms, often limiting participation in work, hobbies and family activities. Peripheral neuropathy and imbalance were associated with increased risk of falls and reduced mobility. Additionally, patients expressed a strong desire for clinically meaningful improvements, even small ones, and showed high motivation to participate in clinical trials targeting these symptoms.

The study highlights the multidimensional burden of MM and underscores the urgent need for FDA-approved therapies. The findings further support the development of patient-centered outcome measures to guide the design of future clinical trials.

AL Tarkington Endowed Lecture: In Case You Missed It!

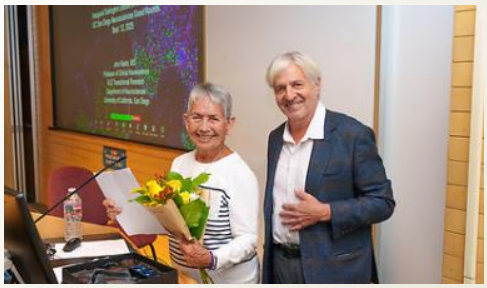
Cellular Vulnerability and Disease Spread in Amyotrophic Lateral Sclerosis: Is it Time to Re-Think Upper and Lower Motor Neurons?

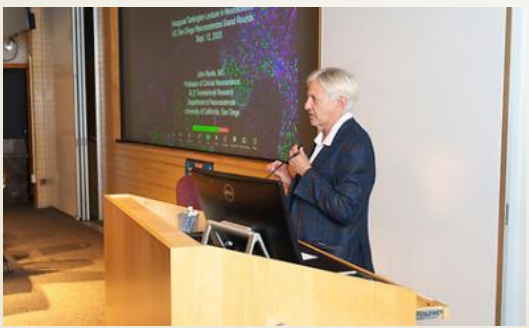
At the 2nd Neurosciences Human Research Day on September 12, 2025, the department proudly hosted the inaugural Al Tarkington Lecture, delivered by Dr. John Ravits, Professor of Clinical Neurosciences at UC San Diego and Lead ALS Scientist. His lecture, "*Cellular Vulnerability and Disease Spread in ALS: Is It Time to Re-think Upper and Lower Motor Neurons?"*, offered a compelling examination of ALS through the lens of modern translational neurosciences.

Key Translational Themes:

- Motor Neuron Complexity: Dr. Ravits reviewed and discussed the traditional distinctions between upper and lower motor neurons and highlighted their histological and anatomical complexities;
- Phenotypic Variation: ALS and related disorders (e.g., FTD) have a spectrum of phenotypes and disease progression, and anatomic factors such as site of onset and distribution of pathogenic factor(s) between upper and lower motor neurons are important determinants;
- Prion-like Propagation: ALS clinicians observe disease spread neuroanatomically over time in patients, suggesting cell-to-cell propagation of pathogenic factors (such as TDP-43 misfolding) is a principal component of ALS biology, and further suggesting multiple pathways of spread, such as by axonal and contiguous transmission;
- Neuropathological Insights: Because of the direct involvement of respiratory motor neurons at a point in time in the disease propagation, CNS regions remote from disease onset provide a valuable opportunity to study early stages of neurodegeneration through neuropathology;
- Spatial Transcriptomics: Cutting-edge techniques like MERFISH (Multiplexed Error-Robust Fluorescent In Situ Hybridization) enable high-resolution mapping of gene expression in motor pathways and networks and offer new windows into early-stage degeneration.

Special Recognition: During the lecture, Dr. Ravits presented an award to Mrs. Stephanie Tarkington, honoring her generous support in memory of her husband, Al, for advancing ALS research. Her contributions established the endowed lecture, which will be held annually, and significantly supported the academic mission in ALS at UCSD and its mission.





Research in Action: Department Events

2nd Neurosciences Human Research Day - September 12 2025

On September 12, 2025, the Department of Neurosciences hosted the 2nd Annual Neurosciences Human Research Day, bringing together faculty, trainees, and research staff for a dynamic day of scientific exchange, clinical updates, and strategic planning.

