

FREQUENTLY ASKED QUESTIONS

What are the risks or side effects of a lumbar puncture (LP)?

LP, also called a spinal tap, is the medical procedure used to collect cerebrospinal fluid (CSF). When performed by an experienced doctor, LP is safe and involves minimal discomfort. There is no risk of paralysis. Testing CSF is one of the important ways to obtain vital brain information. You may experience minor pain, bruising or swelling of the skin where the needle is inserted – much as you might when giving blood. A post-LP headache can also occur. Less than 10% of those receiving an LP report a headache. Such headaches are usually mild and last 0-2 days. More severe headaches can occur in rare instances and those usually respond to treatment within a few hours. A very rare occurrence is infection or bleeding from the LP itself.

What are the risks or side effects of MRI and PET scans?

The risks associated with MRIs and PET scans are minimal. They are considered safe and there has not been a report of an adverse event with this type of use. The risk of radiation exposure from the amount used is considered to be similar to other every day risks, such as driving a car. However, discomfort may occur as you will be asked to lie still on your back for a period of time.

Are these open MRIs? I'm claustrophobic.

There are no open MRIs. If you have a severe problem with claustrophobia, it is recommended that you not participate in this study because an MRI may cause possible anxiety due to the loud banging made by the machine and the confined space of the testing area. Otherwise, we will make every effort to make you as comfortable as possible.

FOR MORE INFORMATION PLEASE CONTACT:

To learn the location of all participating research sites in the U.S., contact the **Alzheimer's Disease Education and Referral Center (ADEAR)**, a service of the **National Institute on Aging**
1-800-438-4380
www.nia.nih.gov/alzheimers

This study is being conducted by the **Alzheimer's Disease Cooperative Study (ADCS)** and supported by the **National Institutes of Health (NIH)** with private sector support provided through the **Foundation for the National Institutes of Health (FNIH)**.



ALZHEIMER'S
DISEASE
NEUROIMAGING
INITIATIVE



**A Landmark Research Study
Sponsored by the National Institutes
of Health to Determine Whether
Imaging of the Brain Can Help Predict
the Onset and Monitor the
Progression of Cognitive Change**



stopping the progression of Alzheimer's disease

Why is this study so important?

- This research may help us learn how to stop the progression of mild cognitive impairment (MCI) and Alzheimer's disease in future generations.
- Information from the study might lead to new treatments in the future.

What is the goal of this study?

- The goal of this study is to determine whether imaging of the brain can help predict the onset and monitor the progression of cognitive change.
- The imaging methods used will be Magnetic Resonance Imaging (MRI), Positron Emission Tomography (PET) and amyloid imaging scans.
- In addition to neuroimaging, the study will test blood and cerebrospinal fluid (from lumbar puncture) to determine if biomarkers can predict and monitor the disease.

Why is amyloid imaging important?

People with Alzheimer's disease have more amyloid in their brains than people without memory problems. There is evidence that accumulation of amyloid in the brain may begin well before there is any evidence of memory problems in cognitive testing. We are measuring this to further understand the relationship between amyloid in the brain and memory problems.

Who is sponsoring this research study?

This research study is sponsored by the National Institutes of Health (NIH) with private sector support provided through the Foundation for the National Institutes of Health (FNIH). The Canadian Institute of Health Research (CIHR) will help support the Canadian research sites.

Where will this research study take place?

This study will take place at approximately 55 academic medical centers in the United States and Canada.

How long does the study last?

This is a longitudinal study that will span five (5) years and is a continuation of the previous six (6) year study.

Are you eligible to participate?

Researchers are looking for persons between 55 and 90 years of age who:

- Are in good general health
- Either have a diagnosis of early Alzheimer's disease, MCI, or are cognitively normal
- Are fluent in English or Spanish
- Are willing and able to undergo in-clinic assessments, memory testing and other test procedures
- Have a study partner – a friend or relative who can accompany the volunteer to all clinic visits and has at least 10 hours of contact per week with the volunteer

How do I know if I can participate in the study?

Call the contact phone number (located on the back of this brochure) and speak with someone to see if you fit the guidelines for those people needed to participate in the study. If so, the next step will be a screening visit.

Can I be involved in other clinical trials during this time?

No. Participation in another clinical trial would require you to withdraw from this study.

What study drug is used in this study?

No study drug is used in this research. This is a non-treatment clinical trial.

What is important for YOU?

- Your health will be closely monitored by a team of doctors and nurses.
- Any new information about your physical health will be shared with you.
- You will receive the latest information about the treatment of mild cognitive impairment and Alzheimer's disease.

If they discover some other illness, would I be informed?

Yes. Any new information about your physical health will be shared with you.

What about confidentiality?

Your privacy is very important. All collected data will be anonymous and major efforts will be made to keep your identity completely private.