



Can Physical Activity Help Your Memory?

We want to discover the answer to that question! The Sticht Center on Aging is beginning a new research study to see if increasing physical activity can improve cognitive function.

We are looking for study participants who are 60 - 80 years old, concerned about their memory or have mild cognitive impairment and are willing to exercise four

days a week for five months at CompRehab.

Participation in this study includes a free CompRehab membership.

If you would like to take part in this exciting new research study please call Jessica McCorkle-Doomy at **336-713-8010**.

This memory and exercise research study is also looking for volunteers who can serve as "Study Buddies" for participants. See page 2.

IRB#18495

Fall 2011

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The Sticht Center on Aging is conducting a research study to see if physical activity can improve cognitive function. We need volunteer "study buddies" to accompany our study participants four times a week for five months at CompRehab. Study buddies will receive a free CompRehab membership.

Wanted: Memory and Exercise Study Buddies

IRB# 18495

If you'd like to volunteer as a study buddy please call Jessica McCorkle-Doomy at **713-8010** for more information.

Oral Health and Nutrition Study

Wake Forest Baptist Health is conducting a research study to learn about how dental problems may affect the way older adults eat.

You may be qualified to participate in the study if you are **65-79 years of age and have 0-11 teeth (with or without dentures).**

If you are part of this study, you will be interviewed twice. Each interview will last about 90 minutes. All participants will receive \$20 after completing the first interview and \$30 after completing the second.

If you would like to participate in the study, please contact Terri Reynolds at 336-716-6722 or tareynol@wakehealth.edu

IRB#14915



Are you concerned about your blood pressure?

The Systolic Blood Pressure Intervention Trial (SPRINT) is a research study that will help answer important questions about blood pressure. Researchers want to find out if treating blood pressure more aggressively can help reduce heart disease and stroke, keep kidney disease from getting worse and help prevent memory loss.

You may qualify to participate in the SPRINT study if you are at least 55 years old and have:

- A systolic blood pressure (top number) of at least 130
- No history of diabetes
- Never had a stroke

If you take part in SPRINT you will receive the following at no cost:

- Approved blood pressure medicine
- Physical exams
- Lab tests
- Memory tests
- EKGs (electrocardiograms)

To learn more about SPRINT call
336-713-8524



Help Researchers Learn More About Preventing Heart Disease

How can you help?

By volunteering for the **APOLLO** research study!

If you participate in APOLLO you will have a chance to receive aliskiren (a blood pressure lowering medicine) and/or a diuretic or a calcium channel blocker. Medicines, lab tests, and physical exams will be provided at no cost to you. Lab results may be shared with your personal physician if you wish. You'll also receive medical advice about how to live a healthy lifestyle.

We are looking for people who:

- Are age 65 or older
- Have a systolic blood pressure (top number) of 130 to 159
- Have one of the following:
 - 1) History of heart disease, stroke, or diabetes with complications or poor arm and leg circulation
 - 2) No history of heart disease, but at least one of these: abnormal cholesterol, smoking, large waist, high blood sugar, poor kidney function, enlarged heart
 - 3) None of the above and are age 70 or older

For more information about APOLLO, call

336-716-9134

IRB#17342



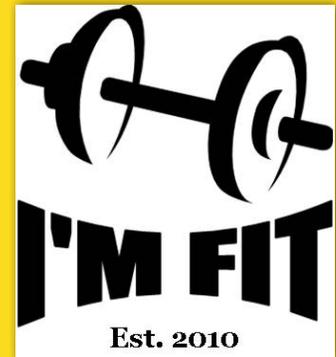
I'M FIT is a supervised, 5-month strength training program. You may qualify for I'M FIT if you are between the ages of 65-79, overweight and do not smoke. You must also be willing to **do strength training three days a week.** If you participate in this study you may receive (at no cost):

- ✓ A chance to receive an additional weight loss program
- ✓ Information about your body fat, bone density, cholesterol, physical function and fitness

To learn more about I'M FIT call **1-877-BE-VITAL (1-877-238-4825).**

IRB# 9098

Would you like to get fit?



Optimizing Weight For Life in Seniors (OWLS) Clinic

OWLS is an outpatient evaluation and management clinic for older adults concerned about loss of physical abilities and independence. We are a fee-for-service based clinic with individual counseling programs starting at \$280/month and group programs starting at \$60/month.

We can help you:

- Achieve and maintain a healthy weight
- Prevent chronic disease
- More comfortably perform daily activities
- Preserve independence

For more information call **336-713-8546** or email **migordon@wakehealth.edu**



Can Aspirin Extend a Healthy Life?

IRB#13207

The **ASP**irin in **R**educing **E**vents in the **E**lderly (ASPREE) research study will determine if taking a daily low-dose aspirin can help prolong a healthy lifespan.

You may qualify for ASPREE if you are an African American who:

- ◆ Is age 65 or older
- ◆ Is a healthy person
- ◆ Has not had a heart attack or stroke

For more information please call Patricia Wittmer at

336-713-8243

Clinics located in both Greensboro and Winston-Salem

COPD

Researchers at Wake Forest Baptist Health want to learn more about people with COPD in order to develop more effective treatments. We are looking for volunteers **with and without** COPD to participate in an observational research study.

You may qualify for this study if you:

- ❖ Are 40 - 80 years old
- ❖ Have smoked less than one pack of cigarettes per day for one year OR have smoked more than one pack of cigarettes per day for 20 years.
- ❖ Are willing to complete questionnaires, have blood, urine, sputum, and pulmonary function testing, and have a CT scan.

To learn more about the COPD study call **336-713-8550**.



IRB# 12805

Walking Study

To learn more about INFINITE call 1-877-BE-VITAL (1-877-238-4825)



IRB# 8292

Investigating **F**itness **I**nterventions in the **E**lderly (the INFINITE study)

INFINITE is a supervised, 5-month research program. Participants receive at no cost:

- ▶ Body fat and bone density testing
- ▶ Cholesterol and blood sugar testing
- ▶ The chance to be part of a weight loss program

You may qualify for INFINITE if you are:

- ▶ 65-79 years old
- ▶ Overweight
- ▶ Not currently exercising
- ▶ Willing to walk on a treadmill 4 days a week
- ▶ A non-smoker

Would you like to help researchers learn how to stop the progress of this heartbreaking disease?

Researchers at Wake Forest Baptist Health want to learn whether brain imaging (MRI, PET and amyloid scans) and biomarkers such as blood and cerebrospinal fluid can help predict and monitor the disease.

We are looking for people who are **55-90 years old, in good general health and who either have a diagnosis of early Alzheimer's disease, mild cognitive impairment, or are cognitively normal.** Participants must be willing to undergo memory assessments and clinical tests and must have a study partner who can accompany them to clinic visits.

To learn more about the **Alzheimer's Disease Neuroimaging Initiative (ADNI) research study**, call Leslie Gordineer at **336-713-8477**.

IRB#15143

Are you concerned about Alzheimer's?

Congratulations!

The winner of the \$100 drawing is
LILLY ALEXANDER of CLEMMONS.



To be eligible for this drawing you only need to be a member of VITAL. If you received this newsletter by mail you are already a member!



Sticht Center on Aging
vitalnews
vital: volunteers in touch with aging and life

Non-profit organization
U.S. Postage

PAID
Winston-Salem, NC
Permit No. 154

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