The event highlights included:

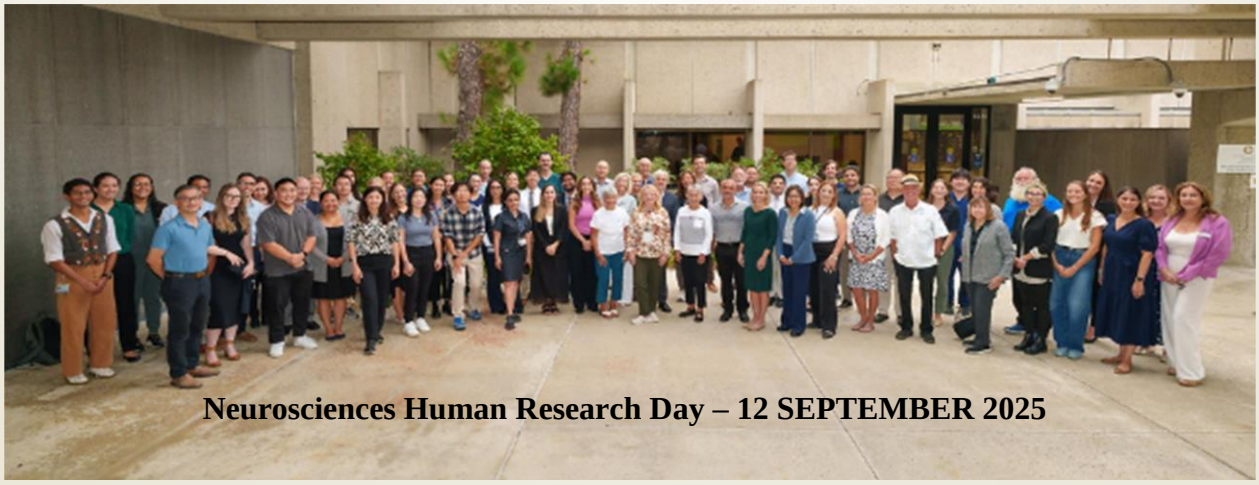
Opening Remarks by Dr. Jennifer Graves who shared updates on the Neurosciences Clinical Research Unit, emphasizing infrastructure growth and expanded support for junior investigators.

Dr. John Ravits delivered the inaugural Al Tarkington lecture, presenting a new model of ALS disease spread, discussing advances in spatial transcriptomics, prion-like propagation, and the role of respiratory muscle involvement in survival.

Junior faculty and trainees presented cutting-edge work spanning HIV neurology (Dr. Mohammad Andalibi); neuroimmunology (Dr. Kaitlin Farrell); Down syndrome (Dr. Xuqiao Chen); and movement disorders (Dr. Eshita Shah), showcasing the departments' broad translational research portfolio.

Experts examined the opportunities and challenges of advancing Cell-Based Therapies and discussed the opportunities and challenges in advancing cell and gene therapy trials, including regulatory hurdles, budget considerations and collaborative frameworks. Attendees received briefings on the Neurosciences Biorepository (Jeff Metcalf), learned about the new Master Memorandum of Understanding (MOU) tool for collaborations with the Sanford Stem Cell Alpha Clinic (Ileana Rubio), and heard updates from research administration/fund management (Kimberly Kruse). The day concluded with insights from leaders in key areas: autism (Dr. Eric Courchesne), memory disorders (Dr. Sarah Banks), neuromuscular diseases (Dr. Dominic Ferrey), and stroke, including UCSD's leadership role in NIH StrokeNet Trials (Dr. Royya Modir).

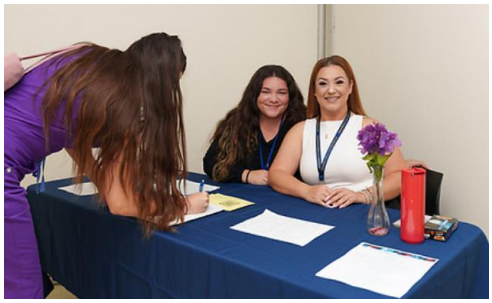
This year's seminar reinforced the department's commitment to cross-disciplinary collaboration, inclusive research and clinical innovation. Discussions emphasized expanding partnership and improving accelerating translational impact.



