

Be the **Brain** Behind the **Breakthroughs**



Volunteering to donate your brain could help lead to better understanding, treatment, and prevention of brain diseases, such as Alzheimer's disease and related dementias.



Why do people donate their brains to research at the end of life?

- Help researchers better understand the causes and potential treatments for brain diseases that affect millions of people.
- Have a broad, positive impact on public health and future generations.
- Help family members learn more about any diagnosis of brain diseases that may run in the family.



How does brain donation work?

To volunteer, register ahead of time through a brain donation program or research study. At the time of death, a designated loved one or health professional will call the brain donation center. A specialist will carefully remove the brain through the back of the head in a way that does not affect the person's appearance. The brain is then sent to a brain bank that coordinates with researchers working to understand brain diseases. The body is returned to the family for burial, cremation, or related ceremonies.



What do I do next?

Although topics around life and death matters can be difficult to address, the best time to think about brain donation is now. Learn more about brain donation and participating in research studies. Talk with your family and friends early in your decision-making process. If you choose to donate, consider registering for a brain donation program or research study soon.



Ready to learn more? Find the next steps for brain donation and more resources at www.nia.nih.gov/braindonation, or call the Alzheimer's disease and related Dementias Education and Referral (ADEAR) Center at **800-438-4380**.



#braindonation

