

“ My name is George. I don't have Alzheimer's but I do participate in Alzheimer's disease research. ”

We can't solve Alzheimer's without you.

We recently spoke with George about his decision to join the University of Pittsburgh Alzheimer Disease Research Center. George openly shared why he signed up to participate in Alzheimer's research, what he has learned as a result, and why he comes back each year.

Q: How did you learn about the Alzheimer Disease Research Center?

A: “I saw a flyer on the wall that said, ‘Do you have forgetful moments?’ and ‘If you do, would you like to find out if it's normal aging or not?’ And I laughed: I have plenty of those moments, so perhaps I need to find out.”

Q: What was that experience like for you?

A: “It was a really good experience. First of all, you go, and you see a social worker and they ask you all kinds of questions about your life, and all kinds of things about your health. And then you see a psychiatrist, the medical doctor—oh, and then you take the written part of the assessment, that's the most interesting part. I did good on the memory check, except for one part. Other than that one test, it was a really good experience, and I enjoy going every year.”

Q: What experience were you hoping to get out of participating in Alzheimer's research?

A: "I was hoping to learn more about the brain, and to learn more about whether it's normal, these things that happen as you get older... your forgetfulness. I was hoping to get feedback on that and then have a feeling that OK, I'm normal."

Q: Has participating in Alzheimer's research changed what you knew or thought about memory loss?

A: "I now realize the importance of exercise. Exercise is important for your heart and brain; they both need the same thing. They both need a good supply of oxygen, so, if you're exercising, that helps your brain. Eating right helps your brain, socializing helps your brain. All those things help your brain."

Q: What are your thoughts about the appointment?

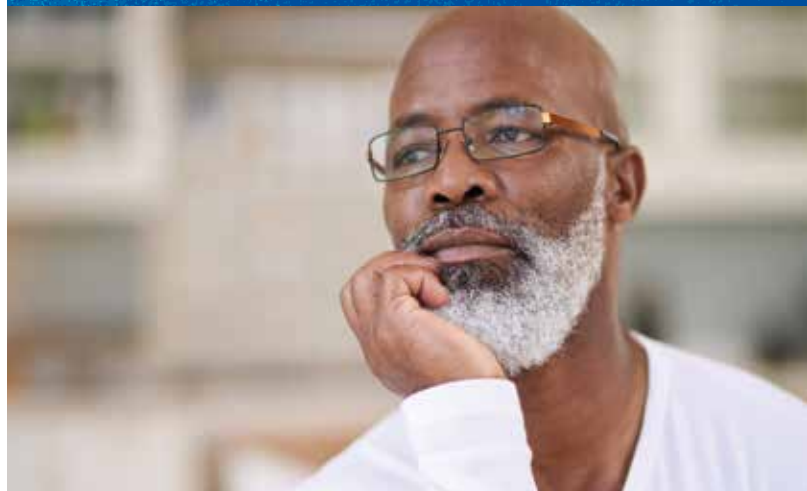
A: "Going into the appointment, sometimes I feel a little stressed. Because I feel like I don't want to find out that my memory score was less than it was last time. And there's also one part of this test that I know that I do bad on every time, and I don't think it's going to change. I tell them up front: I say, 'I'm not going to do good on this part,' and the staff says, 'OK, we understand that. If you do the same thing every year on that, we know that that's normal for you.' So, when I come out, I feel that I did the best I could, and there's nothing more I can do."

Q: What keeps you coming back every year for your visits?

A: "I just want to see what else I can learn. See, did I improve my score? I want to learn some things that I could do to benefit myself."

Q: Some people may not volunteer for Alzheimer's research because they think you must have Alzheimer's to join. What would you say to change their minds about participating?

A: "Everybody has moments of forgetfulness, and if you convince them that, hey, these moments are probably a normal part of aging, or could be from your medications or could be from this or that, it's something that you might be happy to find out."



Join George in being proactive about your brain health. Participating in research is a rewarding experience.

- Be part of a welcoming community.
- Learn more about how your brain works.
- Advance the search for a cure.

Contact the University of Pittsburgh Alzheimer Disease Research Center to learn more about becoming a research participant at adrc.pitt.edu or **412-692-2700**.



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