Researching ways to delay or prevent dementia

Transcript

Linda McEvoy, PhD, Kaiser Permanente Washington Health Research Institute:

Alzheimer's disease and other dementias are very common and they're very devastating. As scientists, we have to start looking long before somebody starts showing any signs of cognitive decline.

The Adult Changes in Thought study is unique because we enroll members of Kaiser Permanente Washington, and then we follow them for decades.

On-screen text:

7,000+ members

30+ years

Linda McEvoy, PhD:

More than 7,000 members have been enrolled in the study since it began more than 30 years ago. We can look at their medical records and relate that to their cognitive function, lifestyle, genetics, and try to see patterns that other studies can't. We can go deeper to try to understand how and why these factors affect dementia risk and what we can do to protect brain health.

We see firsthand how difficult this disease is and it's really important to try to figure out how to prevent this.

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