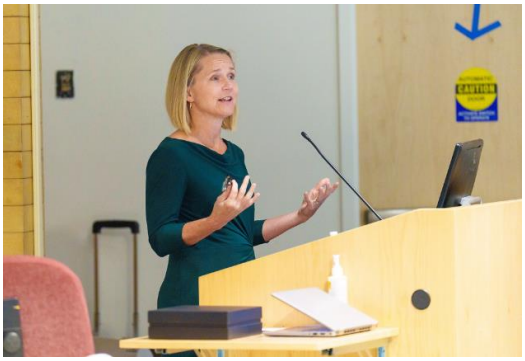
Neurosciences Human Research Day – 12 SEPTEMBER 2025

Research in Action: Department Events

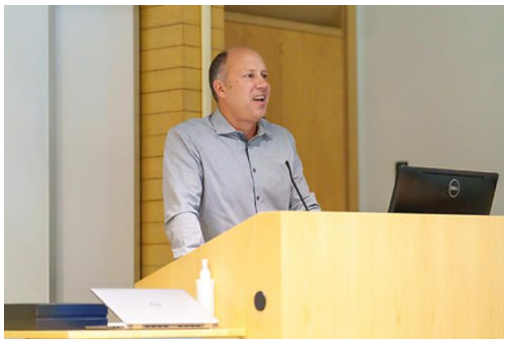
2nd Neurosciences Human Research Day (cont.)



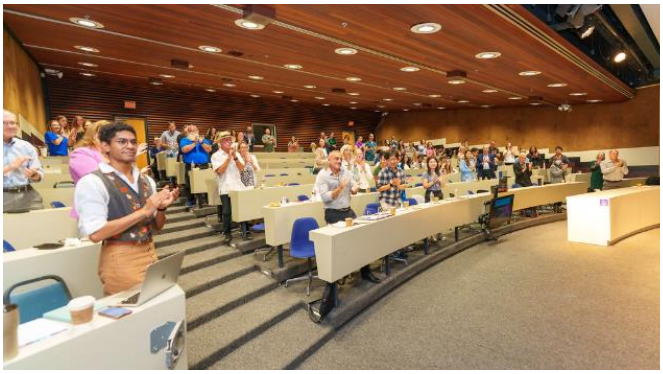
Janelle Rodriguez and Shandel Odom, Alzheimer's Disease and Multiple Sclerosis Research



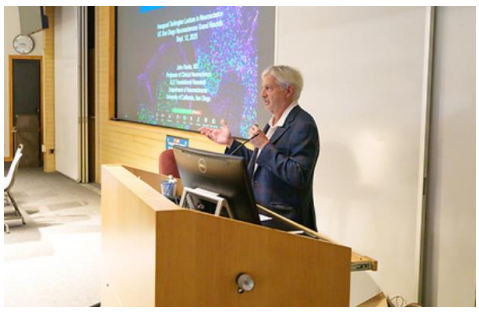
Dr. Jennifer Graves, Vice Chari of Neurosciences Clinical Research



Dr. James Brewer, Department Chair



Michael Skipworth, Parkinson's Disease and Other Movement Disorders Research



Dr. John Ravits, Lead ALS and Clinical Research Program

Research in Action: Department Events

La Mente Importa/Mind Matters: Shiley-Marcos Alzheimer's Disease Research Center

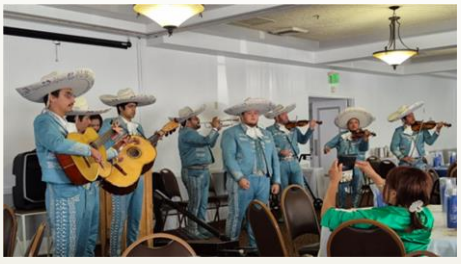
On August 22, 2025, the Shiley Marcos Alzheimer's Disease Research Center hosted La Mente Importa /Mind Matters a at the Chula Vista Golf Course, vibrant and informative event dedicated to the Latino community. The special event celebrated community contributions to advancing science, while also providing valuable education and resources on Alzheimer's disease (AD). Supported by the Latatorre Foundation, the gathering blended science, culture, compassion, and knowledge. A mariachi performance and catered lunch welcome attendees with warmth and appreciation.

