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# What is the Center for Brain Health?

The Cleveland Clinic Lou Ruvo Center for Brain Health (CCLRCBH), directed by Dr. Randolph Schiffer, provides state-of-the-art care for people impacted by neurocognitive disorders like Alzheimer's disease. Physicians at the CCLRCBH conduct research to identify methods for diagnosing the disease at its early stage and to develop innovative treatments designed to prevent or delay the onset of neurocognitive disorders.

This study is funded by the National Institute on Aging, a division of the National Institutes of Health. The lead investigator for this study is Dr. Stephen Rao, a member of the CCLRCBH and Director of the Schey Center for Cognitive Neuroimaging at the Cleveland Clinic.

Please visit

[http://my.clevelandclinic.org/brain\\_health](http://my.clevelandclinic.org/brain_health)  
for more information



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## Lou Ruvo Center for Brain Health



***A Research Study  
Designed to See If  
Lifestyle Changes  
Can Improve Brain  
Function***

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## What is the purpose of this study?

This study is being conducted to better understand the effects of physical activity and/or cognitive training on brain function. We are recruiting healthy older adults who may be at risk for developing Alzheimer's Disease (AD). This study, funded by the National Institutes of Health, will eventually determine if life-style changes can prevent AD and related disorders.



## What does this study involve?

If you are eligible for this study, you will be asked to complete a 3 month program that involves mental exercises, physical exercises, or both. You will also be asked to undergo a physical fitness assessment, Magnetic Resonance Imaging (MRI) brain scans, and memory testing at the beginning and end of the study. Participation will take place at the Cleveland Clinic Main Campus. Financial compensation will be provided, along with free parking and valet service.



## Who can participate?

- Men and women between the ages of 60 and 85
- In good general health
- Have had a relative diagnosed with Alzheimer's Disease or a related disorder
- Able to undergo an MRI scan
- Right-handed



## What benefits may result from participating in this study?

- Improved memory function
- Better ability to concentrate and pay attention
- Improved physical fitness
- General enhancement of overall wellness



## How Do I Participate?

For more information, please call

**216-445-9009**

or email:

**Alex Bea ([beaa@ccf.org](mailto:beaa@ccf.org))**

**Emily Newman ([newmane@ccf.org](mailto:newmane@ccf.org))**

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