Healthy Brains Together

The Community Newsletter of the Duke-UNC Alzheimer’s Disease Research Center (ADRC)

Mission

Our mission is to engage with our community to promote awareness of brain health and encourage participation in research for Alzheimer's disease and related dementias. We hope to recruit a diverse group of people into the Duke-UNC ADRC Memory and Aging study (pg 4).

We need people like you to identify effective tools for prevention and early treatments for Alzheimer's disease. We hope that by working together, we will have a positive impact on the health and well-being of your community!

Greetings

Outreach, Recruitment, and Engagement (ORE) Core

The ORE Core goes into communities to share information and help those who are interested to get involved in research. We will focus on including people who have not regularly participated in research, which will make studies more representative of everyone.

Click here to watch a video introduction of our team

"We want to advance the science and help people who have Alzheimer's disease."

Memory & Aging study participants

MORE GREAT READS

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Community Events

We are excited to meet you in the community!

The Longest Day: Join us and the Alzheimer's Association on Saturday, June 18th in Raleigh for a bike ride to support programs and services for those living with Alzheimer's disease.

Warning Signs of Alzheimer's: Join us and the Alzheimer's Association virtually on Thursday, June 30th from 6-7 pm to learn about early signs of this disease, importance of early detection and treatments.

Register to receive your zoom access: https://bit.ly/WarningSignsOfAlz
Healthy Brains Checklist

**Exercise**
- ☐ Walk 20-25 minutes each day
- ☐ Exercise vigorously 75 minutes each week (can be divided into three 24 minute workouts)
- ☐ Exercise moderately at least 150 minutes each week
- ☐ Attend a gym or workout class regularly

**Sleep**
- ☐ Sleep 6-8 hours a night
- ☐ Have a healthy night routine to help you sleep well
- ☐ Wear your CPAP nightly if prescribed

**Diet**
- ☐ Eat leafy green vegetables 6x daily
- ☐ Eat at least one other vegetable daily
- ☐ Eat 2 servings of berries weekly
- ☐ Eat 3-5 servings of nuts weekly
- ☐ Eat 1 serving of fish weekly
- ☐ Eat 2-3 servings of poultry weekly (not fried)
- ☐ Eat 3 servings of beans weekly
- ☐ Eat whole grains daily
- ☐ Reduce sugar and sugary drinks
- ☐ Reduce salt intake
- ☐ Reduce full-fat dairy and red meat
- ☐ Use olive or canola oil

**Social engagement**
- ☐ Talk with friends or family daily
- ☐ Engage in something new or different each week OR attend group activities weekly
- ☐ Play games with others 1-3 times a week
- ☐ Attend a class, learn something new each month

**Hearing & Blood Pressure**
- ☐ Take your blood pressure regularly & take medications if prescribed
- ☐ Pay attention to your hearing & have it checked if you have problems
- ☐ Wear hearing aids if recommended

*NICE JOB* taking care of yourself!
Look at your check marks. Are there areas where you can improve?

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*Here are two of our community outreach staff, Latorius Adams and Debra Chestnutt, working to educate the public at a recent event*
Target enrollment

Our goal is to enroll 100 people per year and to enroll 420 participants (ages 45-80) and complete a one time evaluation of 120 younger patients (ages 25-44) by year 5 including:

- 20% African American
- 30% Rural

Current enrollment

We have 64 people enrolled including:

- 10.9% African American
- 35.7% Rural

If you know someone who is interested in participating, please share our contact information:
Phone: (919) 613-8633 | Email: NCBrainHealth@duke.edu

We want to thank you as this study would not be possible without your support!