## What is the Healthy Brain Aging Study?

The Healthy Brain Aging Study is looking for volunteers with Alzheimer's disease, Parkinson's disease, Lewy body disease, and mild cognitive impairment for a multidisciplinary research study of memory and aging. We also seek healthy adults aged 70 years and older. Our staff are English-Spanish bilingual.

Our research follows volunteers over time, including eventual brain donation. We develop resources for scientists working to enhance understanding of these disorders and to provide early detection, effective treatment, and effective prevention.

We are supported by the Stanford Alzheimer's Disease Research Center (ADRC), which is part of a nationwide network of ADRCs funded by the National Institute on Aging / National Institutes of Health. Centers work together to translate research advances into improved diagnosis and care for people with Alzheimer's disease and related brain disorders.

With our community partners, we offer respectful, culturally sensitive engagement, and we provide opportunities for education and training. Our ultimate goal is to cure and to prevent these terrible disorders—if not for us and our parents, then for our children.

A·D·R·C
*for healthy brain aging*
Farrukh–Jamal Stanford Alzheimer's Disease Research Center

# Healthy Brain Aging Study

A research study sponsored by Stanford University and the National Institute on Aging of the National Institutes of Health

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# Who is Eligible?

***To participate in the Healthy Brain Aging Study, you must be***

- Diagnosed with Alzheimer's disease, Parkinson's disease, Lewy body disease, or mild cognitive impairment (any age); or be a healthy older adult (aged 70 years and older).
- Willing to travel to Stanford 2 to 3 visits the first year and 1 or 2 visits in later years.
- In reasonably good health without other neurological disorders affecting the brain.

# What to expect if you volunteer:

- A neurological examination with a Stanford neurologist
- Cognitive (mental) tests and questionnaires
- PET/MRI scan of the brain
- Blood draw
- Stool sample (studies of the microbiome)
- Skin biopsy (involves a piece of skin smaller than a pencil eraser)
- Annual visits
- We ask that you consider a lumbar puncture (spinal fluid examination)
- We also ask that you consider eventual brain donation

Not everyone volunteers for all procedures, but research data and biological samples are especially valuable to medical scientists when different types of information are available.

NIH National Institute on Aging

ADRCs are congressionally mandated NIH Centers of Excellence funded by the National Institute on Aging.

# What happens if I decide to join the Healthy Brain Aging Study?

You must meet certain conditions to participate. We can determine these conditions during a brief telephone interview and screening. We will ask that you commit to the study for 5 years.

For more information please contact us.

**For complaints, concerns, or participant's rights, contact 1-866-680-2906.**

## Contact

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