

**vital:** volunteers in touch with aging and life

## Lowering Blood Pressure Reduces Risk of Cognitive Impairment



Intensive control of blood pressure in older people significantly reduced the risk of developing mild cognitive impairment (MCI), a precursor of early dementia, in a clinical trial led by scientists at Wake Forest School of Medicine, part of the Wake Forest Baptist Health Sticht Center for Healthy Aging and Alzheimer's Prevention.

MCI is defined as a decline in memory and thinking skills that is greater than expected with normal aging and is a risk factor for dementia. Dementia is defined as a group of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities.

"As doctors treating older patients, we are encouraged to finally have a proven intervention to lower someone's risk for MCI," said the study's principal investigator, Jeff Williamson, M.D., professor of gerontology and geriatric medicine

at Wake Forest School of Medicine.

"In the study, we found that just three years of lowering blood pressure not only dramatically helped the heart but also helped the brain."

The objective of SPRINT MIND was to evaluate the effect of intensive blood pressure control on risk of dementia. Hypertension, which affects more than half of people over age 50 and more than 75 percent of those older than 65, has been identified as a potentially modifiable risk factor for MCI and dementia in previous observational studies.

The clinical trial, which enrolled 9361 volunteers, was conducted at 102 sites in the United States and Puerto Rico among adults 50 and older with hypertension but without diabetes or history of stroke. The participating group was 35.6 percent female, 30 percent black and 10.5 percent Hispanic and thus representative of the broader U.S. population.

*SPRINT results page 9*

### Spring/Summer 2019

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## Can changing to a healthy lifestyle protect memory in older adults?

We are looking for eligible adults who:

- Are 60-79 years old
- Have a family history (parent or sibling) of memory loss or dementia
- Are not regular exercisers (generally less than 3 times per week)



For more information, contact us at:  
**pointerstudy@wakehealth.edu**  
**833-361-7591**

IRB# 00053376

## Ready to take charge of your life?



*If you are ready to make a REAL CHANGE in your life then the VEGGIE weight loss study could be for you!*

### You may qualify to participate in VEGGIE if you are:

- ◆ Between the ages of 40 and 70
- ◆ Overweight and not diabetic
- ◆ Ready to make a meaningful (and healthy) change in your life!

### Your benefits include:

- ◆ Participation in one of two weight loss intervention groups
- ◆ Learning how to reduce your risk of diabetes and heart disease
- ◆ Compensation for your participation
- ◆ Support and friendships from other study participants!

**To learn more, call: 336-713-8539, option 5**

Do you ever wonder why  
your muscles may not work  
as well as they used to?  
**So do we!**



Our research team will work to understand the properties of muscle tissue that contribute to mobility, fitness, and walking speed.

**You may qualify to join our study if you are:**

- At least 70 years old
- Able to attend visits at our clinic
- Willing to have an MRI
  - There are no medications or lifestyle changes involved in this research study
  - You will be compensated up to \$350 for your time
  - Transportation is available if needed

IRB00053737

To find out more about this study  
or to see if you qualify, please call:  
**336-716-SOMM (7666)**

e-mail:  
[sommastudy@wakehealth.edu](mailto:sommastudy@wakehealth.edu) or  
visit:  
[www.sommastudy.com](http://www.sommastudy.com)

## An annual ✓checkup for your brain? **Yes your BRAIN!**



We are diligent about getting our annual physical exams because we know that if a problem is detected early, there is greater chance for successful treatment. So what about an annual checkup for your brain?

Now we have the opportunity to be **proactive** about our brain health

through the **Healthy Brain Study** research program at the Sticht Center for Healthy Aging and Alzheimer's Prevention.

The **Healthy Brain Study** provides a unique opportunity to receive an extensive brain health assessment at no charge.

It is open to adults with:

- ✓ No memory concerns
- ✓ Mild memory concerns
- ✓ Early stage Alzheimer's disease or dementia.

Following your assessment we will review the results with you and then schedule next year's checkup. It's just that easy!

To be eligible for this innovative brain health study, participants must:

- ✓ Be age 55 and over
- ✓ Not be taking insulin for diabetes
- ✓ Be ready to be **proactive** about their brain health!

To learn more call:  
**336-716-MIND (6463)**

IRB# 00025540



## Are your brain and body dancing to the same tune?

We are using images of the brain to see how changes over time are related to your ability to move. Brain images captured by MRI scans are compared to your physical function and mobility.

