

# MEMORY & AGING PROJECT

## WHY IS THIS RESEARCH IMPORTANT?

The reality of Alzheimer disease (AD) is startling. Someone in the United States develops AD every 67 seconds, and 1 in 3 seniors dies with AD or another dementia. Alzheimer's is the most common cause of memory and thinking impairment among persons age 65 and older.

Alzheimer disease is diagnosed based on gradual onset, slow progression of memory impairment, and general cognitive decline. At its earliest clinical stage, AD represents a decline from the person's prior level of function and affects the person's ability to carry out her everyday activities. Even with growing public awareness of the disease, it is estimated that almost half of all persons with symptoms go undiagnosed. Deaths from Alzheimer disease increased 71 percent from 2000 to 2013, while deaths from other major diseases, including heart disease, stroke, breast and prostate cancer, and HIV/AIDS, decreased. Alzheimer's is the only disease among the top 10 causes of death in America that cannot be prevented, cured or even slowed.

Researchers at MAP are working to improve early detection and diagnosis using clinical and biological measures developed and tested in our research studies. MAP researchers also are working to develop and evaluate therapies that one day may provide truly effective treatment for the disease.

Statistics courtesy of Alzheimer's Association 2015 Alzheimer's Disease Facts and Figures



## OUR MISSION

Researchers at the Knight Alzheimer's Disease Research Center at Washington University are looking at the memory and thinking changes that occur in people as they age. A team of nurses, doctors, social workers, and other professionals assess cognitive function in older adult volunteers both with and without dementia. The team deeply appreciates the participation of hundreds of volunteers in our studies. The research could not be advanced without our volunteers, their families and care partners.

### The mission of the Knight ADRC is to:

1. Deliver the best possible assessment of cognitive function in older adults.
2. Promote, design and implement clinical research studies on aging and dementia.
3. Educate health professionals, students, and the community with today's best information and tomorrow's advances about Alzheimer disease.



## HOW TO CONTACT US

A MAP team member can provide you with information about the study and answer any questions you may have.

Please call **314-286-2683** or visit our web site at: <http://alzheimer.wustl.edu/> for further information.

**KnightADRC**  
Alzheimer's Disease Research Center

**MEMORY & AGING PROJECT**  
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# VOLUNTEERING FOR THE MEMORY AND AGING PROJECT (MAP)

The goal of MAP is to learn how aging may affect memory and thinking abilities and to better understand the brain disorders, such as Alzheimer disease (AD), that cause memory loss. Thus, both healthy persons and those with memory disorders are invited to participate as research volunteers to study memory and thinking over time. Eligible volunteers have a full evaluation of memory and thinking abilities each year by experienced clinicians. All evaluations are at no cost to the research volunteers.

## WHO CAN VOLUNTEER?

Persons who are:

- ❑ 65 years or older
- ❑ In stable general health
- ❑ Have no problems with memory or thinking OR have mild dementia
- ❑ Have a study partner (such as a spouse, family member, or friend) who will be interviewed yearly about your memory and thinking
- ❑ Willing and able to complete all study procedures

## WHAT IS INVOLVED?

- ❑ Yearly interviews about your memory and thinking in our office (2-3 hours)
- ❑ Yearly testing of your memory and thinking in our office (2-3 hours)
- ❑ Blood sample to test DNA for genetic causes of AD
- ❑ Brain scans, including magnetic resonance imaging (MRI) and positron emission tomography (PET), every 2-3 years
- ❑ Lumbar puncture every 2-3 years
- ❑ Additional testing, such as a sleep study, for selected volunteers

## POINTS TO CONSIDER WHEN BECOMING A MAP VOLUNTEER:

- ❑ Participation in each of the research activities is voluntary
- ❑ Taking part in this study may or may not help you personally
- ❑ Your participation is a chance to help others in the future by helping researchers find better ways to diagnose and treat Alzheimer disease
- ❑ Taking part in this study does not take the place of medical care provided by your health care provider
- ❑ Information collected about you is kept strictly confidential



# MEMORY & AGING PROJECT

## WHO WE ARE

Since 1979, the Memory & Aging Project at Washington University has studied intellectual functioning in persons as they age. Our efforts are designed to provide information on the aging process in healthy older persons and in those diagnosed as having a dementia of the Alzheimer type or another related disorder. The Memory and Aging Project (MAP) along with the Memory and Aging Project Satellite (MAPS) are at the forefront of a worldwide effort to uncover key causal factors in the development of Alzheimer disease, with a goal of developing more effective treatments and an eventual cure or prevention.

## KNIGHT ADRC by the numbers

There are over **900** current research volunteers in MAP.

One research volunteer has completed **29** consecutive yearly evaluations



**100%** of research information provided by volunteers is strictly confidential.



# 900



All races and ethnicities, and both women and men are welcome, typically starting at age **65**

**19** **106**

Our volunteers range from **19-106** years old.

In the last 5 years, just **one** of our research projects supported **281** new research studies.

