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.
- 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 medical conditions.
- Lose excess weight.
- Eat a healthy balanced diet including ample servings of fruits & vegetables which contain natural antioxidants.
- Eat more fish and other foods with high levels of omega-3 fatty acids.

Alzheimer’s Disease Facts:

- Alzheimer’s is the 8th 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.

“If you won’t do it for yourself, do it for the ones you love”

Sanders-Brown Center on Aging Clinic
1030 S. Broadway, Suite 5
Lexington, KY 40504
Diane (859) 323-5550 or
Kathy (859) 323-5550
Fax: (859) 257-4233
http://www.centeronaging.uky.edu
Understanding normal, 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 in order to better understand what goes wrong in Alzheimer's disease. Over this time, we have followed over 1000 people from Lexington and surrounding communities who have agreed to undergo annual examinations and brain donation at the time of death. With their help, we are closer than ever to finding a cure for this devastating disease. You can help too!

Who can join?
Anybody age 70 or older who lives in Fayette and the surrounding counties may be eligible to join.

Why should I join?
- You can help us to better understand and maybe even cure Alzheimer’s.
- 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 do develop memory changes or if 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 memory testing and a physical examination at the Sanders-Brown Center on Aging.
- 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.

University of Kentucky Alzheimer’s Disease Center