### You may qualify for the B-NET study if you:

- ▶ Are between 70 and 85 years old
- ▶ Are willing and able to attend up to 7 study visits over the next 3 years
- ▶ Are able to walk without a walker
- ▶ Have no history of a neurologic disease that affects your ability to walk
- ▶ Are willing to have a brain MRI

**You will be compensated for your time and travel, and transportation is available if necessary.**

IRB# 00046460

***To find out more, please call: 336-713-8539, option 1***

## Like to manage your pain without medication?

Wake Forest Baptist researchers are looking at ways to help people with chronic pain find a drug-free way to better manage their symptoms through weight loss and physical activity through the new MORPH study.

### Participants will receive:

- ◆ Individual and group sessions with nutritionist and regular telecoaching
- ◆ Free Fitbit monitor

### You may qualify to participate if you:

- ◆ Are between the ages of 65 and 79 years
- ◆ Have had little to no physical activity in the past six months
- ◆ Have a smartphone



To learn more,  
call

**336-713-8539,  
option 4**



# Ready to Lose Weight and Improve your Lifestyle?



Help us determine the best nutritional approach to maintain muscle and physical function during weight loss.

*You may qualify to join UPLIFT if you:*

- ▶ Are overweight
- ▶ Between the ages of 65 & 85
- ▶ Find daily activities such as getting in and out of a chair or walking up stairs more difficult than they used to be
- ▶ Have had no major health events in the past year
- ▶ Are **READY** to make a lifestyle change!

*This program includes:*

- ▶ Individual sessions and group classes on healthy eating led by a registered dietitian
- ▶ Supervised treadmill walking
- ▶ Health and fitness assessments



## Are you moving slower than you once did?

Are you becoming tired more easily when doing everyday physical activity?

*We are looking for older adults with mobility limitations to evaluate the effects of an investigational medication on muscle fatigue and physical function.*

**You may be eligible to participate if you:**

- ▶ Are over the age of 65
- ▶ Have not had a cardiac event within the last 6 months
- ▶ Are willing to take an investigational medication that may improve muscle function

## *You will be compensated for your participation*

To learn more, please contact **Stacy Woodliff**  
at **336-716-2040**

or

[swoodlif@wakehealth.edu](mailto:swoodlif@wakehealth.edu)

To learn more about UPLIFT,  
call **336-713-8539, option 5**  
or email: [AgingResearch@wakehealth.edu](mailto:AgingResearch@wakehealth.edu)

# Sticht Center Participant Spotlight on: Margaret Graham



Seven years ago when Margaret Daffodil Graham first decided to get involved in research studies at Wake Forest Baptist Medical Center she never imagined that it would lead to television and newspaper interviews as well as being featured in a *Time Magazine* article, but that is exactly what happened.



A social worker by training, the reason that Graham first wanted to

become involved in research was simply to help others. "It has always been my calling in life to do whatever I can to make someone else's life a

little better and I thought that being involved in research would give me the chance to help future generations," Graham said. "Now," she continues, "I tell all of my friends about my experiences and what I have learned in the different studies about the ways we can keep our bodies going strong."

What she didn't expect, however, was how much fun she would have along the way working with the study staff. "Everyone at the Sticht Center is so pleasant and supportive- they really are a joy to be around and that is the cherry on top of the cake," she adds.

"While being involved in studies at the Sticht Center has given me the

chance to learn so many new things about how to keep my body and brain healthy, the main reason that I continue to participate is to help others. I believe that the true meaning of life is to plant trees, under whose shade you do not expect to sit," Graham says.

So to Ms. Margaret Daffodil Graham, we say *THANK YOU* for the important role you play in making the world a better place!



## ACHIEVE (Aging and Cognitive Health Evaluation in Elders)

ACHIEVE is a research study investigating two ways to promote healthy aging and cognitive health in older adults. Study participants will be randomly selected to receive either a health education program or a hearing loss treatment program.



To learn more about ACHIEVE, call Josh at:

**336-716-7282**



### Health education program participants will receive, at no cost:

- ◆ One-on-one sessions with a health educator
- ◆ At the end of the study: hearing aids and educational sessions with an audiologist

### Hearing loss treatment program participants will receive, at no cost:

- ◆ Hearing aids and educational sessions with an audiologist
- ◆ At the end of the study: one-on-one sessions with a health educator

### You may be eligible to participate in ACHIEVE if you:

- ◆ Are 70-84 years of age
- ◆ Speak English fluently
- ◆ Have some problems with your hearing but do not currently use a hearing aid
- ◆ Do not live in a nursing home



**Get Moving,  
Have FUN**



**and Help Us Learn About  
Memory Loss!**

You are invited to join IMOVE, an innovative study about the effects of movement and social engagement on quality of life for those with memory loss and those who care for them.

