



## THE IMPORTANCE OF DIVERSE PARTICIPATION IN RESEARCH

As we celebrate Black History Month and acknowledge the contributions African Americans have made to research and ways in which historic mistreatment has played a role in levels of trust and participation in studies, we want to draw your attention to an engaging piece on the Dementia Alliance of NC website.



In her blog post entitled *A Focus on Brain Health Research in the African American Community*, Latorius Adams, MS, Registry site coordinator for UNC-CH, discusses some of this history and highlights the importance of African Americans getting involved in brain health research.

Please visit the Dementia Alliance of NC website and [read the blog entry](#).

Happy reading!  
Dr. Kathie Welsh-Bohmer  
for the NC Registry for Brain Health

Learn more about brain health research at our website, [ncbrainhealth.org](http://ncbrainhealth.org)

## LIVING WELL WITH DEMENTIA

Receiving a diagnosis of dementia presents many challenges for individuals and their families. The Alzheimer's Association provides suggestions on living a healthier life through a focus on physical, emotional, social, and spiritual wellbeing.

It is important to remember that it is possible to live well with dementia. Educating oneself about the disease, developing coping strategies, and planning for the future can provide a stronger sense of stability and help to cope with changes.

Visit the [Live Well](#) page and [online resources for people living with dementia](#). As one tab highlights, "you are more than your diagnosis."

## BILINGUALISM MAY REDUCE RISK OF DEMENTIA

A recent research study showed that people who spoke more than one language or had a musical background had greater mental efficiency and the ability to complete mental tasks more quickly. Dr. Claude Alain, first author of a study published in the journal *Annals of the New York Academy of Sciences* explained, “our results also demonstrated that a person’s experiences, whether it’s learning how to play a musical instrument or another language, can shape how the brain functions and which networks are used.”



Results from this study are in line with others that indicate learning new languages may help to protect the brain from decline. [Read the full article](#) in the online blog *Being Patient*.

### TAKE CARE OF YOUR SENSES

Many people accept that a decline in one or more of their senses (hearing, vision, and smell) as they age is something they must learn to live with. There is a growing body of research pointing to an association between sensory decline and dementia. So, correcting hearing and vision loss will enhance the quality of your life in ways you might expect, but is also good for your brain health. Learn more about the [science behind our senses and cognitive function](#) in this helpful National Institute on Aging article or [brief video about taking care of your senses to reduce dementia risk](#).

### HELPFUL RESOURCES

MemoryCare is offering their popular [Caregiver College](#) this spring. Attendees will improve their understanding of different aspects of caring for someone with dementia.

Classes will be held on six consecutive Thursdays, April 13 to May 18, from 2:00 – 5:00 p.m. online on Zoom. Speakers include MemoryCare physicians, caregiving specialists, and an elder law attorney.

[Learn more about Caregiver College](#) or [register to join](#) the spring course.

### THE LONGEST DAY



The NC Registry for Brain Health has a cycling team! As part of The Longest Day, when the [Alzheimer’s Association raises awareness and funds](#) for research and support programs, [Team Long Riders](#) will hit the trail in Raleigh. Please consider joining the team on our ride leaving from Anderson Point Park on June 24 or helping us reach our goal by making a donation. [Find out more about the ride](#) and enroll. Together we can make a difference and have fun doing it.



## UPCOMING EVENTS

### [2023 National Research Summit on Care, Services, and Supports for Persons with Dementia and Their Caregivers](#)

March 20-22, 11:00 a.m. – 4:00 p.m. each day, livestreamed online

Attendees may join this free conference for any or all of the days. This NIH summit will review research progress, highlight innovative and promising research, and identify unmet research needs with input from the research community, people living with dementia and their care partners, and others. [Learn more about the summit](#) and [register for the event](#).

### [You Have a Diagnosis of Dementia. Now What?](#)

March 23, 6:00 – 7:00 p.m., online on Zoom

**Speaker:** Barbara Matchar, MSW, MHA, Director, Duke Dementia Family Support Program

Receiving a diagnosis of cognitive impairment of any type can cause a range of emotions. Learning about your condition, connecting to support systems, and making plans for next steps can be helpful. Presented by [Wake County Public Libraries](#), [Alzheimer's Association](#), [NC Registry for Brain Health](#) and the [Duke-UNC Alzheimer's Disease Research Center](#). [Register for this free webinar](#).

## TOOLS YOU CAN USE

Is **CLINICAL RESEARCH** right for me?

Clinical research is medical research that involves **people**.

It's led to the **DISCOVERY** of every disease treatment prescribed today.

Study volunteers play a critical role in this process.

The infographic features a central illustration of a man in a yellow lab coat surrounded by various scientific icons: a microscope, a flask with red liquid, a test tube rack, and a DNA double helix. A red dashed arrow points from the text 'Clinical research is medical research that involves people.' down to the man, and another red dashed arrow points from the man down to the text 'It's led to the DISCOVERY of every disease treatment prescribed today.'

Did you know that all treatments prescribed for diseases today were made possible by volunteers who decided to participate in clinical research?

It's vitally important that people who volunteer to be a part of research studies are diverse in every way (age, gender, race, geographical location, and more) so that future discoveries may benefit everyone.

Maybe you've wondered if getting involved in brain health research is right for you. Visit the [NC Registry for Brain Health's Frequently Asked Questions \(FAQ\)](#) page and [view this infographic](#) from the National Institute on Aging to learn more.

For more information, please visit us at [www.ncbrainhealth.org](http://www.ncbrainhealth.org)



NC Registry for Brain Health