

An Evidence-Based Guide to Maintaining a Healthy Mind



### About Cogniciti

#### Healthier brains. Stronger minds. Better lives.

Cogniciti is a brain health company that is changing the way the world looks at brain health and aging. Through the provision of innovative, evidence-based brain health solutions, Cogniciti is engaging older adults in important conversations about their brain health, working to improve the quality of life of individuals living with dementia and supporting research efforts to prevent, treat and cure dementia.

We are a subsidiary of Baycrest, a global leader in residential living, healthcare, research, innovation and education for older adults, with a special focus on brain health and aging. Baycrest is an academic health sciences centre located in Toronto, Canada and is fully affiliated with the University of Toronto. For more than 100 years, Baycrest has provided exemplary care to older adults. Baycrest is also home to one of the world's top research institutes in cognitive neuroscience, the Rotman Research Institute.

Through Cogniciti, Baycrest is sharing its sought-after expertise, research and innovations with older adults around the world.

### **About Baycrest**

Baycrest is a global leader in geriatric residential living, healthcare, research, innovation and education, with a special focus on brain health and aging. Fully affiliated with the University of Toronto, Baycrest provides excellent care for older adults combined with an extensive clinical training program for the next generation of healthcare professionals and one of the world's top research institutes in cognitive neuroscience, the Rotman Research Institute. Baycrest is home to the federally and provincially-funded Centre for Aging + Brain Health Innovation, a solution accelerator focused on driving innovation in the aging and brain health sector, and is the developer of Cogniciti a free online memory assessment for Canadians 40+ who are concerned about their memory. Through its dedicated centres, the organization offers commercialization opportunities and unmatched global knowledge exchange programs. Founded in 1918 as the Toronto Jewish Old Folks Home, Baycrest continues to embrace the long-standing tradition of all great Jewish healthcare institutions to improve the well-being of people in their local communities and around the globe.

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### **CONGRATULATIONS!**

You've taken the next step toward maintaining your brain health.

On the following pages we have compiled general wellness tips and information that supports brain health, with a special focus on memory. We hope this information will serve as a guide to achieving and maintaining your best brain health at every age and stage of your life.

A score of 0 – 7% on our brain health assessment means your overall performance is below expectations for your age and education. Please consider scheduling an appointment with your primary care doctor.

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# What does your score mean?\*

A score of 8 - 100%\*\* on our brain health assessment means your overall performance is within expectations for your age and education.

\*Please note that the brain health assessment does not provide a diagnosis, medical advice or treatment. It is not a substitute for a medical evaluation by a physician or other health care provider.

\*\*Although still within expectations, a score of 8-33% on our brain health assessment is considered a range in which follow-up screening with a physician is strongly suggested. Baycrest research shows that a score in this range could indicate early memory and cognitive impairment due to Alzheimer's disease or other dementias.<sup>1,2</sup>



Stay informed about your brain health with these two quick steps:

Take your next brain health assessment:

www.cogniciti.com

### Step 1:

Take Cogniciti's Brain Health Assessment

Set a reminder to take Cogniciti's Brain Health Assessment again in 6 months so you can continue to track your brain health.

### Step 2:

### Sign-up for our Brain Health Registry

Signing up for the Brain Health Registry puts your name into our database and lets us know you are interested in participating in brain health research. If we are recruiting for a study that you qualify for, we will contact you.

Healthy body, healthy mind.



This booklet aims to provide comprehensive and accessible information, from current research, to minimize risk for Alzheimer's disease and best support healthy brain aging. It is important to note that Alzheimer's disease is very complex. Although many factors contribute to the development of Alzheimer's disease, research indicates that some lifestyle choices may serve to better protect against, or delay onset of, the disease. Many recommendations are not specific to the brain, but rather, are recommendations for healthy living, which also translates to achieving and maintaining a healthy brain. A balanced diet and regular exercise, for example, can improve vascular health throughout the body, including the brain, which has been tied to reduced incidence of dementia.