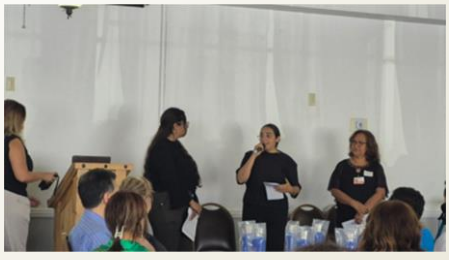
The event featured a distinguished panel of professionals whose work focuses on improving outcomes for Spanish-speaking older adults and increasing Latino participation in clinical research. The panel was formed by Alejandra Morlette-Paredes, MD (UCSD Adjunct Professor of Neurosciences), Paula Desplats, PhD (USD Professor of Neurosciences), Zvinka Zlatar, MD (UCSD Neuropsychologist), and Jairo Romero, MD (Board Certified Geriatrician supporting multiple organizations such as the Glenner AD Family Centers).

Together they addressed a wide range of topics, including:

- Causes and risk factors of Alzheimer's
- Understanding clinical trials and eligibility
- The future of stem cell research in AD
- Strategies to reduce AD risk
- Caregiving tips for families
- Techniques to support memory health
- Brain donation and its role in research
- Promising supplements to support brain health (e.g. Vitamins B, D, Curcumin, etc.)

Panelist also discussed structural and cultural barriers that hinder Latino involvement in clinical trials, such as: language and cultural differences, transportation challenges, limited service hours, and confidence in the healthcare system.





Mercedes Ochoa, Yolanda Iturbe, Carolina Hernandez and Dolores Salmeron

Research in Action: Upcoming Event

Join the UCSD/Rady Team "**Brainwaves**" for the Miles for Migraine event on Saturday, November 1st, 2025 at Liberty Station NTC Park. This is the Miles for Migraine 7th annual 2-mile Walk, 5K Run and Relax San Diego.

This uplifting community event is more than just a walk or run, it is a day of advocacy, connection, and hope. Together, we will raise critical awareness and funds to support migraine and headache research, treatment and education.

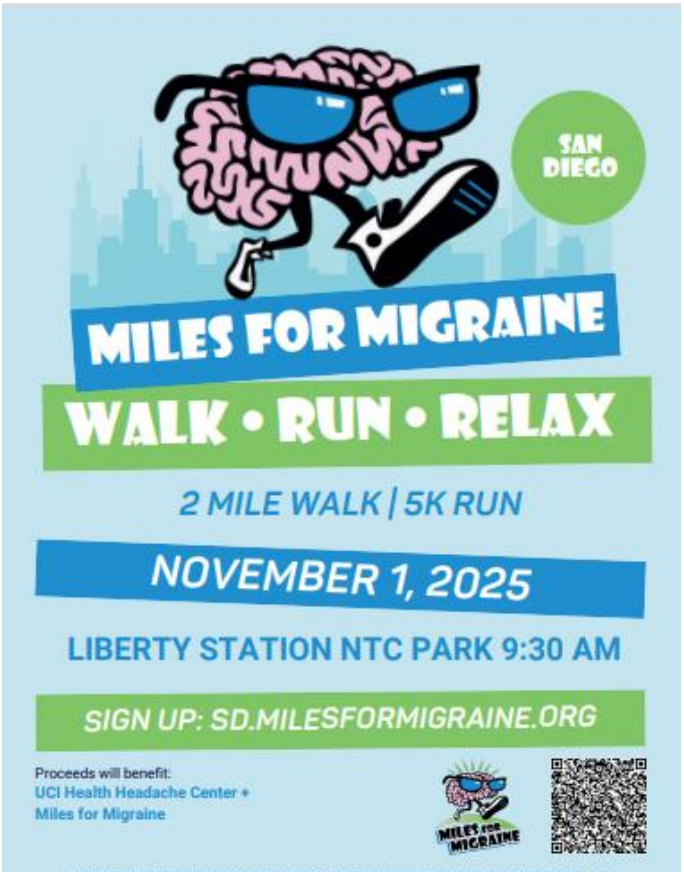
Participants can choose between a professionally timed 5K run or a casual, untimed 2-mile walk, making it easy for everyone to join in. Beyond the course, enjoy a vibrant festival area where you can meet local migraine and headache advocates, hear inspiring speakers, and connect with sponsors and healthcare professionals.