**To be eligible to participate you must:**

- Be between 60 and 85 years of age
- Have a diagnosis of memory loss or be willing to undergo testing to determine if you have memory loss
- Participate as a team - individual AND study partner
- Commit to 2 hours a week for 12 weeks
- Be willing to get moving and have FUN- move as much or as little as you are able!

Participants tell us the movement and social activities are energizing and a rewarding way to spend time together. Plus, all movements can be adjusted to you. You contribute to the future of aging care and you will be compensated for your time.

For more information about IMOVE, please call Ashley Morgan or Phyllis Babcock at

**336-713-MOVE (6683)** or [www1.wakehealth.edu/beinvolved/IMOVE](http://www1.wakehealth.edu/beinvolved/IMOVE)

IRB# 00042460

***Urinary incontinence (leakage) is NOT a normal part of aging!***



**If you are:**

- ▶ A woman age 69 or older,
- ▶ Walking more slowly than you used to,
- ▶ Suffering with urinary leakage...

You may be eligible to participate in a research study that is looking into how pelvic floor muscle exercises (Kegels) improve your symptoms.

- ▶ Involves 4 visits over 12 weeks
- ▶ Includes compensation up to \$90 for your time and travel

IRB# 00038710

**To learn more, please call Jesse at 336-713-8539, option 8**

# Have you noticed how many people wear fitness trackers?

Researchers are testing various devices and need your help to determine the accuracy and validity of the data captured by them so they can be used to study health.

## You may be eligible for the PEPPER MINT study if you:

- Are age 65 or older
- Are overweight, BMI 30-45
- Are not regularly exercising
- Don't have uncontrolled high blood pressure
- Don't have heart, respiratory, neurological, hematological disease or a cancer that has required treatment in the past year

## If you qualify to participate you will:

- Come to the Wake Forest University's Reynolda campus for 2 study visits where you will perform a series of tasks while wearing multiple trackers
- Wear trackers at home for one week
- Receive compensation for your participation

IRB# 00054432



For more information, or  
to see if you qualify, call  
**Charlotte Crotts**  
at  
**336-713-8503**

# WHAT comes NEXT?

*I buy the same brand every time, so why can't I remember the name of it?*

We're all forgetful sometimes. But if your loved one is suffering from memory problems caused by Alzheimer's disease, you may be interested in the GRADUATE II study.

The GRADUATE II clinical study will assess how safe and effective an investigational drug is at slowing the progression of early or mild Alzheimer's disease.

## To qualify participants must:

- ♦ Be 50-90 years of age
- ♦ Have mild Alzheimer's disease or memory problems that may be the early symptoms of the condition
- ♦ Have someone they see frequently and who is willing to act as their "study partner"

## What else should I know:

- ♦ All study-related drugs and assessments will be provided at no cost to participants
- ♦ Travel reimbursement may also be included

GRADUATE

**To learn more about Graduate II call 336-716-MIND (6463)**





# Learn how exercise is good for your **BRAIN!**

## **You may qualify to participate if you are:**

- ◆ Between the ages of 65 and 89
- ◆ Not taking insulin for Type 2 diabetes
- ◆ Not currently exercising
- ◆ Able to complete an 18-month exercise study program
- ◆ Able to visit a local YMCA four times per week during the study
- ◆ In overall good health with no planned surgeries
- ◆ Have a friend or family member who can be a study partner and can accompany you to many clinic visits

**An 18-month YMCA membership, personal trainer, and compensation for time and travel is included for EXERT participants.**



The **EXERT** research study will test whether aerobic training or stretching/balance/range-of-motion exercise can improve memory and thinking skills in people who have mild memory loss or who have lapses in memory.

*To learn more, call 336-716-MIND (6463)*

IRB# 00037333



*SPRINT results, continued from page 1*

Participants were randomly assigned to a systolic blood pressure goal of either less than 120 mm HG (intensive treatment) or less than 140 mm HG (standard treatment). They were then classified after five years as having no cognitive impairment, MCI or probable dementia.

