

News and updates from the AHEAD Study Team

AHEAD Participant Spotlights



"I really wanted to get ahead of this disease. We saw our father go through it. Not only our father, but he had two brothers who also went through it."

-Carol Turner

Interview by Katie Kamin of WSCS



"I'm just a real advocate for the AHEAD Study. I am because we're on the cutting edge of discovering a cure or something that can alleviate some of the symptoms, and to me that's huge."

-Penny Robertson

Interview by Joe Byrnes of WMFE



"I'm proud to be at the front of the line for this exciting opportunity and I am hopeful this trial can change not just my life but millions more."

-Dave Kalberer

Interview by Donita Naylor of Providence Journal

Thank you!



Thank you for your continued participation and support of the AHEAD Study. We look forward to advancing research on this journey with you.

Helpful Resources

Help Your Heart

Risk factors for cardiovascular disease such as stroke, high blood pressure, or obesity may negatively impact your brain health. Care for your heart and your brain will thank you.



Socialize

Connect with family and friends, attend local events, or even join a book club. Social connections are critical for brain health.



Exercise

Studies have shown possible links between exercise and reduced risk of cognitive decline. Exercise can also improve your mood and sleep quality!



Learn More

Representation Matters!

Diversity in clinical trials is critical for advancing the field!



Recent studies have been able to estimate amyloid plaques through a simple blood draw.



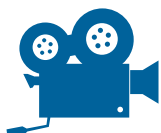
Listen to why people decide to participate in clinical research.



Watch a video that explains how biomarkers are used to help diagnose dementia.



Other ways to stay involved!

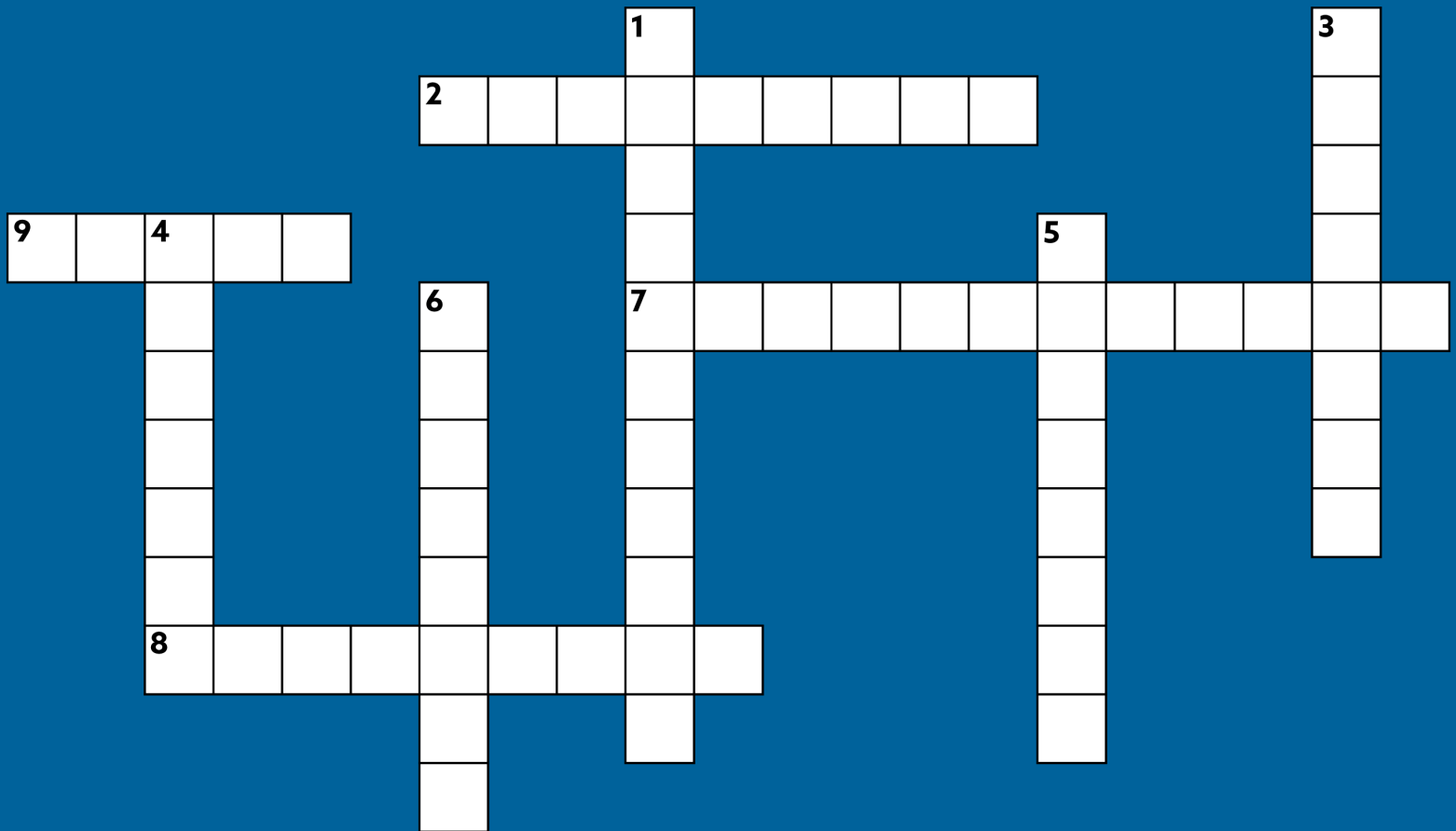


Interested in becoming a participant spotlight for The AHEAD Study? Reach out to your site about potential local media opportunities!



Follow The AHEAD Study Facebook page for news and events: [@AHEADStudy](https://www.facebook.com/AHEADStudy).

Test Your Knowledge



Down

1. To take part in an action or endeavour.
3. The frontal, parietal, occipital, and _____ are the four major lobes in the cortex.
4. A protein that can form plaques and disrupt functioning.
5. A type of study you can complete from your home.
6. An iterative process that leads to new treatments.

Across

2. Investigational treatment being tested in the AHEAD Study.
7. The name for an action taken to prevent or improve a situation.
8. A quality of research trials that ensures treatments work for everyone.
9. The organ that controls thought and memory.