

The **PREVENTION** Study

Precision Recommendations for Environmental Variables, Exercise, Nutrition and Training Interventions to Optimize Neurocognition

IRB Approved the
Study Level
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Do you or someone you know have any memory loss or cognitive complaints AND are aged 50+ years? If so, you/they may qualify for a new, ground-breaking precision medicine clinical trial at our Brain Health Center.

What is the **PREVENTION** Study?

This is a trial looking at the effects of a multi-modal therapy approach to addressing and treating the root causes underlying Alzheimer's disease to prevent future mental decline. The PREVENTION trial will look at how a personalized brain health coaching program based on one's unique biological profile and lifestyle can improve mental and functional abilities as well as your quality of life when added to regular medical care.

What do I have to do if I take part in the **PREVENTION** study?

If you agree to participate, you will be involved in an intervention provided by the Providence Saint John's Pacific Brain Health Center (Santa Monica) for 12 months. You may be asked to:

- Have a genetic assessment performed
- Have your cognitive and functional abilities assessed 3-4 times a year
- Answer several health questionnaires 4 times a year
- Have a brain scan (PET and MRI) at the start of the study and at 12 months
- Provide blood, stool and saliva samples 3-4 times per year
- Participate in regular exercise and cognitive training sessions
- Regular meetings with a certified nutritionist for diet and nutrition planning
- Receive regular over the phone brain health coaching sessions

**There is no cost to you to participate and you will be compensated for the assessment sessions you complete.*

Who can participate in the **PREVENTION** study?

You may qualify if you meet the following the criteria:

- Between the ages of 50-80
- Experiencing an early stage mental/cognitive impairment
- Experiencing an early stage functional loss from your regular lifestyle activities
- Proficient in spoken and written English
- Do not have an existing diagnosis of a non-Alzheimer's Disease neurodegenerative disorder or a diagnosis of cerebrovascular disease.



How can I participate in the **PREVENTION** study?

Please contact the Providence St. John's Pacific Brain Health Center study coordinator at:

310-582-7547

brainhealthstudies@gmail.com