## Feed your brain what it needs.

### Eat right.

Simple diet changes have a powerful effect on brain health. Eating the correct foods can help adults who want to retain cognitive function and brain health as they age. Research shows that a brain-healthy diet is high in fruits, leafy green vegetables, poultry, fish, nuts, whole grains, and low-fat dairy foods.<sup>3</sup>

### **Regularly eat** foods rich in:

- flaxseed, walnuts)
- Whole grains (oats, brown rice, whole grain pasta)
- legumes)
- lentils, raisins)
- cherries, pecans)
- potato, broccoli)

- beef, pork, lamb)
- Saturated fats (fried food, cheese, butter, cream)
- Refined grains (white bread, white rice)

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- Omega-3 (salmon, tuna,
- Fiber (bananas, apples, beans,
- Iron (spinach, dark chocolate,
- Antioxidants (blueberries,
- Vitamin C (cauliflower, sweet

### Limit your intake of:

- Red meat (burgers, hot dogs,
- Sugar (desserts, pastries, juice, soda)

### Healthy food tips:

- Choose color! Include colorful fruits and vegetables at each meal.
- Grill, steam or bake instead of deep frying.
- Snack smart. Reach for nuts, fresh fruit, raw vegetables or non-dairy yogurt.
- Stay hydrated. Drink water or unsweetened beverages. Try infusing fruits, vegetables and herbs in your water overnight.

### Eating for brain health is all about:

- Embracing balance, moderation and variety.
- Focusing on an overall pattern of healthy eating, not one specific "superfood" for brain health.
- Eating healthy fats, such as olive oil, avocado, nuts, and fish.

### **Recipes:**

MINDfull cookbook is an excellent resource for those looking for creative and delicious ways to make their diet brain-healthy. MINDfull offers 100+ recipes specifically catered to brain health, complete with nutrition advice from co-author and Baycrest Senior Scientist, Carol Greenwood, PhD.

#### Disclaimer:

Before making any drastic changes to your diet, please consult your physician or primary health care provider.



## Get moving and keep learning.

Both physical and mental exercise have been shown to benefit brain health.

*Engage in regular exercise that elevates* your heart rate and increases blood flow to your brain and body.4,5,6

### Physical exercise

2+ days a week.

2+ days a week.

aerobic exercise with musclestrengthening.

Physical activity guidelines can be found on the CDC website: www.cdc.gov/ physicalactivity/basics/index.htm

**Note:** Please keep in mind that these exercises **Alternative exercises** for older adults are designed for people who are relatively fit and have no limiting health conditions. Please consult your physician or primary health care provider before making any changes to your physical routine.

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Moderate-intensity aerobic exercise for 150 minutes every week AND muscle-strengthening exercises

Vigorous-intensity aerobic exercise for 75 minutes every week AND muscle-strengthening exercises for

### Mix of moderate and vigorous

### **Examples of exercises:**

- Brisk walking
- Dance
- Yoqa
- Tai-Chi
- Chair-based exercises
- Daily stretching
- Jogging
- Muscle-strengthening exercises
- o Focus on arms, legs, hips, back, abdomen, chest, shoulders
- o Lift weights
- o Use resistance bands
- o Push-ups
- o Sit-ups

### Mental exercise

Mentally stimulating activities such as learning a new language can help keep your mind sharp. Keeping your mind active can reduce your risk of developing dementia or Alzheimer's disease.

### Variety is key, here is a list of ideas:

- Reading (different genres)
- Taking a class
- Jigsaw puzzles
- Playing strategic games like Bridge or Rummikub

who use a wheelchair or a walker and/or any persons with limited mobility:

- Ankle and wrist rolls
- Single-leg calf raises
- Seated torso twist
- Seated shoulder press
- Seated hip marches

The National Institute on Aging: Go4Life campaign provides free resources at The National Institute on Aging at NIH for exercise and physical activity for older adults. Please visit Go4Life: www.go4life.nia.nih.gov Source: U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.



# Get a good night's sleep.

Daytime naps do not compensate for nighttime sleep deprivation. While it is okay to occasionally nap when you are tired, long and/or frequent naps are disruptive to nighttime sleep. Research shows that sleep deprivation can increase risk for cognitive decline and Alzheimer's disease.<sup>7</sup>

**The quality** L and quantity of sleep changes over our lifetime.

As we age, we require fewer hours of sleep, and we spend less time in deep sleep. This is a natural progression; however, sleep provides important functions to support our brain health and changing sleep can cause our brain health to suffer. Therefore, it is encouraged to prioritize getting a good night's sleep to the best of your ability.

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### Tips for a good night's sleep:

- Adopt a routine before bed and try to go to sleep around the same time each night.
- Avoid caffeine late in the afternoon or evening.



