Location

Address:
Meyer Building, Suite 218
Johns Hopkins Hospital
600 N. Wolfe Street
Baltimore, MD 21287

Parking:
Orleans Street garage
1800 Orleans Street
Take a ticket.
We will provide a validation sticker.

Directions:
410-955-5000

Diet & Memory Study

Can Diet Help with Alzheimer’s Disease?

Receive a $25 gift card at each of 4 follow-up visits!

600 N. Wolfe Street, Meyer 218
Baltimore, MD 21287

Approved September 15, 2016
Can Diet Improve Memory?

Volunteer today to assist a team of Johns Hopkins experts studying the effects of dietary treatments on mild cognitive impairment (MCI) and early-stage Alzheimer’s disease.

We are seeking to discover whether people with these memory disorders can adhere to special diets and whether those diets improve thinking and memory over the short term.

Participants are assigned randomly to one of two diets that they must follow for 12 weeks. One diet is high in fat (think meat, avocado, olive oil, and eggs) and low in carbohydrates. The other diet is high in vegetables, fruits, and grains, and low in fat. Participants will have to record everything they eat and drink for the 12 weeks.

Vitamin supplements, diet diaries, recipe books, and nutritional counseling will all be free of charge.

How You Can Help

If you meet memory and health criteria, with the consent of your primary care physician, you may be eligible to participate in the study. Participation lasts about 15 weeks, and requires seven in-person visits to the Johns Hopkins Hospital. We will pay for your parking at each follow-up visit and provide $100 in grocery store gift cards.

The first and second visits will last approximately three hours each. The other five visits will last one to two hours each. During some visits participants will receive tests of thinking and memory. At all visits, your food diary will be reviewed, your vital signs will be taken, and a urine sample will be collected. Blood samples will be collected at the first and last visits.

Participants must have a “study partner,” someone who lives with him/her and does not have a memory disorder. The study partner must accompany the participant to each in-person visit and will help him/her stick to the assigned diet.

To learn more about this project, please contact:

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Research Team

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