

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).
- In relatively good health.
- Have a "study partner"— a friend or 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

Below is an example of the schedule:

Visit One

- You will review the study with a team member and sign consent forms.
- We will collect a blood sample to analyze labs (for example, B12 and hemoglobin), as well as for genetic testing.
- We will record vital signs which measure blood pressure, body temperature, pulse rate, etc.
- We will provide you with a meal (menu has a variety of options).
- We will collect basic information and medical history, including medications you take and history of surgeries.
- You will complete a "scratch and sniff" test to assess smell.
- You will be given an actigraph watch to wear, which measures the time you spend awake and asleep over 7 days.
- You will discuss optional study procedures with our team.
- We will call your study partner. Note that in some cases, the study partner must come in person.

Visit Two

- We will assess your cognitive abilities including memory, perception, attention, concentration, language, reasoning, comprehension, and problem-solving skills.
- You will answer questions about your mood and overall well-being.
- You will complete a gait analysis, where you walk back and forth on a pressure-sensitive mat with electronic sensors to evaluate speed, symmetry, and variability among steps.

Visits Three–Four (Optional)

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 MRI uses strong magnets to generate images. The scans 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 disease.
- **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.

Visit Five (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.

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