

# Meet Zinna.

**Zinna participates in Alzheimer's research to honor her dad and to understand her own risk.**



Dementia is an 'umbrella' term for several disorders affecting the brain.

Alzheimer's dementia, the most common form of dementia, is one of several disorders that causes brain cells to deteriorate over time.



**Zinna was motivated to participate in Alzheimer's disease research because her father had dementia.**

"I was looking to find out all I could about dementia, to understand what my dad was going through. I wanted to find out whether he had Alzheimer's or another kind of dementia. He had been diagnosed probably about 15 years before he died."

**Zinna is encouraged by Alzheimer's disease research and the potential benefits it can create.**

"They didn't do nearly the things that they do now from when my dad was diagnosed. For instance, they encourage physical activity and eating certain foods. It's been through research that they have found practices that can help somebody with dementia, or with Alzheimer's. I believe that the more research that is done, the more positive outcomes that can occur when it comes to addressing this disease."

**Zinna understands that knowledge gained from research can help her to become proactive about herself and her well-being.**

"There are certain tests you can undergo that can provide knowledge about your vulnerability to Alzheimer's disease and dementia. Now, the tests don't guarantee the likelihood of you getting these disorders but having the knowledge can give you the opportunity to pre-plan your life."

Alzheimer's disease can run in families, so if you're not proactive in trying to see who had it in the family and how it's affecting you, you can't plan. That's why I want to know. I want to know so I can plan. So that I can have my bills in order, make sure my will is in order, you know, the whole 9 yards. I also want my kids and my doctor to know so that if I get to a certain point where I'm making irrational decisions, they do whatever is in my best interest."

**Pre-planning allowed Zinna to advocate for her dad's wishes (or to promote his autonomy) when he was diagnosed with dementia.**

"My dad and I made decisions, before he progressed too far into the disease, that if he got to a point that he would rely on a feeding tube-and he did get to this point-we would let him go. It was hard but it was a decision we made ahead of time. He didn't want to live with a feeding tube. Some family members who did not know his wishes were upset by the decision, but I'm satisfied with this choice because he specifically requested this."

**Zinna understands the challenges people have when it comes to deciding to get involved in research.**

"Our older people might be set in their ways and afraid, so they aren't trying to get involved, and the middle-aged group are so busy trying to keep their head above water to make the almighty dollar, they don't have time, and that's how it boils down. It's important for people to understand that being involved in research is a necessity. Without research, you can't have positive outcomes."



Join Zinna 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](http://adrc.pitt.edu) or **412-692-2700**.



University of  
**Pittsburgh**

**Alzheimer's Disease Research Center**

UPMC Montefiore  
421 West  
3459 Fifth Avenue  
Pittsburgh PA 15213

412-692-2700  
[adrc.pitt.edu](http://adrc.pitt.edu)



Supported by NIH grants  
P30AG066468 & R01AG054518

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.