More than five million Americans are living with Alzheimer’s Disease (AD)

The Emory ADRC is looking for men and women between the ages of 45 and older who have a parent with AD to participate in a research study.

What is the ASCEND study?
This study is going to see if blood flow in your body is related to factors that contribute to Alzheimer’s disease. Some studies suggest that controlled blood pressure, either naturally through diet and exercise, or through blood pressure medication, may help prevent Alzheimer’s disease.

This study will evaluate your blood pressure in a few different ways, which will give us a clear picture of how well it is controlled and the effects on your body and brain. We will obtain pictures of your veins and arteries with an ultrasound, and we will also ask you to wear a blood pressure monitor for 24 hours so that we can monitor changes in your pressure over time.

We will look at how these measures of blood flow are related to your thinking ability, to blood flow in your brain, and to enzymes that cause the brain plaques in Alzheimer’s disease.

How much time is involved?
You will attend 1 visit per year for 2 years, for a total of 3 visits. The first and third visits will last approximately 4 hours and the 2nd visit will last approximately 2 hours.

What would I have to do?

- Completing questionnaires about your medical history, sleep patterns, mood, diet and exercise.
- Wearing a blood pressure monitor for 24 hours while going about your normal routine.
- Having pictures taken of your blood vessels and brain.
- Taking tests to examine your memory and other thinking abilities.
- Undergoing a blood test.
- Undergo measurement of your cerebrospinal fluid