

Result Feedback Guide for PITT ADRC Participants Cognitively Healthy, A β +

Background

We used something called positron emission tomography, or PET, for short. PET scans allow doctors to see activity in a person's brain. The PET scan that you had uses a substance called Pittsburgh Compound-B (PiB) which is given through a shot in the arm at the time of the scan.

PiB sticks to a protein in the brain called amyloid-beta (A β), or amyloid for short. Amyloid is often found in the brains of patients who have Alzheimer's disease (AD), but is sometimes present in the brains of older adults who do not have AD dementia.

Many scientists believe that amyloid builds up over many years before any symptoms of memory loss begin. Up until recently, amyloid could only be seen by doing an autopsy after the patient died. By using a PiB scan, we can tell now whether or not you have amyloid build up in your brain.

Result

Your scan showed a significant level of amyloid build up in your brain.

Approximately 30% of older adults who are not experiencing cognitive changes are found to have amyloid build up in their brain. The clinical meaning of this finding is not yet clear. Having amyloid build up in the brain may mean that you are at a higher risk for eventually developing Alzheimer's disease (AD) than someone who does not have amyloid build up in their brain. From a research view, you are encouraged to continue to have yearly cognitive testing at the ADRC to check for any changes over time.

Limitations of this information - We are still learning about other factors, both genetic and environmental, that determine risk for AD. It's important to note that there aren't very many long-term follow-up studies of people with normal cognition who have amyloid build-up in their brains.

Because the PET scan that you had was part of a research study, these results are being shared with you and your loved one for your information only. These results will not appear in your medical record and should not be the basis for medical decision-making.

Follow-up: (ADRC staff member's name here) will be phoning you in a few weeks to check-in with you. If you have questions about these results or wish to speak with someone sooner, please call (# here), at any time.