

EADC Unstructured Abstract

During my participation in the European Alzheimer's Disease Consortium (EADC) program in Cologne, I had the opportunity to engage in a diverse range of both academic and practical activities. A significant portion of my experience was conducted at the Alzheimer Prevention Center in Cologne, an environment I found intellectually stimulating and professionally enriching. Here, I had the chance to broaden my perspective on neuropsychological assessment by actively participating in clinical sessions with patients undergoing initial evaluations for Alzheimer's disease. This hands-on involvement provided critical insights into the clinical diagnostic process and patient-clinician interactions. Additionally, I attended open prevention courses aimed at individuals interested in evidence-based strategies for mitigating the risk of Alzheimer's disease. These courses highlighted practical approaches to cognitive health and disease prevention with a focus to community-oriented interventions.

On a research level, I contributed to the preparation of an ethical committee report and collaborated with the University of Cologne on a research project. The project focused on the detection and quantification of peripherin (PRPH), a protein predominantly expressed in the peripheral nervous system, using the Single Molecule Array (SiMoA) assay—a highly sensitive digital immunoassay platform.

This experience has not only expanded my technical and theoretical knowledge but has also strengthened my appreciation for the interdisciplinary nature of Alzheimer's research and prevention.

Delia Righi