



EXPLAINING CLINICAL RESEARCH

Why should I consider participating in clinical research?

In our last few newsletters, we highlighted our "Explaining Clinical Research" series. We continue the series by exploring why you might consider participating in brain health studies.

Many people think volunteers join research studies because they have a condition and it is the only way to get help. But many brain health studies actually focus on finding better ways to detect problems early or prevent them altogether. This means that many brain health studies are for individuals without cognitive impairment.

When we ask people why they join our studies, they share many different reasons. We hear that people:

- **Want to help others:** Many people want to be a part of the effort to find better treatments and improve future care.
- **Have a personal connection:** Many know how Alzheimer's or Parkinson's disease can affect families from a personal experience, and they want to help others because of this connection.
- **Seek access to new treatments:** Some people may worry about developing Alzheimer's or another condition, and they want to be part of studies that might prevent these diseases.

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- **Want contact with medical experts:** Some may want better medical care that may come with the close attention from medical experts throughout the study.
- **Seek peace of mind:** Taking action helps people feel more in control of their brain health while making a meaningful contribution.
- **Feel valued:** Participants may appreciate being compensated for their time and travel. Receiving information about their results and the study's findings can make them feel respected as true partners in the work.

Each person's journey to becoming a research participant is unique. Research would not be possible without these dedicated volunteers who give their time and energy to advance our understanding of brain health and other conditions.

Learn more about brain health research at our website, ncbrainhealth.org

COULD WEIGHT LOSS DRUGS REDUCE THE RISK OF NEUROLOGIC DISORDERS?

Researchers are investigating the possible link between weight loss drugs like Wegovy or Ozempic and increased brain health protected. While early studies hint at a connection to lower dementia risk, these findings are just the beginning of important work to determine the relationship.

Most of this research published to date was not specifically designed to study brain effects of weight loss drugs. Consequently, scientists are now conducting clinical trials focused directly on memory and thinking skills. These studies will help determine if these medications truly benefit the brain.

Learn more about whether weight loss drugs could lower the risk of developing neurologic disorders by visiting this [link](#).



FIND US ON FACEBOOK!

Follow the NC Registry for Brain Health on Facebook for more brain health tips and resources. Find the page by visiting [this link](#) or by searching “ncbrainhealth” or “NC Registry for Brain Health” on Facebook.



10 WAYS TO LOVE YOUR BRAIN



June marks Alzheimer's & Brain Awareness Month, a time to raise awareness for brain health and the impact of Alzheimer's disease in our communities. In North Carolina, over 210,000 individuals are currently living with Alzheimer's disease, and more than 369,000 family members are serving as caregivers for a loved one living with dementia.

It's important to recognize that caregiver brain health matters just as much as the individuals they are caring for! It is important to be proactive and take charge of your brain health by adopting healthy habits, including:

- 1. Stay physically active:** Regular exercise both increases your heart rate and blood flow to the brain and is associated with a lower risk of cognitive decline.
- 2. Eat a brain-healthy diet:** A heart-healthy diet helps both your body and your brain.
- 3. Get quality sleep:** Stay off screens before bed and make your sleep space as comfortable as possible.
- 4. Take care of mental health:** Talk to a health care provider if you have symptoms of depression, anxiety, and other mental health concerns. Try to manage stress by exploring meditation, deep breathing, or other relaxation techniques.
- 5. Stay socially engaged:** Meaningful connections with others help keep your brain active and may lower the risk of dementia.
- 6. Challenge your mind:** Learn new skills, solve puzzles, read, or play strategy games. These actions may have short- and long-term benefits for your brain.
- 7. Protect your head:** Do what you can to prevent falls and traumatic brain injuries (i.e. wear helmets and seatbelts).
- 8. Monitor your numbers:** Keep blood pressure, cholesterol, and blood sugar in check to protect both heart and brain health.
- 9. Limit alcohol:** Recent studies show alcohol use negatively impacts cognition. Ideally, eliminating alcohol is considered the most brain-healthy approach.
- 10. Quit smoking:** Smoking increases the risk of cognitive decline. It's never too late to quit and improve your brain health.

For more information about how you can love your brain, visit this [link](#).



TECH TOOLS FOR FINANCIAL CAREGIVING

It can be difficult to protect your loved one with memory problems from financial harm while helping them to maintain financial autonomy for as long as possible. Thankfully, there are now tech tools that can help, including:

- **Automatic bill payment** can be set up to pay monthly bills automatically from a bank account or credit card, reducing the risk of missed payments.
- **Financial monitoring** allows you to sign up for emails, text messages and other notifications from your loved one's financial institutions to alert you to suspicious transactions and missed payments.
- **GPS Tracking devices** placed in a wallet can help locate it if misplaced.
- **Document organization tools** offer secure digital storage for important financial and legal documents, making them accessible when needed.
- **Debit cards with spending limits** or prepaid debit cards allow caregivers to set spending limits while maintaining some financial independence for their loved ones.



These digital tools can provide peace of mind for caregivers while protecting vulnerable adults from financial mistakes or exploitation. To learn more about tech tools for financial caregiving, visit this [link](#).

INTRODUCING: ASK THE EXPERT COLUMN



We're excited to announce our new "Ask the Expert" column! If you have questions about brain health that you would like the NC Registry for Brain Health to answer, please let us know. We will select items of interest to our broad audience to cover in this newsletter. While we cannot provide personalized medical advice, our experts will share the latest information on brain health topics.

Submit your questions via email to ncbrainhealth@duke.edu.



[The Empowered Dementia Caregiver: Supporting Independence](#)

Monday, June 17, 2025 | 6:30 PM Eastern Time | Virtual

Join us for this informative webinar focused on strategies to support independence for people living with dementia. Learn practical approaches to help your loved one maintain dignity and autonomy while ensuring safety. This virtual program is hosted by Wake County Public Libraries in partnership with the NC Registry for Brain Health and the Alzheimer's Association.

Register to join the event using this [link](#).

[20th Annual NC Juneteenth Celebration](#)

Saturday, June 21, 2025 | 1:00 PM - 8:00 PM | In-person

NCCU Campus (Latham Surface Lot), 769 E. Lawson Street, Durham, NC 27707

Join us for this free, family-friendly festival with live entertainment, Black-owned vendors, cultural exhibits, a health fair, a fashion show, and a kids' zone.



[Dr. Solomon Carter Fuller Alzheimer's Disease and Brain Health Summit](#)

Friday, June 27, 2025 | In-person

Guilford Technical Community College Conference Center, 7908 Leabourne Road, Colfax, NC 27235

Join us for this event honoring the legacy of Dr. Solomon Carter Fuller, the first African American psychiatrist and a pioneer in Alzheimer's disease research. There will be talks on brain health and Alzheimer's disease.

To register and get event details, visit this [link](#).

For more information, please visit us at www.ncbrainhealth.org

