

## ARE YOU INTERESTED IN HOW DIET CAN AFFECT MEMORY?

The University of Washington is currently enrolling people for a study testing how two different meals (one high in fat, one low in fat) affect memory, blood and spinal fluid markers.

### YOU MAY BE ELIGIBLE IF:

- You are age 55 or older
- You do not have Alzheimer's disease or dementia already
- You are not currently taking medication for diabetes

### PARTICIPANTS WILL RECEIVE:

- Information about dementia prevention
- Participants will be compensated for their time.

## APOE

APOE is a protein in your blood and brain that shuttles fat molecules around. People with the "E4" version of this gene have an increased risk of Alzheimer's disease, and may respond differently to some diet and diet-related therapies related to the brain.

Dr. Hanson is interested in studying this in older adults to better understand what diets we should be following to keep our brains healthy.



## ABOUT THE RESEARCHER

ANGELA HANSON, MD

Dr. Hanson is the Principal Investigator of the study. She is a geriatrician based out of the Memory and

Brain Wellness Center at Harborview Hospital.

She is interested in understanding the links between diet and cognition, and how a risk gene for Alzheimer's called APOE4 (E4) might affect how we respond to different meals.

## THIS RESEARCH IS SUPPORTED BY THE FOLLOWING INSTITUTIONS:



National Institutes of Health  
*Turning Discovery Into Health*

**UW Medicine**  
UNIVERSITY OF WASHINGTON  
MEDICAL CENTER



**FRED HUTCH**

*to provide the meals*

## THE MEAL AND MEMORY STUDY

WE ARE ASKING MEN AND WOMEN AGES 55 AND OLDER TO BE PART OF A RESEARCH STUDY LOOKING AT HOW DIFFERENT MEALS AFFECT MEMORY



**UW Medicine**



## WHAT IS THIS RESEARCH ABOUT?

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Dr. Angela Hanson, a geriatric physician at the University of Washington, is conducting a study that examines how a risk gene for Alzheimer's disease might affect people's memory and metabolic responses to different meals.

Her past work has found that E4 carriers respond differently to meal studies and other interventions involving sugar and fat metabolism. Dr. Hanson plans to study this further with this project.

## RESEARCH TESTS

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Participants will come to UWMC for three separate visits.

### PROCEDURES INCLUDE:

- A physical exam
- Blood draws
- Meal ingestion
- Memory testing
- APOE genotyping
- Spinal fluid collection
- Medical History
- Health questionnaires

## WHERE DOES THE STUDY TAKE PLACE?

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The study will take place at the University of Washington Medical Center. Parking permits or compensation for transportation will be provided.



## WHO CAN PARTICIPATE?

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Participants may be men or women, ages 55 and older. People who have known dementia, or known diabetes, are not eligible.

## COMPENSATION

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Participants will receive up to \$220 to help defray the cost of time & travel to the University of Washington Medical Center.

For more information about this study please contact  
**Dr. Hanson at (206) 897-5393**