Tips for a healthy brain:

- Stay mentally active with enjoyable activities.
- Limit television watching to less than 1 hour a day.
- Stay physically active with regular exercise.
- Stay socially active and engaged in the community.
- Avoid or limit stressful situations when able.
- Aggressively treat depression.
- Make sure your doctor is treating your high blood pressure, high cholesterol, diabetes, and other unstable medical conditions.
- Lose excess weight.
- Eat a healthy balanced diet including ample servings of fruits & vegetables which contain natural antioxidants.

Alzheimer’s Disease Facts:

- Alzheimer’s is the 6th leading cause of death in the US.
- By age 85, nearly half of all persons have Alzheimer’s disease.
- Problems with memory are caused by loss of brain cells and are not part of normal aging.
- Studying the effects of Alzheimer’s in donated brain tissue has allowed us to better understand the disease, develop animal models, and begin to develop potential cures.

Sanders-Brown Center on Aging Clinic
1030 S. Broadway, Suite 5
Lexington, KY 40504
Diane (859) 323-6422 or (859) 323-5550
Fax: (859) 257-4233
http://www.mc.uky.edu/coa
Understanding healthy brain aging and Alzheimer’s disease

Since 1989, our team of doctors, psychologists, social workers and other staff have been studying changes in memory and thinking that are part of the normal aging process as well as changes that occur in Alzheimer’s disease and related disorders. Over this period of time, we have followed over 1,000 people in the greater Lexington area who have agreed to undergo annual examinations and brain donation at the time of death. Through the commitment from these research volunteers, we are closer than ever to finding a cure for Alzheimer’s disease.

We hope you will join us!

Who can join?

Persons who are 70 years or older and reside in the greater Lexington area or in the surrounding counties

Why should I join?

—You can help researchers better understand brain aging and develop a cure for Alzheimer’s disease.

—You will be kept up to date on the latest advances in aging and Alzheimer’s disease research.

—Your annual visit will include memory testing and a physical examination free of charge.

—If you develop memory changes or other medical problems are detected, we will help provide the latest medical care and treatment options for you.

What will happen if I join the study?

—You will be scheduled for an appointment to have memory testing and a physical exam located at the Sanders-Brown Center on Aging research clinic.

—This visit will take about 2 to 3 hours in total and will be repeated each year.

—You will be asked to donate your brain for research purposes at the time of your death.

—There is no cost to you or your family for any of these activities.

University of Kentucky Alzheimer’s Disease Center