ALZHEIMER'S DISEASE RESEARCH CENTER (ADRC)

STUDY OVERVIEW

What is the purpose of the ADRC study?

The purpose of the ADRC study is to look at the diagnosis, clinical course, risk factors, causes, and treatment of cognitive impairment in aging, Alzheimer's disease (AD), and related disorders.

Who is eligible to participate in the study?

In order to participate you must be:

- At least 60 years of age or older (certain participants must be at least 65 years old).
- Either have no or minimal problems with memory.
- In relatively good health.
- Have a "study partner", a friend and family member who can answer questions about you.

What does participation in the study involve?

There will be a minimum of 2 and up to 5 study visits each year.
Each visit typically lasts 4 hours.

Will I be paid to volunteer?

You will receive a small stipend to participate in the study. Depending on which procedures you complete, you will be paid $50-$600 per year.

Where does the study take place?

The ADRC study takes place at the Alzheimer's Disease Research Center:
145 East 32nd St, 2nd Floor New York, NY 10016
Brain imaging and some optional procedures take place at other locations within blocks of the Center.

Alzheimer's Disease Research Center (ADRC)
Center for Cognitive Neurology
145 East 32nd Street, 2nd Floor, New York, NY 10016
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STUDY VISITS

Visit One

- You will review the study with a team member and sign forms.
- We will collect basic information, medical history including medications you take and history of surgeries.
- We will assess cognitive abilities in memory, perception, attention, concentration, language, reasoning, comprehension, and problem-solving skills.

Visit Two

- You will get your blood drawn just as you would when getting laboratory tests for your doctor (after fasting for at least 4 hours).
- We will provide you a meal.
- You will answer questions about your mood and overall well-being.
- You will discuss optional study procedures with our team.

Visits Three-Five

If you are a newly enrolled participant, you will complete PET-MRI scans. Scans are completed over 2 days and take place roughly every 2 years. A PET scan uses a substance called a tracer to look at how the brain is functioning, and an MRI uses strong magnets to generate images. The scans to look for changes in the brain.

- **Amyloid PET scans** can identify amyloid plaques, a build-up of toxic proteins that can be an indicator of Alzheimer's.
- **Tau PET scans** are used to detect tau "tangles". Tau is a type of protein that builds up inside cells, resembling twisted fibers and can be identified in Alzheimer's disease.

Day 5 - Optional

Participants have the option of completing a lumbar puncture, otherwise known as a spinal tap. A lumbar puncture is a safe, commonly used procedure to collect a sample of cerebrospinal fluid (CSF), which surrounds the brain and spinal cord. To collect the fluid, a needle is inserted in the space between two lumbar bones in the lower back. Levels of certain proteins (such as amyloid and tau) in the CSF can reflect what is happening in the brain.