

Looking AHEAD: Supporting Our Community

Commitment is at the heart of the AHEAD Study. Just as you are committed to furthering the advancements of Alzheimer's research, the AHEAD Study research team is committed to supporting you through every step of your study experience. We are so grateful for your dedication to participating in the study and helping find a potential treatment for Alzheimer's disease.

We will continue to provide new resources, activities and updates to help you stay connected and informed as you reach your study milestones. Continue reading to learn how you can keep up with the AHEAD Study and other developments in Alzheimer's research!

Reisa Sperling, MD



“ Thank you so very much for being an essential part of our research journey in the AHEAD Study. Every study visit that you attend in the AHEAD Study helps us get closer to understanding the earliest stages of Alzheimer's disease, and one day hopefully preventing dementia due to Alzheimer's disease. Because of you, we are already learning a great deal from the AHEAD Study screening data.

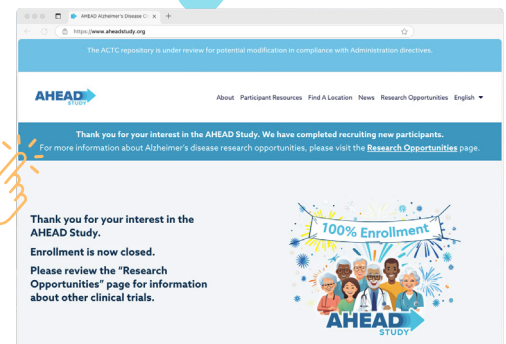
As we continue this important work together, I encourage you to **attend all of your scheduled visits and reach out to your site's study team with any questions or challenges.** We are here to support you every step of the way.

Together, we will find clear answers that are urgently needed for the millions of people worrying about Alzheimer's disease in their future.”

New Resources & More at AHEADStudy.org

The AHEAD Study team is thrilled to share some exciting changes for our study participant community. You can look forward to updates to AHEADStudy.org that will help you stay up to date with Alzheimer's disease news, online discussions and resources to enhance your study experience.

Bookmark AHEADStudy.org in your web browser and check back for new information throughout the year.



Up Next:

Joining the AHEAD Study Just in Time:
A Participant Shares Her Journey

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Memory lapses prompted Claudia to seek treatment. She frequently lost her train of thought mid-sentence and forgot the rules of her favorite board game. A PET scan revealed amyloid plaques in Claudia's brain, which are often present in people with Alzheimer's disease and other dementias. Her results were deemed consistent with a diagnosis of preclinical Alzheimer's disease, or the earliest stages of the disease.

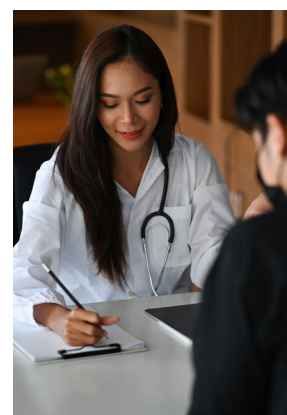
Claudia did not want to 'wait and see' how her memory would develop; she wanted to act. She was referred to Dr. Hamid Okhravi, lead AHEAD Study Principal Investigator at Eastern Virginia Medical School (EVMS) in Norfolk, VA. Dr. Okhravi explained the AHEAD Study tests lecanemab, a new drug proven to reduce amyloid plaques. He cautioned Claudia that the deadline for enrollment was just two days away, and thus she might not be able to join, but he would check with his team to be sure.

Claudia heard from EVMS that same day, and 24 hours later signed the consent form. She recalls Dr. Okhravi saying, "Welcome to the family."

"That's what being in the study with such brilliant, supportive people feels like—a second family," Claudia reflected.

"Participating in the important, groundbreaking AHEAD Study...has given me a profound sense of purpose, contribution, connection, gratitude, and hope, for myself and for future generations."

Today, Claudia is grateful for the 'miraculous timing' of the events that led her to the AHEAD Study. "I'm not one to lightly say that something changed my life, but this changed my life."



[Read the full version of Claudia's story.](#)

Your Safety Is Our Top Priority

Just as you've shown your dedication to participating in the AHEAD Study, the AHEAD Study team is committed to ensuring you are supported and safe during your participant journey. The study procedures have been carefully designed with your safety in mind, with strict safety measures in place throughout the entire trial. The AHEAD Study researchers and site support staff at all research locations closely monitor participants' health and well-being with regular physical examinations and consistent communication.

We recognize the commitment it takes to be a part of a clinical trial, and we want you to know we value your trust. Your participation helps advance important research and sets a high standard for what it means to be a partner in science. If you ever have questions or concerns, or need any support, please reach out to your study site team.

Up Next:

Memory Game

Stay Mentally Active with a New Brain Game

Engage your mind by spotting the difference between the two images featuring a drive-in movie. Check your answers using the answer key on p. 3.



Stay Informed at AHEADStudy.org

Stay tuned for the next AHEAD Study newsletter and visit AHEADStudy.org for updates on study progress, new advancements in Alzheimer's disease research and more.

For More Info

AHEADStudy.org

Answer Key

1) Radio 2) Yellow Car 3) Popcorn 4) Curtain 5) Picture 6) Air Vent 7) Ticket