- Reduce alcohol consumption to two drinks or fewer - alcohol intake changes the quality of our sleep.
- Discontinue use of cell phones, computers and television about an hour before going to sleep the light from these devices tells our brains to remain awake.
- Limit food intake before bed being overly full makes it difficult to fall asleep and stay asleep.
- Maintain a regular exercise routine burning calories makes it easier to fall asleep and stay asleep.



### Stay connected.

Staying socially connected and engaged supports brain health. Pursue social activities that are meaningful to you. These activities could be within your surrounding community, or with family and friends.

Being social can improve your overall health and wellbeing. It can give you a sense of overall purpose and increase your motivation. Research shows that older adults who are socially active also have higher self-perception and more life satisfaction.<sup>8, 9</sup>

Positive relationships from social interactions and group activities can help reduce loneliness, stress and depression, which are risk factors for Alzheimer's disease.

#### Activities to do with your friends and family:

Cooking • Exercising • Painting • Playing cards • Volunteering • Community and senior-center outings • Local political engagement





# A note on the aging brain.



Across the globe, our aging population is growing rapidly. People are living longer due to improved preventative and treatment-based medications and advanced technology. Still, as we age, our risk for memory problems increases. Therefore, as our population grows older, we will see more people living with dementia and Alzheimer's disease. Cogniciti aims to help people recognize the difference between normal aging and the early signs of Alzheimer's disease.

As we age, our bodies undergo normal changes that affect brain function. Normal aging can include slower thinking and difficulties with memory. This does not necessarily mean you are at risk for Alzheimer's disease. Other circumstances, such as emotional stress, depression, side-effects from medications, smoking and alcohol abuse, and other medical conditions, can also influence memory changes. Next, we'll review the normal aging process versus development of Alzheimer's disease.



Differences between normal aging and Alzheimer's disease.



### NORMAL AGING

### ALZHEIMER'S DISEASE

| Making a bad decision once in a while               | Making poor judgments and decisions a lot of the time |
|---|---|
| Missing a monthly payment                           | Problems taking care of monthly bills                 |
| Forgetting which day it is and remembering it later | Losing track of the date or time of year              |
| Sometimes forgetting which word to use              | Trouble having a conversation                         |
| Losing things from time to time                     | Misplacing things often and being unable to find them |

Source: National Institute On Aging. Do Memory Problems Always Mean Alzheimer's Disease? Department Of Health And Human Service 2018



### What is dementia, memory loss and Alzheimer's disease?

Dementia is the loss of cognitive functioning in the domains of memory, reasoning, and thinking which interferes with activities of daily living. Alzheimer's disease is the most common cause of dementia. Risk for Alzheimer's disease increases with age such that roughly 1 in 10 adults living in the US over the age of 65 will receive a diagnosis of Alzheimer's disease.

### Alzheimer's disease is in the top 10 leading causes of death in the developed world.

**Sources:** Alzheimer's Association, 2018 Alzheimer's Disease Facts and Figures, Alzheimer's Dementia, 2018, 14(3) 367-429



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### What causes Alzheimer's disease and how is it diagnosed?

The exact cause of Alzheimer's disease is not known. Physicians diagnose patients with "probable Alzheimer's disease" based on specific cognitive symptoms, however, that diagnosis cannot be confirmed until brain autopsy after death. Autopsy confirmation involves identifying evidence of brain shrinkage and compilation of particular molecules in the brain, Amyloid-beta and Tau. Other factors, such as vascular damage and inflammation, and appear at autopsy. However, the the source of the disease is not known and the interaction between the elements of pathology is not understood. In the absence of identifying the exact cause of Alzheimer's disease, research has relied on risk factors to understand how and why the disease develops.

### What is a risk factor?

According to the World Health Organization (WHO), a risk factor is any characteristic or exposure "that increases the likelihood of developing a disease or injury."

Source: World Health Organization. Risk Factors. https://www.who.int/topics/risk\_factors/en/



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## What factors increase risk for Alzheimer's disease?

- Age aging puts an individual at a higher risk for Alzheimer's disease.
- Family history you are at a higher risk of developing Alzheimer's disease if you have family members who have been diagnosed with Alzheimer's disease.
- Genetics certain genes you inherited from your parents could put you at a higher risk of developing Alzheimer's disease.
- Environmental and lifestyle factors there are certain environmental components and lifestyle factors such as obesity, smoking and alcohol/substance abuse that puts a person at-risk for developing Alzheimer's disease.

