



# The HEART Project

Health Evaluation in African Americans using RAS Therapy



## Alzheimer's disease is the fourth leading cause of death among African Americans.

We are looking for African American men and women 45 years and older who have a parent with Alzheimer's to participate in a research study.

### **What is the HEART Project?**

This trial is going to see if an FDA approved blood pressure medication has beneficial effects on Alzheimer's disease (AD) in African Americans. Blood pressure medications known as angiotensin-receptor blockers, have been associated with reduced risk of AD in Caucasians but these benefits have not been tested in African Americans.

This medicine appears to slow the progression of AD by affecting flow of blood and the amount of plaque in the brain, This trial will evaluate if the medicine is able to produce favorable effects on brain blood flow and enzymes that cause the brain plaques in AD in African Americans in the same way it does in Caucasians. You do NOT have to have high blood pressure to participate.

### **How much time is involved?**

You will attend approximately 5 visits over 9 months. Four visits will last approximately 4 hours and the remaining visits will last approximately 1 hour. You will be compensated \$150 for your time.

### **What would I have to do?**

- ◆ Take an FDA approved blood pressure medicine (or placebo) in addition to your regular medication for 8 months.
- ◆ Complete questionnaires about your medical history, sleep patterns, mood, diet and exercise.
- ◆ Wear a blood pressure monitor for 24 hours while going about your normal routine.
- ◆ Have pictures taken of your blood vessels and brain.
- ◆ Take tests to examine your memory and other thinking abilities.
- ◆ Undergo a blood test.
- ◆ Undergo measurement of your cerebrospinal fluid.

### **Contact:**

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