

Result Feedback Guide for PITT ADRC Participants

Mild Cognitive Impairment, 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.

Having amyloid build up on a PiB scan means that you are at a higher risk for eventually developing Alzheimer's dementia as compared to someone who is noticing changes in their memory but does not have amyloid build up in their brain. Put another way, this finding suggests that Alzheimer's disease may be part of the underlying cause of the changes in memory or thinking that you have been noticing.

From a research view, this means that it may be a good idea for you to have cognitive testing once a year to check for possible changes over time.

Limitations of this information - We are still learning about other factors, both genetic and environmental, that determine risk for Alzheimer's dementia. It's important to note that there is no one, single definitive test for Alzheimer's dementia. Alzheimer's dementia is diagnosed based on results from a combination of tests including, for example, a physical exam, a review of a person's medical history and medication list, cognitive testing, as well as laboratory tests and brain scans.

Because the PET scan that you had was part of a research study, these results will not automatically appear in your medical record. A summary of your results may be shared with your medical provider upon request and completion of a HIPAA release form.

Individuals who have a diagnosis of MCI may be appropriate for treatment with a recently approved medication if testing has confirmed that they have amyloid build up in the brain. It is possible that you may be asked to undergo another, confirmatory test in a traditional medical setting outside of this research study.

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.