



To Participate, or for More Information

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Who is in charge?

Karen Blank, M.D.
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Director, Neuropsychiatry Research Ctr
Professor, Yale University
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Keith Hawkins, Psy.D.
Director, Neuropsychological Assessment
Service
Professor, Yale University
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Nazli Emadi, M.D., Ph.D.
Post-Doctoral Fellow,
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Who can volunteer?

We are looking for research volunteers who are:

- Between the ages of 45 and 65
- Have had a parent diagnosed with Alzheimer's disease or a related form of dementia
- Do NOT drink excessive alcohol or use illicit drugs
- Do NOT have Type I diabetes (Type II is OK)



Seeking Research Volunteers

*The Institute of Living at
Hartford Hospital*

What kind of research are we doing?

Researchers at Hartford Hospital want to learn more about delaying or even preventing **Alzheimer's Disease and related forms of dementia.**

The goal is to find out how common medical conditions (such as high blood pressure, type II diabetes, and obesity) impact brain structure and function- especially in people have/had a parent with dementia. Our findings will contribute to knowledge needed for medical approaches that may delay or prevent the development of dementia.

The study is called: Midlife vascular risk factors and the development of cognitive impairment, cerebrovascular disease and preclinical dementia: Pilot Study and it is funded by Hartford HealthCare Research Institute.

Our research aims to develop medical knowledge that may delay or prevent future dementia.

Frequently Asked Questions

What things will I do if I participate?

- **Questionnaires:** we will ask you to fill out some questionnaires about your habits and medical history.
- **MRI:** the MRI takes pictures of your brain structure and shows us areas that are active. While the MRI can be very noisy, it is very safe.
- **Neuropsychological testing:** this testing measures a person's strengths and weaknesses in many cognitive areas like memory, attention, language, motor skills, etc. The tests are done with paper and pencil. They can be challenging, but are often fun and different.
- **Blood draw:** we will ask you to fast for a blood draw. The blood collected will be analyzed for things like cholesterol, blood sugar, inflammatory and brain markers, and genetics.
- **Cardiovascular tests:** these are non-invasive tests used to assess your cardiovascular health. We will take images/readings of your arteries using an ultrasound wand on your neck, wrist, and hip. We will also ask you to exercise on a treadmill while we monitor your breathing.



Frequently Asked Questions

How long does all this take?

Three visits to The Institute of Living in Hartford, CT. Each visit takes around 2 hours.

What if I don't like it once we start?

That's fine, really. If we can't answer your questions along the way or fix something that's bothering you, you can quit at any time. We know you're volunteering and you'll never be pressured to do anything that you don't feel comfortable with.

What do I get out of this?

You will help us find out how common medical conditions (such as high blood pressure, type II diabetes, obesity, etc.) impact brain integrity. You will be compensated up to \$300 for participating. We will give you the results from your cardiovascular test to share with your doctor **and** share with you recommendations from the Alzheimer's Association regarding reducing risks for dementia.