



YALE ADRC COHORT STUDY

Purpose

To identify people at risk for Alzheimer's disease earlier and find better ways to prevent and treat Alzheimer's disease and related memory disorders.

Why volunteer?

To help find a way to delay or prevent Alzheimer's disease.

Who is needed for the study?

- Age 40-90 with or without a family history of Alzheimer's disease.
- Individuals without memory problems or with a diagnosis of Mild Cognitive Impairment (MCI) or Alzheimer's disease.



The Walk to End Alzheimer's is the world's largest event to fight Alzheimer's. There are yearly walks in September & October in the following towns:

Bristol, CT	New London, CT
East Hartford, CT	New Milford, CT
New Haven, CT	Norwalk, CT

For more information visit: www.alz.org/ct
(click on Walk To End Alzheimer's)

More than 6 million Americans are living with Alzheimer's.

The number of people in Connecticut age 65 and older with Alzheimer's is expected to increase 14% to 91,000 from 2020 to 2025.

1 – 3 seniors die from Alzheimer's or another dementia.

Yale Alzheimer's Disease Research Center (ADRC)

(203) 785-5526

medicine.yale.edu/adrc
www.facebook.com/YaleADRC

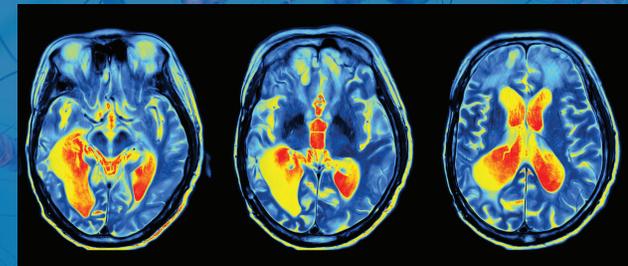


Hover your phone camera over the QR code to go directly to the website.

Early Detection Matters: Know the Signs

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood or personality

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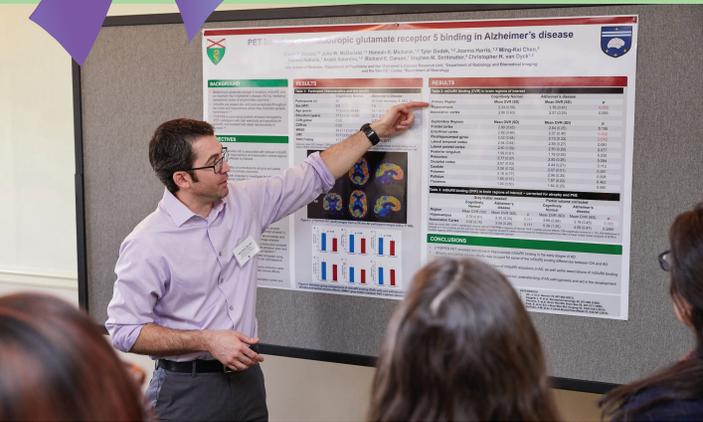


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The Yale Alzheimer's Disease Research Center (ADRC) was funded in 2015 by the National Institutes of Health (NIH) and National Institute on Aging (NIA). The goal of the Yale ADRC is to advance our understanding of the causes and treatment of Alzheimer's disease. The focus of the Yale ADRC is to translate research findings into treatment benefits.



EDUCATIONAL SERVICES

The Outreach, Recruitment and Engagement Core of the Yale ADRC, in collaboration with the Alzheimer's Association Connecticut Chapter, provides a wide range of education services to the public and to professionals.

Some of the programs that we provide are:

**Know the 10 Signs of Alzheimer's:
Early Detection Matters**

**The Basics: Memory Loss, Dementia and
Alzheimer's Disease**

**Coping with Dementia: Strategies for
Family Caregivers**

**10 Ways to Love your Brain: Behavioral Strategies
for Dementia Protection**

For more information on the services, please contact:
Richard Marottoli, MD, MPH at
richard.marottoli@yale.edu or call (203) 785-5526.



PREVENTING ALZHEIMER'S DISEASE

Barbara Foster and Dorothy Hughes enrolled in the Anti-Amyloid in Asymptomatic Alzheimer's (A4) study. This is the first effort in history to try to prevent Alzheimer's disease symptoms before they appear. Participation in the study has heightened Dorothy's awareness of what Alzheimer's looks like and she has started doing brain puzzles every day. Barbara feels like she is getting information and can prepare herself, or even prevent or slow down Alzheimer's. They both hope that the results will help doctors learn more about how Alzheimer's affects the brain and how it progresses.



RESEARCH STUDIES

Research studies are currently being conducted in the Yale Alzheimer's Disease Research Unit. A list of current studies can be found at:
medicine.yale.edu/psychiatry/alzheimers/clinical

Please call us if you are interested in participation or would like more information about the studies.

**For additional information about
the Yale ADRC, please visit:**

**medicine.yale.edu/adrc
or call (203) 785-5526**

COMMUNITY ADVISORY GROUP

The Yale ADRC has a community advisory board composed of prominent members of our community, under the direction of Dr. Richard Marottoli. The mission statement from the advisory board is:

Our community advisory board advocates and supports initiatives for diversity in our studies, clinical trials, and enrollment by building relationships with the community. We work with community leaders to ensure availability and easy access to Alzheimer's information and resources.