Free Memory Screenings

What is a memory screening?

Our memory screening consists of a short test that looks at your thinking and memory abilities. The screening takes approximately ten minutes. If you choose, you may also spend some time with us getting information about Sanders-Brown services and research opportunities. Results from the screening allow the Sanders-Brown staff to suggest appropriate follow-up if needed.

Why should I get a memory screening?

Anyone over the age of 65 should include memory screenings as a part of their annual health check-up. Tracking your memory and thinking from year to year is the best way to be proactive against diseases like Alzheimer’s disease. Additionally, if you feel you are having trouble with your memory and thinking at any age, a memory screening is a good starting point for evaluation. Any results should be shared with your primary care physician.

When and where can I get screened?

Free memory check-ups are offered by appointments and walk-ins on the following days:

- Every 3rd Tuesday of each month from 9:30 am-12:30pm at the Polk-Dalton Clinic located at 217 Elm Tree Lane, Lexington, KY 40507
- Every Wednesday and Thursday from 1pm-4pm at the Sanders-Brown Center located at 1030 South-Broadway, Lexington, KY 40504

For more information or to schedule a screening, call 859-218-3867.
Research Participation Opportunities

We need your help to advance research!

**WHY PARTICIPATE IN RESEARCH?**
Research is needed to find new ways to detect, slow, treat, and hopefully someday prevent Alzheimer’s disease and other dementias. Research is also needed to better understand and promote healthy brain aging.

**WHAT DOES RESEARCH ENTAIL?**
Research studies vary. Possible activities include: memory and thinking testing, brain imaging, blood work, spinal fluid collection, routine physical exam, medications, lifestyle modification, and activities to promote quality of life. Not all of these activities are part of every study.

**HOW LONG DOES RESEARCH PARTICIPATION LAST?**
Participation can vary in terms of number of visits and duration of participation. Studies may involve a single visit, one visit a year, or over twenty visits a year, depending on the study chosen.

**HOW DO I KNOW IF THERE’S A STUDY FOR ME?**
- We have prevention studies for individuals ages 65 and older who are not experiencing problems with memory and thinking.
- We have treatment studies for individuals ages 50+ for those with mild memory and thinking problems as well as those with Alzheimer’s disease and other dementias.
- **Contact us today to see if we have a study for you.**

For more information or to volunteer, contact:

Shani Bardach, PhD
859-323-1331
shbardach@uky.edu
Join the UK Sanders-Brown Center on Aging for the 7th Annual Markesbery Symposium on Aging and Dementia. This two-day program offers sessions for both scientific and community audiences. Clinicians and researchers from the University of Kentucky and other institutions will come together to share current findings, trends and the latest updates on dementia and aging disorders, particularly as related to Alzheimer's disease.

**SCIENTIFIC SYMPOSIUM & POSTER SESSION**
10:00am – 3:00pm  
Friday November 3, 2017  
Albert B. Chandler Hospital  
Pavilion A Auditorium

**COMMUNITY SESSION**
8:30am – 12 noon  
Saturday November 4, 2017  
Lexington Convention Center  
Bluegrass Ballroom

**KEYNOTE SPEAKERS NOVEMBER 3 & 4**

Claudia Kawas, MD  
U of California Irvine  

Rachel Whitmer, PhD  
Kaiser Permanente

**SANDERS-BROWN CENTER ON AGING SPEAKERS**

The events are free and open to the public; however, you must register to attend. Registration information is governed by UK's privacy policy. For more information or to register visit [http://medicine.mc.uky.edu/conference/](http://medicine.mc.uky.edu/conference/) phone 859.323.5474 or email paula.thomason@uky.edu.