Note: Simply because your parents and/or family members have a certain disease, does not mean you also have that disease. That being said, if Alzheimer's disease does not run in your family, that does not necessarily mean you will not develop it.



### Why are so many people being diagnosed with dementia and Alzheimer's disease?

The Baby Boom Generation is now entering the age group in which we see more diagnoses of Alzheimer's disease and there are 76.4 million baby boomers residing in the United States alone. Because more people are entering this age range, we should expect to see more diagnoses of Alzheimer's disease. Additionally, we live in a society in which infectious diseases are no longer the leading cause of death in the United States due to the introduction of sanitation policies and antibiotics as well as advancements in modern medicine. Because of this, the average life expectancy has increased. With increased life expectancy comes an increase in chronic diseases in the population, such as Alzheimer's disease.

### Is there a treatment or cure for Alzheimer's disease?

At this time, there is no cure for Alzheimer's disease. Approved Alzheimer's medications only treat symptoms. Current medications manage behavioral and mood changes, and temporarily improve cognitive function (generally for up to six months). Because interventions and treatments for Alzheimer's need to be developed, participation in clinical research studies is essential. These studies aim to prevent, manage and ultimately cure Alzheimer's disease.

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# What's Next?

### The future of Alzheimer's disease research

### **Neuroimaging Studies**

With the advent of magnetic resonance imaging (MRI) and positron emission tomography (PET) scanning, researchers can see changes in the brain during life, rather than relying on brain autopsy to view pathology in the brain. The technology for MRI and PET scanning is continually improving to display finer detail and greater accuracy of brain images in hopes of being able to better diagnose the disease during life and design better interventions.

### **Observational Studies**

Many hospitals affiliated with universities and medical schools conduct observational research on brain aging, dementia and Alzheimer's disease. These studies do not offer

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the benefit of medication but allow doctors to better understand the complex relationships between brain imaging, memory performance, lifestyle and other health metrics. Such studies inform the design of treatments — both lifestyle and medication.

### **Preventative Drug Trials**

Amyloid plaque and Tau tangles are protein bundles in the brain that are present in Alzheimer's disease. Drug trials primarily aim to clear away these problematic protein bundles and to prevent the formation of new bundles. Most drug trials enroll participants who have these problematic bundles present in their brains before they display severe memory problems. In this way, current drug trials are preventative because they aim to

prevent the progression of memory loss due to Alzheimer's disease before they begin.

The use of recycled drugs from other chronic diseases (like cancer) are being used to target inflammation and stimulate the immune system.

### Anticipated Treatment for Alzheimer's Disease

#### The future of treatment for

Alzheimer's disease will most likely be a combination-drug therapy similar to how we treat other complex diseases such as HIV and cancer.



### Clinical Research: What you need to know!

If you, or someone you know, has ever had cancer, high cholesterol, or any other medical condition treated with medication, then you have already benefited from clinical research. Every medication used to treat a given health condition requires a group of qualified volunteers, like yourself, to participate in a clinical research trial. Clinical trials ensure the safety and efficacy of medication. For example, treatments to prevent the recurrence of breast cancer such as Herceptin and Tamoxifen, or statins to lower cholesterol levels and prevent cardiovascular disease, were only deemed safe and effective as a result of qualified volunteers taking part in clinical trials. At the time that they participated, these volunteers didn't know if the treatment would benefit them individually, let alone anyone else, yet years later, millions of people are benefitting from these treatments.

What are the phases in clinical research?

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### What are the phases in clinical research?

### 

Is the medication safe? What levels are tolerable? Requires small groups of healthy volunteers (15-20), aged 18-25.

What is the optimal dosage? Requires a small group of individuals (50-100) with the health condition that the drug is aiming to treat, i.e. Alzheimer's disease, cancer, diabetes, etc.

(2)

How does the medication compare to placebo and/ or medications that are currently on the market for standard care. Also called the confirmation phase. Requires larger scale populations of individuals with the health condition, typically 300+.

(3)

### 4

What are the longterm effects and safety considerations? At this point the drug has been approved and can be prescribed by a healthcare provider or available overthe-counter. This is the post-marketing phase.