"Although the study showed a 15 percent reduction in dementia in the intensively controlled group, we were disappointed that the results did not achieve statistical

significance for this outcome," Williamson said. "Last week the Alzheimer's Association agreed to fund additional follow-up of SPRINT MIND participants in the hope that sufficient dementia cases will accrue, allowing for a more definitive statement on these outcomes."

SPRINT was stopped early due to the success of the trial in reducing cardiovascular disease. As a result, participants were on intensive blood pressure lowering treatment for a shorter period than originally planned. The authors concluded that the shorter time may have

made it difficult to accurately determine the role of intensive blood pressure control on dementia cases.

Williamson said some caution should be exercised in interpreting the study result both because MCI was not the primary cognitive focus of the trial and because it is not clear what intensive blood pressure control may mean for the longer-term incidence of dementia. Although MCI considerably increases the risk of dementia, this progression is not inevitable and reversion to normal cognition is possible, he said.



## Which foods are best for your **BRAIN** health?

*The new **BEAT-AD** study will compare how two different healthy meal plans can affect your memory*

### **You may be able to participate in BEAT-AD if you:**

- ▶ Have concerns about your memory and are between the ages of 55 and 85
- ▶ Are in general good health and not taking medications for diabetes
- ▶ Are willing to eat one of our healthy meal plans
- ▶ Are available to come to the Sticht Center for appointments

### **You will receive:**

- ▶ Memory evaluations and other study-related medical tests
- ▶ 4 months of individual counseling sessions with a study dietitian
- ▶ 4 months of multivitamins, daily menus & shopping lists
- ▶ Compensation for your food, time and travel

IRB# 00049474

For more information about the **BEAT-AD** study, call: 336-716-MIND (6463)



## Tired of Hot Flashes?

Wake Forest Baptist Health is conducting a research study on a noninvasive technology that uses auditory tones to improve brainwave balance – possibly helping reduce the frequency and severity of menopause-related hot flashes.

### **This study involves:**

- ▶ Three study visits
- ▶ Eight to 16 sessions (90-120 minutes each) listening to sounds while relaxing in a chair
- ▶ Compensation for time and travel

### **You may qualify if you:**

- ▶ Are a woman age 40 or older
- ▶ Have hot flashes not related to surgery, radiation or chemotherapy
- ▶ Do not take medication, hormones, or supplements for menopause management
- ▶ Have not had a hysterectomy

**To learn more, call 336-716-9447**

or visit [WakeHealth.edu/HIRREM](http://WakeHealth.edu/HIRREM)

IRB# 00049252

# The Face of Research

For 22 years, there has been a glorious sound that echos through the halls of the Geriatric Research Center (GRC) at the Sticht Center for Healthy Aging and Alzheimer's Prevention. That sound is the contagious laughter and gentle words of encouragement that are often heard by both exercise study



participants and Center staff alike from **Michelle Gordon, M.S.**, Clinical Research Manager.

It's clear to see that Michelle loves her job by the effortless way she interacts with the study participants. "I have learned so much from everyone I've been able to work with over the years," Gordon says. She adds, "but the very best part for me is knowing that by participating in our studies, my team and I are able to help our local seniors live their healthiest and most fulfilling lives possible! It is personally rewarding to know that we are making a difference!"

And it's not just the study participants who benefit from Michelle's knowledge, experience and upbeat attitude. Her staff, many of whom came to the GRC because of Michelle, credit her with their decision to enter the field of research!



We are very fortunate to have dedicated staff such as Michelle as the "face" (and heart) of healthy aging research!

## Trouble Sleeping?

Wake Forest Baptist Health is conducting a research study on a new, noninvasive technology that uses auditory tones to improve brainwave balance - reducing the symptoms of insomnia.

### This study involves:

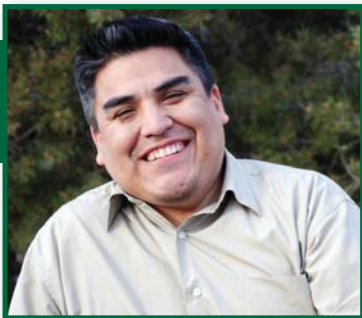
- Three study visits
- Ten sessions (90–120 minutes each) listening to auditory tones, while relaxing in a chair
- Compensation for time and travel

### You may qualify if you:

- Are at least 18 years old
- Suffer from insomnia that is not caused by another medical condition

To learn more, call **336-716-9447**  
or visit [WakeHealth.edu/HIRREM](http://WakeHealth.edu/HIRREM)





# Prostate Cancer Patients...

The researchers at Wake Forest Baptist Health are currently recruiting adult males to help us evaluate the effect of muscadine grape extract on fatigue. Study participation involves 5 study visits over 1 year.

