

AHEAD Study: Fall/Winter Newsletter

Crossing the Finish Line

As AHEAD Study researchers, we are thrilled to report we met our enrollment goal this year. We couldn't have reached this critical milestone without your participation. Thank you!



"Thank you for your continued commitment to the AHEAD Study. There have been significant developments in Alzheimer's disease research in recent years, and we're excited that the AHEAD Study will soon add to that body of clinical knowledge. Your participation is making an impact now that will last for generations."

Reisa Sperling, MD

M.D., Professor of Neurology, Harvard Medical School; Director, Center for Alzheimer Research and Treatment, Brigham and Women's Hospital and Massachusetts General Hospital

Making News

We won't find an Alzheimer's disease treatment that works for everyone unless people from all races and ethnicities are included in the research. Clinical research is an important component of reducing health disparities, especially in diseases with an outsized risk for Black and Hispanic people.

Throughout the study, we strove to include individuals from different backgrounds with diverse life experiences. Because of this commitment, nearly 43% of all AHEAD Study screenings included individuals from various sociodemographic backgrounds.



Watch Now:
<https://www.aheadstudy.org/>

AHEAD Study Spotlight: Meet Carol Turner

Q: How long have you been involved in the AHEAD Study?

A: I joined the AHEAD Study in January 2021.

Q: Why did you join the AHEAD Study?

A: My journey started with my dad and that's who I'm giving homage to as I try to help fight this disease. He passed from Alzheimer's in September 2020 and after that my mother started showing signs. Knowing my family history motivated me to join the study.

Q: What has your experience been like so far?

A: When you have researchers who are so committed to your brain health, it's just a blessing. You want to think that this disease is not going to be here forever. It's groundbreaking research and I'm blessed to be a part of it.

Q: What motivates you to stay involved in the study?

A: Once I got my results back I found out that I have high levels of amyloid plaque in my brain. Knowing I could get Alzheimer's, not only motivates me to stay enrolled but to also raise awareness about Alzheimer's in the African American community. This study is so much bigger than me.

Q: What is your hope for the future of Alzheimer's research?

A: I would hope that this disease is wiped off the face of the Earth and that researchers find some way to cure this disease. If that is not possible, I hope it can be stopped in its tracks, and people could be treated before they are unable to function.





Boost Your Brain Health

Remaining physically, socially, and mentally active supports brain function and helps slow cognitive decline. Make time for things like:



Eating a well-balanced diet rich in fruits, vegetables, and whole grains



Learn a new skill, like music, a new language, or quilting



Daily meditation



Getting a good night's sleep—aim for eight hours

Small changes can make a big difference!

Brain Game

Speaking of staying mentally active, are you up for a challenge? Keep your mind active with a fun game of Sudoku!

The rules are simple. Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 “squares” (made up of 3 x 3 spaces). Each row, column, and square (9 spaces each) needs to be filled out with the numbers 1-9, **without** repeating any numbers within the row, column or, square.

For answers to the Sudoku and more information on the AHEAD Study please visit AHEADstudy.org.

3		6	2		4	5		9
	2		6	5	3			
		5	1					
		2			7		5	
		7						
	5		3			2	6	
	8	1						
		3				8		5
2	7			3		1		