### Why take part in clinical research?

Clinical research is the cornerstone of medicine. It allows scientists and doctors to determine the effectiveness of a treatment, bringing us closer to finding preventative measures and cures for diseases like Alzheimer's. As a clinical research participant, you can proactively manage your healthcare and lead the way for future generations to prevent and treat Alzheimer's. You will join a league of generous volunteers who have paved the way for innovative medical treatments that save lives every day.

Other potential benefits of taking part in clinical research may include:

- Close monitoring by a team of leading experts in their specialized fields
- Chance of access to promising new treatments not available for standard care plans
- The chance to play an active role in your own health care and gain a better understanding of your condition



The safety of the drug is continuously monitored as patient safety is the most important aspect of every phase.

### Is clinical research safe?

Clinical research studies are subjected to vigorous monitoring by regulatory bodies such as Medicines and Healthcare Products Regulatory Agency (MHRA), Health Research Authority (HRA), European Medicines Agency (EMA), U.S. Food and Drug Administration (FDA), and Health Canada (HC) to ensure that the study and drugs are being tested in an ethical and safe manner.

Cogniciti most often connects volunteers to Phase 2 and 3 The outcome of my test wasn't very good, however the specialists studies, meaning the drug has been proven safe enough to present put me at ease and offered me support patiently and be used in human volunteers, and the doctors will be able followed up with me as I was interested in taking part in clinical to explain potential side effects. The most common side research. I had then qualified for a study within 2 weeks of effects are headaches, nausea, skin rashes etc., which are also associated with taking commonly-used medications attending the workshop and offered an appointment with the such as Tylenol or Panadol. It is important to remember, specialist doctor at a nearby clinical research site, where any all drugs/medication, even those currently prescribed by questions I had were answered thoroughly before giving consent your doctor or pharmacist, come with serious side effects. which made me feel more comfortable with the nature of the study and the process. Had I had not attended this workshop, there is no way I would have been fast tracked with this much support, the Why is it free? opportunity to have access to drugs in the pipeline and be seen by Clinical trials are funded by companies that are developing a specialist in the field. So, I cannot thank Cogniciti enough for the treatment. the work they are doing within the communities to help arrange this!

I had started noticing slight changes in my memory over the past few years, however it was always a question mark in my head whether I should be concerned. I attended the Brain Health Workshop within my local community center which was easy to sign up to and was a great experience! The presentation really brought awareness of how common cognitive impairment is and how we can help tackle this together for ourselves and the future generations.

- Cognicit Research Volunteer

### Online Resources

### Local and Worldwide

### Cogniciti:

www.cogniciti.com

### National Institute on Aging:

www.nia.nih.gov

Physical Activity: Go4life

• www.go4life.nia.nih.gov/stay-ontrack

### **Centers for Disease Control** and Prevention (CDC):

Alzheimer's disease and Healthy Aging:

• www.cdc.gov/aging/index.html

The State of Aging & Health in America 2013

 www.cdc.gov/aging/pdf/State-Aging-Health-in-America-2013.pdf

Physical Activity:

 www.cdc.gov/physicalactivity/basics/ older\_adults/index.htm

### **Baycrest Resources:**

Dementia Resources for Patients:

 www.baycrest.org/Baycrest/ Education-Training/Educational-Resources/Dementia-Resources-Around-The-World/Dementia-Resources-for-Patients

Dementia Resources for Caregivers:

• www.baycrest.org/Baycrest/ Education-Training/Educational-Resources/Dementia-Resources-Around-The-World/Dementia-Resources-for-Caregivers

### **United States Department of** Agriculture (USDA) - Choose My Plate:

www.choosemyplate.gov/older-adults

### Alzheimer's Association:

www.alz.org

Inside the Brain: A tour of how the mind works

 www.alz.org/alzheimers-dementia/ what-is-alzheimers/brain tour

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### Thank You for Participating in Cogniciti's Brain Health Workshop

We hope you enjoyed taking our Brain Health Assessment. You have taken the first step to a healthier brain. If you received a score lower than you were expecting and/or would like to receive further memory evaluations at no cost, we are happy to connect you with neurologists who specialize in the aging brain and are conducting memory studies (clinical research) in your community. Through participating in clinical research studies, you may access memory assessments, neurological exams, genetic testing and brain imaging. You will need to go through all the necessary steps of the presreening and clinical trial. Your health and safety are the number one priority and the study team will not ask you to participate if they don't feel that research is a good fit for you. Everything is voluntary, and you may opt out at any time.

# with you:

### Your appointment information:

This applies to those interested in a further memory evaluation (please see further details on the following page).

