

Did You Know?

Over 5 million older adults have Mild Cognitive Impairment

Around 1 in 6 adults over the age of 70 has Mild Cognitive Impairment (MCI).ⁱ MCI is a common condition, but it is not a part of normal aging. Individuals with MCI may have difficulty with more advanced activities of daily living (ADLs) such as driving, managing medication and handling finances. At the University of Michigan we are interested in learning about how best to educate patients and families about MCI.

Dr. J. Scott Roberts of the Department of Health Behavior and Health Education within the U-M School of Public Health is currently leading a study entitled, The Risk Evaluation and Education for Alzheimer's Disease (REVEAL). The REVEAL Study is a multi-centered research project funded by the National Institutes of Health. The study aims to investigate if it is beneficial to use genetic information to educate people with MCI about their risk for Alzheimer's disease.

The study offers individuals with MCI and their study partner (e.g., spouse, adult child, or close friend) the opportunity to learn about the following: 1) What does it mean to have mild memory problems? 2) What are the chances of developing Alzheimer's disease in the next few years for someone with MCI? 3) How can individuals with MCI and their loved ones cope with problems related to memory impairment? In addition to the education materials, genetic testing may also be provided to inform risk estimates for Alzheimer's disease. After receiving their risk estimate, participants will be followed for a period of 12 months.

Study investigators hope to enroll individuals between the ages of 55-90 who have been diagnosed with amnesic-MCI and have a study partner willing to participate with them. Ineligibility criteria include persons with current, untreated anxiety or depression (moderate to severe levels), persons who fail to meet the criteria for amnesic-MCI, persons who have the diagnosis of dementia or Alzheimer's disease, persons who are not fluent in English, or persons who do not have a study partner available.

For more information about the study please call (734) 615-2422 or visit hbhegenetics.sph.umich.edu

ⁱ Petersen, R.C. et al. (2010). Prevalence of mild cognitive impairment is higher in men: The Mayo Clinic Study of Aging. *Neurology*, 75:889–897