Funds raised will directly benefit:

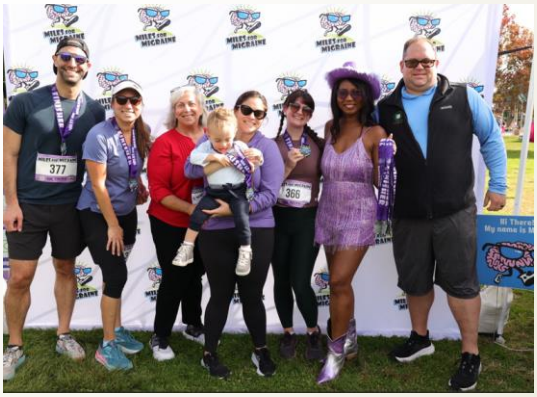
- Local migraine research to advance treatments and understanding of this complex disease
- Education programs for fellows training in headache medicine
- Miles for Migraine Programs that support patients and families here in the San Diego area

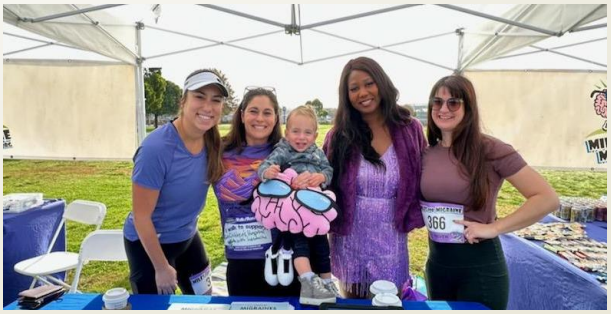
Migraine is one of the most common and disabling neurological disorders, yet it remains underdiagnosed and underfunded. Your participation helps bring much-needed attention, resources, and compassion to those living with this invisible illness.

Join us by registering or donating to **Team Brainwaves** today and help us make a lasting impact: https://raceroster.com/events/2025/104587/miles-for-migraine-san-diego-2025/pledge/team/854471



Rady Group at the Miles for Migraines – Nov 2024





Federal Research Updates

Research Security Training Requirements for Federal Proposals

As part of a federal initiative to strengthened research integrity and safeguard U.S. interests, several agencies now require annual research security training for senior and key personnel listed on federal grant proposals. This training must be completed prior to proposal submission.

Who Must Complete Training:

All UC San Diego faculty and staff involved in federal research proposals. Individuals designated as senior/key personnel must complete the training module titled "Research Security at the University of California" via the UC Learning Center (SSO login required).

Agency-Specific Deadlines:

- Department of Energy (DOE): Required as of May 1, 2025
- U.S. Department of Agriculture (USDA): Required as of July 8, 2025
- National Science Foundation (NSF): Required as of October 10, 2025
- National Institutes of Health (NIH): Required for proposals submitted on or after January 25, 2026

UC San Diego will require all senior/key personal on new federal proposals submitted on or after January 1, 2026 to complete the training regardless of agency.

Training Details:

- Available now in the UC Learning Center
- Takes approximately 30-40 minutes to complete
- Must be completed within 12 months prior to proposal submission

Failure to complete the training may result in proposal rejection or missed deadlines. The requirement does not apply to existing awards, but may be needed for progress reports.

For updates, certification instructions, and resources, visit the Research Security webpage maintained by the Office of Research and Innovation at: Research Security Program.