If you have NOT already discussed this with one of Cogniciti's team members and completed the Research Participant Questionnaire, please let us know that you are interested, and we can help you get started.

### **Next Steps**

#### Step 1: Scheduling Your 1st Appointment (Screening Visit)

Sometimes we can schedule your first appointmen right from the Brain Health Workshop. Otherwise we will call you to schedule it. On Cogniciti's Research Participant Questionnaire, you provided us with the best day and time to reach you by phone. Either a Cogniciti team member or someone from the local study team will be reaching out to schedule your first appointment. It is important that you keep the back of this page somewhere you will see it to make sure you answer the phone when they call. Please call us if you need to reschedule your appointment.

If you will need transportation to your appointment please let us know and we will arrange that for you

#### Step 2: In-Person Screening Visit

What will happen: At this first appointment, a member of the study team will meet with you and your study partner to answer all of your questions. They will provide you with the details of the clinical research study that you may qualify for, the risks involved, and you will be asked to sign an informed consent form. After signing the informed consent form, a study team member will begin the screening process with you. The screening process may include: multiple memory assessments, vitals, lab work, electrocardiogram (ECG), as well as neurological and physical exams by a physician. After the screening process concludes, a member of the study team will review with you the next steps in the process. If your blood work comes back abnormal or you did too well on the memory assessments, you may not qualify for the research study at this time and it will be considered a "screen fail" but you can "re-screen" again in six months. If all of your test results come back within range, the study team will talk to you about scheduling your imaging tests (MRI and Amyloid PET scan).

# Please bring

- Photo ID
- A friend, family member, or someone you trust who can be your study partner.
- A list of current medications, or you can put the medication bottles in a bag and bring them

#### Note:

The appointment may take about three hours, so you may want to bring a book, snacks and a sweater.

### **Important Information for Your Scheduled Appointment**

As noted on the previous page, you have indicated the day and time that we can reach you to schedule your first appointment. As a reminder, here is the day and time you chose (Circled):

Tues Wed Thurs Fri Sat Mon

AM: 9am 10 am 11am 12pm PM: 1pm 2pm 3pm 4pm 5pm

### Appointment Day and Time

The date, time, and location of your 1st appointment is listed below. There is also space to write any additional appointments you schedule with the study team. Please keep this information handy. You can even tear off this back page of the booklet and put it on your refrigerator or somewhere you will see it often.

| 1st Appointment Date:   | Time: |
|-------------------------|-------|
| Research Site Name:     |       |
| Address:                |       |
| Who will you meet with: |       |
| Notes:                  |       |

### **Additional Appointments**

| 2nd Appointment Date: | Time: |
|-----------------------|-------|
| 3rd Appointment Date: | Time: |
| 4th Appointment Date: | Time: |
| 5th Appointment Date: | Time: |

### **Important Phone Numbers**

| Cogniciti Contact Name:         |
|---------------------------------|
| Cogniciti Contact Phone Number: |
| Research Site Phone Number:     |

### Note:

If you miss your scheduled call, we will leave a voice message and try you again later, but please feel free to call us at any time.

### **Reminder**:

Will you need a ride to your first appointment? Please call a Cogniciti team member to schedule transportation.

### Contact Us:

United States 1 (888) 234-9670

Canada 1 (888) 234-9670



### **United States of America**

Phone number: 1 (888) 234-9670

Booking or Attending a Workshop:

Email: info@cogniciti.com

Talk About Your Brain Health, Support or Research: Phone number: 1 (888) 234-9670 Email: research@cogniciti.com

### Canada

Booking or Attending a Workshop: Phone number: 1 (888) 234-9670 Email: info@cogniciti.com

Talk About Your Brain Health, Support or Research: Phone number: 1 (888) 234-9670 Email: research@cogniciti.com

### **Our Websites**

Cogniciti: www.cogniciti.com Baycrest: www.baycrest.org



### **Cogniciti Offices**

### Toronto:

3560 Bathurst St. Kimel Family Building, Suite 718, Toronto, Ontario, M6A 2E1 Canada San Diego: 600 B St. Suite 300, San Diego, California, 92101 USA **Orlando:** 300 S Orange Ave. Suite 1000, Orlando, Florida, 32801 USA Boston: 625 Massachusetts Ave. Suite 200, Cambridge, Massachusetts, 02139 USA