

**Insights into Mechanisms of Amyloid Toxicity:  
Molecular Dynamics Simulations of the Amyloid  $\beta$ -peptide (A $\beta$ ) and Islet Amyloid  
Polypeptide (IAPP)**

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Dissertation submitted to the Faculty of the Virginia Polytechnic Institute and State  
University in partial fulfillment of the requirements for the degree of

Doctor of Philosophy  
In  
Biochemistry

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March 17, 2016  
Blacksburg, VA

Keywords: amyloid proteins, Alzheimer's disease, amyloid  $\beta$ -peptide (A $\beta$ ), Type 2  
Diabetes, islet amyloid polypeptide (IAPP), peptide-membrane interactions, methionine  
oxidation, molecular dynamics simulations

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License number	3800190501977
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Licensed content publication	Archives of Biochemistry and Biophysics
Licensed content title	Simulations of monomeric amyloid $\beta$ -peptide (1–40) with varying solution conditions and oxidation state of Met35: Implications for aggregation
Licensed content author	Anne M. Brown, Justin A. Lemkul, Nicholas Schaum, David R. Bevan
Licensed content date	1 March 2014
Licensed content volume number	545
Licensed content issue number	n/a
Number of pages	9
Start Page	44
End Page	52
Type of Use	reuse in a thesis/dissertation
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Title of your thesis/dissertation	Insights into Mechanisms of Amyloid Toxicity: Molecular Dynamics Simulations of the Amyloid $\beta$ -peptide (A $\beta$ ) and Islet Amyloid

	Polypeptide (IAPP)
Expected completion date	Mar 2016
Estimated size (number of pages)	200
Elsevier VAT number	GB 494 6272 12
Permissions price	0.00 USD
VAT/Local Sales Tax	0.00 USD / 0.00 GBP
Total	0.00 USD
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