Federal Research Updates

Federal research policy changes continue to evolve. Faculty are urged to stay informed and plan proactively:

The below Federal Research Update was officially released by the UC Office of Research and Innovation on August 21, 225.

- NIH No-Cost Extensions Restored Guide Notice: Effective August 7, 2025, NIH reinstated the automatic NO-Cost Extension (NCE) feature in the eRA Commons Status Module . First-time NCEs can again be requested directly through the "Extension" action.

- Foreign Subawards Restrictions: Under new negotiation rules (NOT-OD-25-104, NOT-OD-25-130) the NIH will fund applications with foreign subawards received on or before September 24, 2025. Applications due on or after September 25, 2025 proposing foreign subawards will not be accepted. See NIH FAQ for details.

- NIH Priories: Director Jay Bhattacharya release a new strategic plan to advance NIH's mission through a unified approach.

- Indirect Costs (IDC): UC San Diego will continue submitting proposals at the full negotiated IDC rate while monitoring pending court cases and FY25-26 appropriations that could affect national IDC policy.

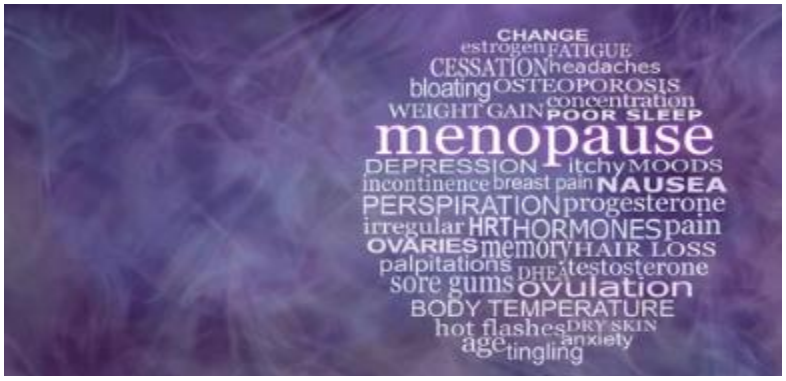
- New Award Terms: Notices of Award now include more complex terms that may require additional legal or UCOP review. Processing times remain stable; however, delays are possible. PIs should work closely with their Sponsored Projects Office (SPO) officers before accepting awards.

- Campus Guidance: Continue submitting proposals and maintain regular communication with program officers.
    - Plan ahead: Submit NCE requests earlier to account for federal staffing shortages and approval delays.
    - Monitor budgets carefully to avoid deficits if anticipated funds are delayed.

UC an Diego leadership is closely tracking federal court cases, research security issues, and legislative actions affecting research funding.

For questions or to report disruptions, email vcresearch@ucsd.edu.

International World Menopause Day
October 18, 2025



World Menopause Day is a global initiative led by the International Menopause Society (IMS) to raise awareness about menopause and the health challenges women face during midlife and beyond. The day encourages open conversations, education and support for women navigating this natural life transition.

2025 Theme: Lifestyle Medicine

This year's them, Lifestyle Medicine, emphasizes the role of healthy habits, such as nutrition, physical activity, stress management, and sleep in managing menopause symptoms and promoting long-term well-being. The IMS has released a White Paper, leaflets, and toolkits to support education and engagement around this theme.

Why it Matters

Menopause affects nearly half the global population, yet it remains under-discussed and under-researched. Symptoms like hot flashes, mood changes, sleep disturbances, and increased risk of osteoporosis and heart disease can significantly impact quality of life.

World Menopause Aims

1. Break the silence around menopause
2. Promote evidence-based care and support
3. Encourage women to take proactive steps in managing their health

Get Involved

- Share educational materials and social media spots
- Host or attend informational events and wellness workshops
- Lead seminars addressing this topic
- Support the Menopause Workplace Pledge to foster inclusive and supportive environments for women

For additional resources and information visit: [World Menopause Day 2025 - International Menopause Society]

International IMS Menopause Society

Rett Syndrome Program Recognized by the International Rett Syndrome Foundation

The UC San Diego/Rady Children's Rett Syndrome Program was recently honored with a Center of Excellence (CoE) plaque from the International Rett Syndrome Foundation (IRSF), which is a prestigious recognition within the IRSF Center of Excellence Network. For more details on the IRSF please visit: Research. Family Support. Advocacy. | International Rett Syndrome Foundation

Being part of this national network is a significant achievement. The CoE ensures that families have access to multidisciplinary teams capable of addressing the wide ranging medical, developmental, and therapeutic needs of individuals with Rett Syndrome.

