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because she was
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Meet Carl.

Carl supports his wife by being her study partner as she participates in Alzheimer's disease research.

Carl explains how his participation as Vera’s study partner stems from an unwavering devotion to her.

“It will be 60 years in December that we have been married. With this condition, we’ve gone through a lot of emotional turmoil, fear, and uncertainty. Despite it all, when I took that vow and we got married, that was forever. Those vows cover everything that could happen in a marriage.”

Carl and Vera have been coming together to the University of Pittsburgh Alzheimer’s Disease Research Center for seven years. Although she performed well at her first memory assessments, over the years Vera’s memory slowly declined. Her eventual diagnosis of Alzheimer’s disease has been difficult for Carl to fathom.

“She’s a Registered Nurse, which makes it even worse because she knows everything about medicine. I couldn’t ever imagine Vera having Alzheimer’s because she was just so brilliant!”

Like many people who experience a loved one developing Alzheimer’s, Carl admits to feeling scared.

“If I told you I wasn’t afraid of it—that I’m not frightened by it—then I would be lying. It is hard facing this thing.”

A study partner is a family member or close friend who knows the person well and can answer questions about their memory and functioning.

Alzheimer’s research involves not only the person who is noticing changes with their memory, but also a study partner who accompanies them on visits to the research center.

Carl's faith and his steadfast commitment to his wife have helped him become the loving caregiver she needs him to be.

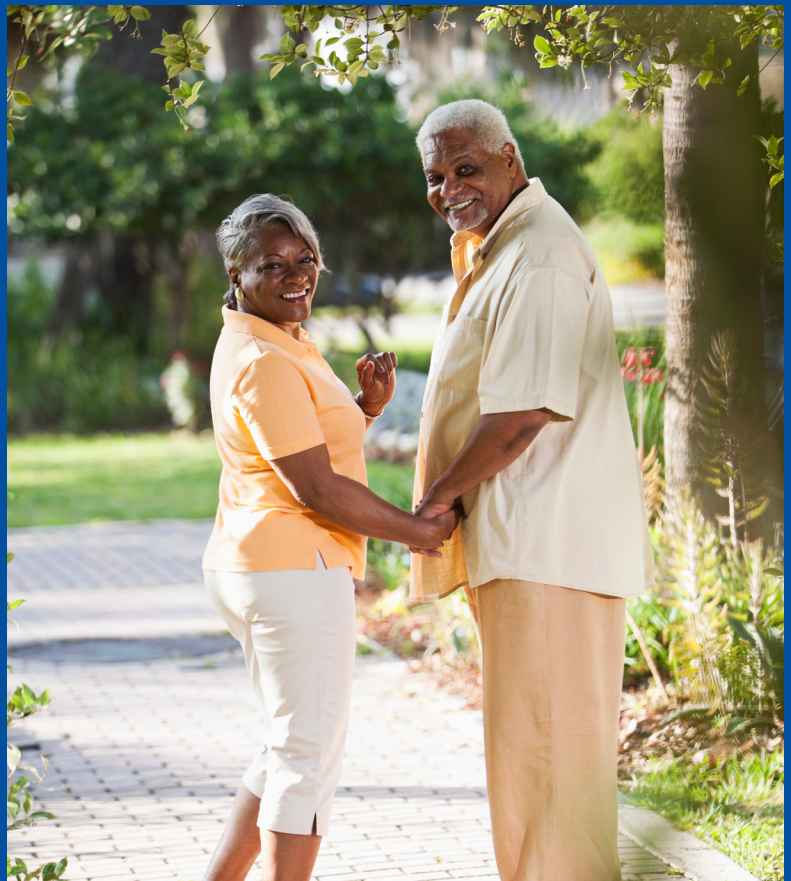
"I have a tendency to do everything I can, explore every option that there might be for my wife. When people see my efforts, they come up to me and tell me that they really admire me for how I stick with her. Jesus said, 'Love your wife.' So I tell them not to praise me for that, but to praise me for doing the will of God. I'll love her in spite of whatever happens."

Carl notes that caring for his wife has taught him patience and has been deeply rewarding.

"I learned one thing, I have got to be extremely patient. It's difficult to handle her condition, especially right now with me primarily carrying on our household responsibilities and working. I try to avoid always saying, 'You know how busy I am.' I try to do whatever she wants me to do. I know one thing, because she's my wife, she's worth my time."

When Carl joined the Alzheimer's Disease Research Center to support Vera, he didn't realize that their participation would also provide support for him.

"The Center not only helped me figure out how to be a support system to my wife, but they have taught me how to deal with the changes that I see happening with her. Plus, the information we pass on to the Center will be used to benefit others."



Join Carl in supporting a loved one by participating in Alzheimer's research. Participating in research is a rewarding experience!

- Support a loved one in the fight against Alzheimer's.
- Feel good about helping others.
- Advance the search for a cure.

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



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The University of Pittsburgh Alzheimer's Disease Research Center (ADRC) is one of the nation's leading research centers specializing in the diagnosis of Alzheimer's Disease and related disorders.