These study visits may include surveys, blood draws, walking tests, and body scans. Volunteers will be asked to take 8 capsules per day of muscadine grape extract or placebo for 1 year.

## You may be eligible for this study if:

- ◆ You have had surgery or radiation for prostate cancer
- ◆ Your doctor is recommending androgen deprivation therapy (ADT)

IRB# 00047840

For more information, please call **336-713-5077**  
or contact [sgolden@WakeHealth.edu](mailto:sgolden@WakeHealth.edu)



The NEXT Generation of Neurologic Treatments:  
NIH-Network for Excellence in Neuroscience Clinical Trials

## NN108 Topiramate as a disease modifying therapy for Cryptogenic Sensory Peripheral Neuropathy (CSPN)



Wake Forest is currently looking for people with Cryptogenic Sensory Peripheral Neuropathy for a research study conducted by the Network for Excellence in Neuroscience Clinical Trials (NeuroNEXT). The National Institutes of Health (NIH) is supporting the study.

The purpose of the research study is to learn if the drug topiramate slows the progression of Cryptogenic Sensory Peripheral Neuropathy (CSPN) (also known as "idiopathic neuropathy") and improves quality of life. As part of this study, we will use a number of assessments and questionnaires to determine if topiramate improves symptoms of CSPN. There is a one in two chance of receiving the study drug or placebo pill.

Participants must be between 18-80 years of age to be in the study, have a diagnosis of CSPN, have metabolic syndrome or mild diabetes ( $HgbA1c < 7.6$ ), and no history of prior therapy with topiramate.

**This study is actively enrolling participants. To learn more, visit <http://www.neuronext.org> or contact Summer Harris at [sdharris@wakehealth.edu](mailto:sdharris@wakehealth.edu) or 336-716-3919.**

IRB00053953



# Do you have knee pain & are overweight?

*Over 250 Million People are Affected with Knee Arthritis!*

Volunteers are needed for **we can** (**W**eight **L**oss and **E**xercise for **C**ommunities with **A**rthritis in **N**orth **C**arolina), a research study that will look at the effectiveness of community-based diet & exercise and health & nutrition programs.

## You may qualify if:

- ✓ You are 50 and older
- ✓ Are overweight
- ✓ Have knee pain on most days of the week



IRB# 33618

## If you participate you may receive:

- ✓ Knee Exam
- ✓ Health & Nutrition Program
- ✓ Diet & Exercise Program

To learn more CALL:

**1-877-BE-VITAL (1-877-238-4825) Option 3**

## *Would you like to be more active without getting short of breath?*

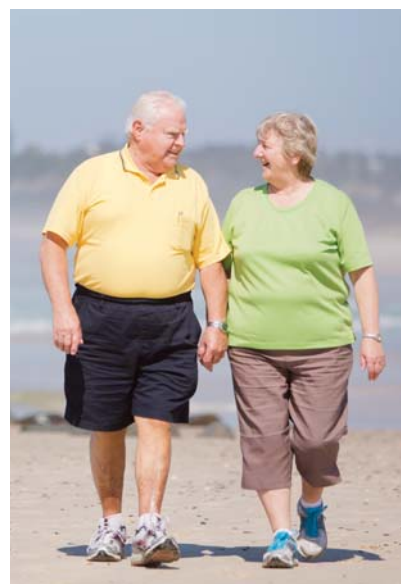
Wake Forest Baptist Health is conducting a diet and exercise research study called SECRET II (**S**tudy of **E**ffects of **C**aloric **R**estriction and **E**xercise **T**raining in patients.)

### **You may be eligible to participate if you:**

- ◆ Are at least 60 years of age
- ◆ Are overweight
- ◆ Become short of breath while walking
- ◆ Experience swelling of the ankles and/or take a diuretic (fluid pill)
- ◆ Have high blood pressure (currently or in the past)

### **All participants will receive:**

- ◆ Medical tests and exams
- ◆ Freshly prepared, high-quality meals and structured exercise program
- ◆ Small group exercise setting
- ◆ Compensation for your time and travel



**Please call Russ Newland  
at: 336-716-6967  
for more information**

IRB# 00022395

# You can help make Alzheimer's history!

The Alzheimer's Disease Neuroimaging Initiative (ADNI) is a historic study of brain aging looking to help increase the pace of discovery in the race to prevent, treat and one day cure Alzheimer's disease. For more than a decade, ADNI researchers have been working to better understand the disease.

