Stay physically active

Physical activity is a valuable part of any overall body wellness plan and is associated with a lower risk of cognitive decline. If it’s safe for you, engage in these chair stretches to increase the blood flow to your brain and body, providing additional nourishment while reducing potential dementia risk factors such as high blood pressure, diabetes and high cholesterol.
MIND Diet to Prevent Cognitive Decline

One lifestyle approach that may be effective for preventing cognitive decline is diet. The MIND diet focuses on plant-based foods linked to dementia prevention. It encourages balanced eating from 10 healthy food groups. Check out the recommended weekly serving amounts included!
YOU MAY BE ABLE TO PARTICIPATE
IN A GENETIC RESEARCH STUDY

The John P. Hussman Institute for Human Genomics (HIHG) is conducting studies to find genetic factors that cause Alzheimer’s Disease. Numerous studies indicate that individuals with a family history of Alzheimer’s Disease have a greater chance of developing the disease. Participation in this study will help researchers develop earlier diagnoses and eventual treatments for a broader community of people.

OUR STUDIES INCLUDE:

- RESEARCH IN AFRICAN AMERICAN ALZHEIMER DISEASE INITIATIVE
- HISPANIC ALZHEIMER DISEASE RESEARCH INITIATIVE
- RESOURCE FOR EARLY ONSET ALZHEIMER DISEASE ONSET RESEARCH
- OTHER DEMENTIAS (FTD, DLB, PARKINSON'S DISEASE)

PARTICIPANTS MAY BE ELIGIBLE FOR COMPENSATION

YOU CAN PARTICIPATE IF YOU:

- HAVE ALZHEIMER'S DISEASE
- ARE UNDIAGNOSED AND EXPERIENCING NOTICEABLE MEMORY LOSS
- 65+ YO WITH NO MEMORY ISSUES

CONTACT US TODAY!
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AD-HIHG@miami.edu
hihg.med.miami.edu
I'm a clean mean COVID-19 fighting machine
push science forward,

participate in research!
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