



## Who We Are

We are a multidisciplinary team dedicated to innovative research in the field of memory and Alzheimer's disease. Our team includes experts in the study of aging and dementia, including neuropsychologists, physicians and nurses.

Our studies examine the role of blood sugar control and hormones in memory & healthy aging. The MEAL study will examine the relationship between nutrition, insulin and memory.

*Help for the Present...*

*Hope for the Future.*

## Contact Information

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[www.MemoryWellness.org](http://www.MemoryWellness.org)



*The*  
**MEAL**  
Study



A study examining  
the relationship  
between food and  
memory



# The MEAL Study

Have you ever thought about how the food you are eating might affect your body? You probably have.

You should also be asking “How will this affect my memory?”

Answering this question is the very purpose of the MEAL study — understanding the way certain foods affect memory.

## Who is eligible for MEAL?

- Older adults (50 years+)
- People with or without memory complaints
- People willing to eat study-provided food only (all meals) for 4 weeks
- People who are *not* taking medication for cholesterol, diabetes or depression

## What Will Participants Receive?

- Those who qualify for our program will receive a memory evaluation.
- 4 weeks of food (all of your meals)
- Financial compensation for time & travel



## What Will Participants Eat?

- Participants will be randomly assigned to either one of two meal plans.
- Both meal plans provide the same amount of calories that you normally consume.
- The meal plans will differ in the amount of fats and carbohydrates.

## Here's What's Involved:

- 7-12 clinic visits
- Medical screen
- 4 weeks of the assigned meal plan (delivered to your home)
- Nutritional consultation by a registered dietician at the end of the study

The following tests will be performed at the beginning and end of the study:

- Memory testing
- Oral Glucose Tolerance Test
- CT and DEXA scans
- Spinal tap
- Liver scan (optional)

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## For More Information, Please Give Us a Call!



See back of brochure for contact information