

# WORRIED ABOUT YOUR MEMORY?



**The Dementia  
Prevention  
Research Clinic**

## Kia ora!

This is information about research being conducted at the  
**Dementia Prevention Research Clinic**  
based at the  
Centre for Brain Research,  
The University of Auckland

We are conducting a research study over a long period of time, into factors that influence the progression of memory problems in New Zealanders.

We are investigating a range of factors including things we can measure from clinical assessment, brain scans, measures of memory and thinking abilities, blood samples, and lifestyle factors such as diet, exercise, mental stimulation and social interactions.

The clinic is looking for participants with **Mild Cognitive Impairment**.



## What is Mild Cognitive Impairment?

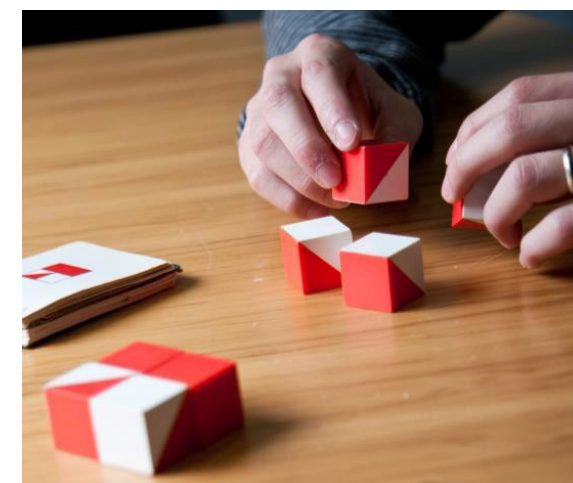
Mild Cognitive Impairment (MCI) is a condition that affects memory and thinking abilities (e.g. planning, word-finding, organising). Everyday tasks are not affected (e.g. work-related tasks, household tasks, driving).

Some people with MCI go on to develop Alzheimer's disease (a type of dementia), but not all people with MCI do. We want to find out why.

Our aim is to identify factors that influence the development of Alzheimer's disease.

### Why is this important?

Finding out what factors influence the development of Alzheimer's disease means that we can develop and test interventions to delay or prevent onset.



# What does participation involve?

## Session 1

You will meet our Clinical Research Nurse, who will fully explain the study and complete consent forms.

You will have a comprehensive assessment with our clinical team.

If you are eligible to continue in the study, you will be invited back for the following:

## Session 2

We collect a fasting blood sample.

We provide you with breakfast following blood collection.

You have a detailed assessment of your memory and thinking abilities.

## Session 3

You have an MRI Brain scan .

## Session 4

You will meet with our clinical team who will give you your assessment results, and a written summary report.

## Eligibility Criteria

- Aged over 55
- Memory problems noticed by yourself or others
- Fluent in English
- Not living in long-term care

## Exclusion Criteria

- Dementia
- Significant alcohol / substance use
- Moderate to severe brain injury
- Pacemaker
- Significant neurological condition (e.g. Parkinson's disease, stroke, epilepsy, brain tumour)

## Your Participation

- Is voluntary
- Is free
- Will not affect your usual medical care

## You will have the opportunity to

- Have a detailed assessment of your memory by leading clinicians in the field
- Be part of future research intervention studies aimed at delaying or preventing Alzheimer's disease

## Our Clinical Team

Research Assistants  
Research Nurses  
Neuropsychologists  
Neurologists  
Geriatricians  
Old Age Psychiatrists  
Neuroradiologists



**For more information on how to enroll in the Dementia Prevention Research Clinics, please discuss with your GP or Specialist, or get in touch with us directly.**

## Dementia Prevention Research Clinic Auckland

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