

FACTS AND FIGURES

Percentage of adults aged 65 and older with Alzheimer's Disease by race and ethnicity



Statistics: [cdc.gov/aging](https://www.cdc.gov/aging)

Alzheimer's Can Affect Anyone

Women are nearly	African Americans are	Hispanics/Latinos are
2x	2x	1.5x
as likely as men to develop Alzheimer's disease	more likely than Whites to have Alzheimer's or another dementia	more likely than Whites to have Alzheimer's or another dementia

Statistics: [cdc.gov/aging](https://www.cdc.gov/aging)

The Multicultural Program Team

Karyn Marsh, PhD
Director

Natasha De La Cruz
Program Coordinator

Ricardo Osorio, MD
Clinic Investigator

To learn more about the Multicultural Program, please call 212-263-3201.

Directions to our center

By Subway: Take the #6 train to the 33rd Street station. Exit near the intersection of East 32nd Street and Park Avenue. Walk east on East 32nd Street towards Lexington Avenue.

By Car: From the west, take the Lincoln Tunnel to 34th street, and make a right onto Lexington Avenue. From the east, take the Queens Midtown Tunnel or FDR drive to 34th Street and make a left onto Lexington Avenue. The Center is located on 32nd street between Lexington and 3rd.

By Public Bus: You can take local buses 98, 101, 102, 103, 16, 34, 1, or 21. You can also take the M34 bus going east to Lexington Avenue, then walk south two blocks to 32nd Street.

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

T 212-263-8088
F 212-263-6991



ALZHEIMER'S DISEASE RESEARCH CENTER (ADRC)

MULTICULTURAL PROGRAM



The NYU Langone Alzheimer's Disease Research Center (ADRC) has been at the forefront of research on memory problems and a pioneer in the diagnosis, causes, and treatment of Alzheimer's disease and related dementias. **The Multicultural Aging and Memory Assessment Program** focuses on providing diagnostic services, research opportunities, education, and ongoing outreach to an ethnically diverse population.

Our Multicultural Program is staffed by a team of experienced professionals, including bilingual and bicultural clinicians dedicated to providing culturally sensitive and language-appropriate services.



In an effort to meet the needs of a diverse population, the following services are an integral part of our program:

- Bilingual (Spanish and English) staff coordinate the referral process and scheduling of participants to research study visits.
- Bilingual clinicians and study staff administer cognitive testing, clinical interviews, and other questionnaires.
- Free educational presentations and cognitive screenings are available in both English and Spanish at various locations around the city.

WHAT TO EXPECT

You will come to the Center two days per year (145 E. 32nd Street) and complete brain imaging every two years (660 1st Ave.) You do not take medications for the study. Clinicians look for memory changes since the last evaluation and will provide feedback. Assessments can be administered in either English or Spanish.

If you use reading glasses or hearing aids, please bring them to your visit.

Day One

- **Consent Form (1 hour):**

You will meet a study team member who will review the study with you, and you will be asked to sign indicating that you understand and want to participate.

- **Clinical Interview (1 hour):**

A trained clinician will review your personal and medical history and do a brief memory assessment. A neurological exam will also be given to assess your reflexes, balance, coordination, etc.

- **Cognitive Testing (1.5 hours):**

You will have a memory and thinking evaluation, which looks at perception, attention, concentration, language, reasoning, comprehension, and problem solving skills. This is a written and verbal assessment.

- **Gait Analysis (30 min):**

You will walk back and forth on a short track with sensors.

- **Interview with Study Partner (20 minutes):**

A friend or family member who knows you well, called a "study partner", will be called or come in person to answer questions about you.

Day Two

- **Blood Draw (15 minutes):**

When you arrive, we will first collect a blood sample (just as you might do when you have bloodwork for your doctor). You must not eat or drink at least 4 hours ahead of time, but it is okay to have water and take medications.

- **Meal Break (30 minutes):**

We will then provide you with a meal.

- **Psychosocial Assessment (45 minutes):**

You will answer questions about your overall mood and well-being.

- **Optional Procedures Discussion and Consent (30 minutes):**

A study team member will discuss optional procedures with you. These optional procedures include: collection of a microbiome sample at home, completing a lumbar puncture (spinal tap), and wearing wristwatch device to measure the time you spend awake and asleep.

Days Three-Four

- **Amyloid and Tau PET-MRI Scans:**

You will be given PET-MRI scans to look for changes in the brain. The scans look at amyloid and tau, which are proteins in the brain associated with Alzheimer's disease. 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. These scans take place over two days and are repeated every 2 years.

Day Five-Optional

- **Lumbar Puncture (Optional):**

You have the option to undergo a lumbar puncture (spinal tap). This is a safe and commonly used procedure to collect cerebrospinal fluid (CSF). CSF is the fluid that surrounds the brain and spinal cord. To collect the fluid, a needle is inserted into the midline in the lower back (your lower spine). We can detect proteins in the CSF (such as amyloid and tau) that can reflect what is happening in the brain.

Will I be paid to participate?

Depending on which procedures you complete, you will be paid \$50-\$600 per year.

Feedback

You can be given feedback about the results of your evaluation from a study clinician.

Brain Donation Program*

The most important gift a participant can give in Alzheimer's disease research is to donate their brain at the time of death. This generous act can help ensure that family members have access to precious health information that may help them plan their own future, since brain tissue testing is the only way we can confirm a definitive diagnosis of Alzheimer's disease or other dementia. Brain tissue also gives scientists access to other valuable information they can use to improve treatment—and ultimately, to find a cure. For more information on our brain donation program, please contact (212) 263-6262 or NYULHBrainDonation@nyulangone.org.

**This criteria is optional for certain participants.*