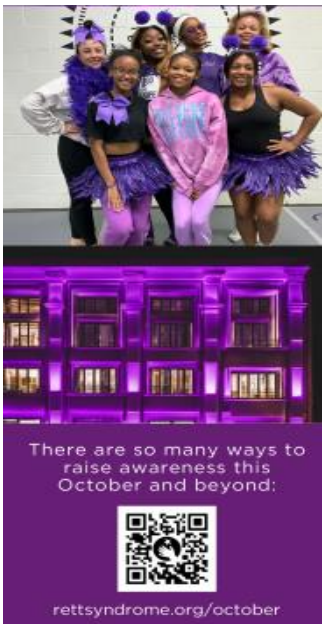
These centers are leaders in both comprehensive clinical care and cutting-edge research, driving progress in treatment options and improving quality of life for patients and their families.

This recognition highlights our program's deep commitment to advancing care and research for individuals living with Rett Syndrome. As part of earning this designation, our team actively participates in the IRSF patient registry and contributes to clinical trials to accelerate discovery and improve outcomes.

The Rett Syndrome team includes dedicated research coordinators, along with an outstanding group of clinicians, therapists and researchers who make this work possible.

- Research Coordinators: Karen Ditslear, Carolina Ruiz and
- Natalie Guido-Estrada, M.D., Clinic Director, Neurologist
- Neurologists: Andrew Hannawi M.D., M.S., and Richard Haas, M.D.
- Rehabilitation/Physical Medicine Specialist: Susan Biffl, M.D., and Kyle Ryan, M.D.
- Nurses: Olivia Volman, and Marsha Harp
- Social Worker: Amy Springer
- Registered Dietitian: Matthew Jamie

With October recognized as Rett Syndrome Awareness Month, we celebrate this achievement and reaffirm our commitment to providing world-class care and advancing research for those affected by R



Download the flyer with details here: **2024 ORSAM Purple Out**

Upcoming Conferences:

Stay informed about neurology related conferences and other programs that may be of interest.

American Neurological Association
September 13-16, 2025
Baltimore Marriott Waterfront
Jennifer Summers at jsummers@myana.org

International Congress of Parkinson's Disease and Movement Disorders
October 5-9, 2025
Hawaii Convention Center
Honolulu, Hawaii
International Congress of Parkinson's Disease and Movement Disorders®

Society of Neurosciences (SfN)
November 15-19, 2025
San Diego Convention Center
San Diego, California
Society for Neuroscience - Neuroscience 2025

Motor Neuron Disease Association 36th Symposium on ALS/MDN
December 7, 2025
San Diego, CA
Sign up for updates - International Symposium on ALS/MND

2025 Association of Neuromuscular Clinicians
December 7, 2025
San Diego, CA
Sign up for updates - International Symposium on ALS/MND

Research Administrative Contacts:

Office of the Vice Chair of Human Clinical Research

General Inquiries: Ileana Rubio - irubio@health.ucsd.edu
To request an appointment please email Ileana Rubio

UCSD Office of IRB Administration (OIA)

General Inquiries: IRB@ucsd.edu | 858-246-4777
Reliance Inquiries: IRBRely@ucsd.edu

Office of IRB Administration "Office Hours"

Zoom Link: Join from Zoom Workplace app - Zoom
Date: October 21, 2025 – to be confirmed by OAI
Time: 11:00 a.m.

Office for Human Research Protections (HHS)

OHRP offers comprehensive training on human research protections, which is based on the requirements of the revised Common Rule (or 2018 Requirements) HHS Human Research Training. A printable completion certificate is available at the conclusion of each lesson.