

Why should I volunteer to participate in U.S. POINTER?

It is common knowledge that lifestyle changes improve and protect HEART health. But can lifestyle changes also improve and protect BRAIN health?

We are in a race against time to answer this question, as the number of older Americans who experience memory problems continues to increase every day.

Joining U.S. POINTER is your chance to help us find a new and important way to prevent memory loss in Americans.

**Volunteer
for yourself...**

**Volunteer
for your family...**

**Volunteer to
protect brain health...**

We need your help!

**alz.org/us-pointer
(847) 720-6467**



U.S.POINTER
alzheimer's association®
AdvocateAuroraHealth™

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alzheimer's association®
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Can a healthy lifestyle protect memory in older adults?

We need your help to stop memory loss
and Alzheimer's disease

IRB# 00053376



Can a healthy lifestyle protect against memory loss in older adults?

What is involved in participating in U.S. POINTER?

The U.S. Study to Protect Brain Health through Lifestyle Intervention to Reduce Risk (U.S. POINTER) is a national research study supported by the Alzheimer's Association®.

U.S. POINTER will test whether two different healthy lifestyle programs can protect brain health and prevent memory loss. U.S. POINTER will enroll 2,000 Americans 60-79 years old who may be at risk for memory loss.

This landmark two-year study is recruiting participants in only five regions across the United States, and this includes **YOUR** neighborhood!

- Eligible adults will be placed into one of two groups at random, like flipping a coin.
- One group receives information, tools and support to help participants design their lifestyle program around their own individual needs and schedules.
- One group receives the same information but will be expected to complete a more structured lifestyle program.
- All participants receive regular blood testing, physical exams and memory checkups.

Healthy Lifestyle



CHECKUPS



PHYSICAL EXERCISE



HEALTHY EATING



BRAIN EXERCISE