What is the SNIFF study?

The purpose of the SNIFF study is to find out whether insulin, when administered as a nasal spray, improves memory in adults with a mild memory impairment or Alzheimer’s disease (AD). The rationale behind the study is growing evidence that insulin carries out multiple functions in the brain and that poor regulation of insulin may contribute to the development of AD. Insulin resistance, reduced cerebrospinal fluid insulin levels, and reduced brain insulin signals have been found in AD patients, suggesting that a therapy aimed at correcting these deficiencies may be beneficial.

In this study participants will be given a nasal spray device either with insulin or placebo. Participants will be randomly assigned to the treatment or the placebo group for 12 months followed by six months in which all participants will receive insulin. During the first 12 months neither study participants nor study staff will know who is receiving active treatment and who is receiving placebo.

We are looking for 240 adults diagnosed with amnesiac mild cognitive impairment (aMCI) or early AD who would like to participate in this study. The study will take place at about 30 research clinics nationwide.

Are you eligible to participate?

Researchers are looking for people who meet the following criteria:

- Age 55-85
- Have a diagnosis of aMCI or probable mild AD
- Fluent in English or Spanish
- Have a partner available to attend most clinic appointments and someone available to assist with drug preparation and administration twice a day
- Stable medical condition for three months prior to screening visit
- Stable medications for four weeks prior to screening and baseline visits (AD FDA-approved medications are allowable if stable for 12 weeks prior to screening and baseline visits)
- Do NOT take drugs for diabetes (type I or II)
- Willing and able to undergo clinic assessments (for example – blood and urine lab tests, MRI, lumbar puncture, ECG, neuropsychological tests)

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