

P E N N M E M O R Y C E N T E R R E S E A R C H



The Aging Brain Cohort (ABC) Study

Join the largest and most comprehensive research effort in the nation aimed at better understanding Alzheimer's disease, Mild Cognitive Impairment, and healthy brain aging — and ultimately, at achieving a healthier future for all.

The ABC study (formerly known as "NACC") is the major brain-aging research program sponsored by the National Institute on Aging (NIA).

ABC collects ongoing individual data from volunteer participants at each of the 31 NIA-funded Alzheimer's Disease Centers (ADCs) across the United States.

This data is used by scientists across the nation and the world. It is an invaluable resource for research into Alzheimer's disease, mild cognitive impairment, and life-long brain health.

The Penn Memory Center, a NIA-designated ADC since 1991 and the only such center in our tri-state area, has contributed data on participating patients and normal controls to the study since its inception in 1999.

Visit www.alz.washington.edu for more information.

Who can participate?

- Older adults with normal cognition, mild cognitive impairment (MCI), or mild to moderate Alzheimer's disease or related dementia
- Need a reliable study partner who can provide information to our research staff about the participant's functioning
- Willing to have an MRI and either a PET scan or spinal fluid sample

What happens during study visits?

Come in once a year to meet with our staff for a 2- to 2 1/2-hour visit that includes cognitive testing, neurological exam, blood samples and an interview.

How will my data be used?

As part of your participation in ABC, you may be asked to participate in other imaging studies, like MRI or PET scans, and other biomarker collection, such as studies of cerebrospinal fluid. These additional studies are critical to help us better understand the link between clinical evaluation and brain changes associated with Alzheimer's disease and related dementia.

Because brain tissue from individuals who have been thoroughly studied in life is so vital to science, ABC participants agree to consider that, upon death, their contribution to this research will continue through their gift of brain donation.

Regular assessments are key to good data, so if you do not come to yearly study visits, we may need to withdraw you from ABC.

Reimbursement

There is no charge to you or your insurance provider for any aspect of ABC activity. You will be reimbursed \$20 for time and travel.

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