

MADRC is a specialized research center funded by the US Department of Health and based at Massachusetts General Hospital. We work closely with the Center for Alzheimer Research and Treatment (CART) at Brigham and Women's Hospital.

Our centers are at the forefront of dementia clinical care and research. We prioritize maintaining a diverse research population, so our findings apply to all people. We are determined to understand why African Americans are at greater risk for AD. However, it is not possible unless African Americans participate in research.

Currently more than 600 volunteers participate in studies at MADRC and CART. Some volunteers have AD, and others are healthy older adults. Research participants visit their study site regularly for assessments including brief memory tests and brain scans. There is no cost to participate in any procedure or study and, in some cases, you will be reimbursed for

each visit. Participants can choose to participate or withdraw at any time. Additionally, we provide transportation for all your visits.

We hope this pamphlet has informed you about memory health and research opportunities. Remember, if you are concerned about you or a loved one's memory, contact your primary care doctor first.

If you would like more information about participating in our studies, please call (617) 278-0383!



MASSACHUSETTS
Alzheimer's Disease
Research Center

BRIGHAM HEALTH



BRIGHAM AND WOMEN'S
Center for Alzheimer Research and Treatment



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BRIGHAM HEALTH



BRIGHAM AND WOMEN'S
Center for Alzheimer Research and Treatment

Alzheimer's Disease and African Americans



**Center for Alzheimer
Research and Treatment
and
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Disease Research Center**

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Memory Loss is NOT a Part of NORMAL Aging...

AFRICAN AMERICANS AND ALZHEIMER'S DISEASE

Alzheimer's and related dementias are becoming increasingly prevalent. Around 21% of African Americans over age 70 have AD, while only 11% of Caucasians over 70 have AD. Possible factors for the doubled risk may relate to high blood pressure and diabetes, which are more common in older African Americans than older Caucasians.

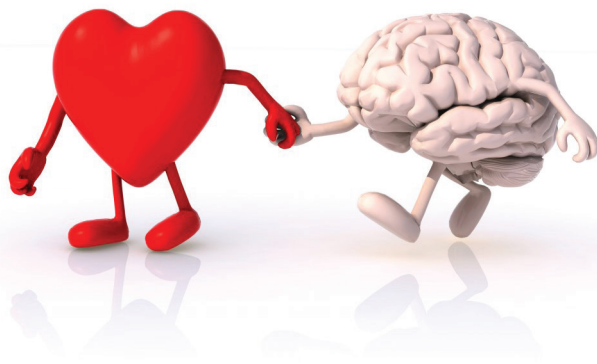
Concerning memory loss can be related to a variety of brain diseases. Alzheimer's Disease is the most common cause of memory loss, and the 6th leading cause of death in the United States.

Lapses in memory, like misplacing eyeglasses, are a normal part of aging. When thinking and memory issues interfere with your ability to complete daily tasks and activities, it might be due to Alzheimer's or another dementia.

AD is marked by gradual but certain worsening of memory and thinking.

Symptoms may include:

- Poor decision-making in activities such as household finances and driving
- Language difficulties such as inability to come up with names or words
- Emotional distress, including irritability, anxiety, or depression



WHAT IS GOOD FOR THE HEART IS GOOD FOR THE BRAIN

Conditions such as high blood pressure or activities such as smoking reduce heart health and may increase the risk for AD. However, there are some simple ways to improve your heart health, which could reduce your risk of AD.

- Monitor your blood pressure and take medicines as prescribed
- Reduce cholesterol
- Give up smoking
- Get regular exercise
- Manage diabetes with diet, medication, and regular doctor visits
- Eat a healthy diet rich in fruits, vegetables, and lean protein such as fish

Your brain needs exercise too:

- Challenge yourself with new activities such as riddles or puzzles
- Learn a new hobby or visit a museum
- Engage in social activities with your friends, family, church, or other groups
- Prioritize your sleep schedule. Going to bed and rising at the same times each day helps your brain's internal clock establish a healthy pattern

WHAT IF I AM CONCERNED ABOUT MYSELF OR A LOVED ONE?

Early detection and seeking a diagnosis will lead to faster treatment of symptoms and better support for the patient's family. It is important to see a doctor soon after any symptoms appear. Start by visiting your primary care physician, who may refer you to a specialist, such as a neurologist, geriatrician, or neuro-psychologist. These specialists are trained to diagnose and treat older adults with changes in brain health.

HELP US TO PREVENT AND TREAT ALZHEIMER'S DISEASE AND FIND A CURE HERE IN BOSTON

Participating in research gives both healthy volunteers and persons with AD a chance to help find a cure for Alzheimer's disease. It is a great way to receive additional care from experts and possibly receive a new treatment. If you are curious about research, contacting the Massachusetts Alzheimer's Disease Research Center (MADRC) is a great place to start. We are dedicated to helping you find a research opportunity that fits your availability and comfort level. Call us at 617-278-0383.