Now, in this next step, this initiative is studying how quickly brain cognition and function changes. ADNI3 is defining how best to measure these changes and sharing this information immediately with researchers around the world. Together, participants and researchers are increasing understanding to help lay a path forward for a better future.



You may be eligible to participate if you:

- ▶ Are in good health
- ▶ Have a diagnosis of early Alzheimer's disease or Mild Cognitive Impairment (MCI)
- ▶ Are willing and able to undergo in-clinic assessments, memory testing and other test procedures
- ▶ Have a study partner who can accompany you to all clinic visits

**This is a free study, and no medication will be involved.**



To learn more,  
call Taylor at:

**336-716-MIND  
(6463)**

IRB# 000040205

## HIGH BLOOD PRESSURE?

Wake Forest Baptist Health is conducting a research study on a new, noninvasive technology that uses auditory tones to improve brainwave balance—possibly lowering blood pressure.

**This study involves:**

- Four study visits
- Eight to 16 sessions (90–120 minutes each) listening to sounds, while relaxing in a chair
- Compensation for time and travel

**You may qualify if you:**

- Are at least 18 years old
- Have systolic BP of 130-159 mmHg and/or diastolic BP of 80-99 mmHg that has been documented by a medical provider twice within the last 18 months
- Are not taking blood pressure medication



To learn more, call **336-716-9447**  
or visit **WakeHealth.edu/HIRREM**

- May 14 **Healthy Lifestyle: One of the Most Effective Tools in the Fight Against Alzheimer's Disease!**  
♦ Laura Baker, PhD, Associate Director, Wake Forest Alzheimer's Disease Research Center
- June 11 **Keeping Your Private Information PRIVATE! Identity Thieves are Smart. You Can be Smarter!**  
♦ Connie Long, Systems and Data Security Specialist, Bank of America
- July 9 **Exercise and Diet: An Effective Treatment for Knee Osteoarthritis**  
♦ Steve Messier, PhD, Professor and Director, JB Snow Biomechanics Laboratory, Wake Forest University
- Aug 3 **Latest Updates from the International Alzheimer's Research Conference**  
♦ Panel of Researchers from the Sticht Center for Healthy Aging and Alzheimer's Prevention
- Sept 10 **Where Do I Start? A Framework for Talking to Your, or Your Parent's Doctor About Key Health Issues**  
♦ Jeff D. Williamson, MD, MHS, Chief, Section on Gerontology and Geriatric Medicine  
Director, Center for Healthcare Innovation, Wake Forest Baptist Medical Center
- Oct 8 **How to Beat the Pain of Aging: New Understanding and Possibilities**  
♦ Amber K. Brooks, MD, Associate Professor, Pain Management, Wake Forest Baptist Health

*Sessions are FREE of charge. Seating is limited and pre-registration is required.*

Register by going to: [WakeHealth.edu/calendar](http://WakeHealth.edu/calendar) and scroll down to: **The Aging Well Series**, or call 336-713-BEST (2378).

Does a genetic risk for Alzheimer's disease change the benefits you get from exercise? Join researchers in an NIH-funded study to find out.

**STEP UP FOR THE FIGHT AGAINST ALZHEIMER'S WITH UNC GREENSBORO**



PHYSICAL ACTIVITY & ALZHEIMER'S DISEASE 2

UNCG-IRB#18-0228

## INCENTIVES

1-year group exercise program at a YMCA or a short-term YMCA membership	\$30/day for testing sessions (up to 5 days over a year)
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You may qualify to participate if you:

- ➔ are generally healthy
- ➔ are between 40 - 60 years old
- ➔ have a family history of Alzheimer's
- ➔ are not regularly physically active

**CALL 336.334.4765**  
**EMAIL PAAD2@UNCG.EDU**  
**VISIT PAAD2.WP.UNCG.EDU**

# Congratulations!

The winner of the \$100 drawing is  
**Billie Meeks of Winston-Salem**



To be eligible for our next drawing you only need to be a member of Vital. By receiving this newsletter by mail you are already a member!

If you would like to be added or removed from our mailing list, please call Kim Kennedy at 336-713-8567

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Editor/Designer

336-713-8539  
Toll Free: 877-238-4825

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