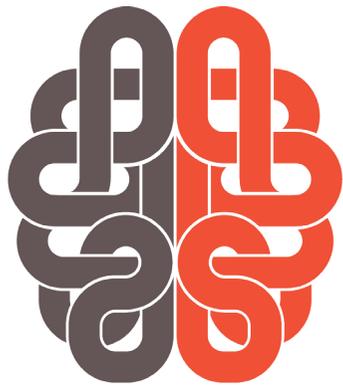


WORRIED ABOUT YOUR MEMORY?



**The Dunedin
Dementia
Prevention
Research Clinic**

Kia ora!

This is information about research being conducted at the Dunedin Dementia Prevention Research Clinic based at the University of Otago.

We are conducting a research study over a long period of time, into factors that influence the progression of memory problems in New Zealanders.

We are investigating a range of factors including things we can measure from clinical assessment, brain scans, measures of memory and thinking abilities, blood samples, and lifestyle factors such as diet, exercise, mental stimulation and social interactions.

The clinic is looking for participants with Mild Cognitive Impairment.



What is Mild Cognitive Impairment?

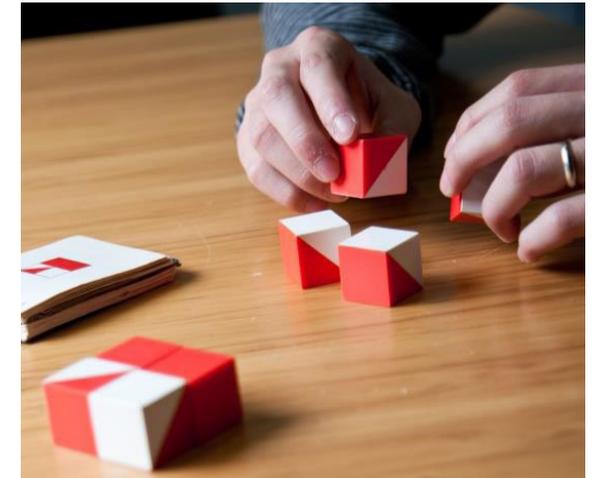
Mild Cognitive Impairment (MCI) is a condition that affects memory and thinking abilities (e.g. planning, word-finding, organising). Everyday tasks are not affected (e.g. work-related tasks, household tasks, driving).

Some people with MCI go on to develop Alzheimer's disease (a type of dementia), but not all people with MCI do. We want to find out why.

Our aim is to identify factors that influence the development of Alzheimer's disease.

Why is this important?

Finding out what factors influence the development of Alzheimer's disease means that we can develop and test interventions to delay or prevent onset.



What does participation involve?

Session 1

You will meet our Clinical Research Nurse, who will fully explain the study and complete consent forms.

You will have a comprehensive assessment with our clinical team.

If you are eligible to continue in the study, you will be invited back for the following:

Session 2

We collect a fasting blood sample.

We provide you with breakfast following blood collection.

You have a detailed assessment of your memory and thinking abilities.

Session 3

You have an MRI Brain scan .

Session 4

You will meet with our clinical team who will give you your assessment results, and a written summary report.

Eligibility Criteria

- Aged over 55
- Memory problems noticed by yourself or others
- Fluent in English
- Not living in long-term care

Exclusion Criteria

- Dementia
- Significant alcohol / substance use
- Moderate to severe brain injury
- Pacemaker
- Significant neurological condition (e.g. Parkinson's disease, stroke, epilepsy, brain tumour)

Your Participation

- Is voluntary
- Is free
- Will not affect your usual medical care

You will have the opportunity to

- Have a detailed assessment of your memory by leading clinicians in the field
- Be part of future research intervention studies aimed at delaying or preventing Alzheimer's disease

Our Clinical Team

Research Assistants
Research Nurses
Neuropsychologists
Neurologists
Geriatricians
Old Age Psychiatrists
Neuroradiologists



For more information on how to enroll in the Dunedin Dementia Prevention Research Clinic, please discuss with your GP or Specialist, or get in touch with us.

Dunedin Dementia Prevention Research Clinic

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Approval: HDEC 15/NTB/202

11/11/2015



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Te Whare Wānanga o Ōtāgo
NEW ZEALAND



Brain Research
NEW ZEALAND
Rangahau Roro Aotearoa