FACTS:

- Over 5.4 million people in the United States have dementia
- Current healthcare costs from dementia exceed $200 billion per year
- 75-90% of people ages 90 years or older have some degree of cerebrovascular disease
- Every year, more than 795,000 people in the United States have a stroke
- Stroke is the 4th leading cause of death and leading cause of long-term disability in the United States

For more information about this research study, contact:
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Mild cognitive impairment (MCI) is a condition that involves mild memory and thinking problems. The diagnosis of MCI requires memory complaints, evidence of thinking impairment, generally intact brain function, and normal daily function. MCI can have many causes.

Cerebrovascular disease (CVD) refers to conditions that affect the circulation of blood to the brain. Stroke is the most common type of CVD. Some major risk factors for CVD include hypertension, high cholesterol, diabetes, obesity, and smoking.

Cerebrovascular Disease?

Researchers at the University of Kentucky Sanders-Brown Center on Aging and College of Nursing are investigating a heart health intervention for the early detection and prevention of mild cognitive impairment due to cerebrovascular disease (MCI-CVD).

What is this study about?

Who can participate in this study?

You may be eligible to participate if you:
- Are 55 years or older
- Have memory complaints
- Have a history of 1 or more of the following conditions: high blood pressure (hypertension), high cholesterol, congestive heart failure, diabetes, stroke, obesity, and/or tobacco use

Why should I participate in this study?

Your participation in this study will help researchers understand more about how vascular risk factors cause memory and thinking changes in later life!

Study procedures include brain imaging, optional spinal fluid collection, memory and thinking tests, and physical exams.

What will happen if I participate in this study?

Researchers will monitor your vascular risks every six months for three years. You may also be chosen for participation in a Heart Health Intervention program which will involve additional visits.