

# alzheimer's association®

## trialmatch®

### Participating in TrialMatch®

by Sherry Warren

"Don't just hope for a cure. Help us find one." I had seen that on TrialMatch® literature, and had thought that it was a very clever slogan. I know that clinical trials are essential to finding treatments, and ultimately a cure, for Alzheimer's. But until a month ago, I had not acted on it myself. No real reason - I just hadn't "gotten around to it." Finally I decided to explore what TrialMatch is all about. I went to [www.alz.org/trialmatch](http://www.alz.org/trialmatch) and read about how to register with TrialMatch and locate clinical trials.

The process for registering took about 15 minutes, I only had to provide basic information to create a profile, and there was no obligation to participate in any trials. TrialMatch then provided a listing of clinical trials for which I might qualify. I discovered one at Johns Hopkins University in Baltimore which was seeking healthy (non-diagnosed) participants.

I contacted them via email, and received a prompt response from a researcher with the study. We discussed the type of data being collected, how the data is collected, and what I would need to do participate. I weighed the small inconvenience (two days off from work, travel to and from Baltimore, and a slightly uncomfortable medical procedure) against my commitment to do whatever I can to help - and I said "yes!"

The study is "Assessing Brain Activity and CSF markers in MCI and controls." That's a fancy way of saying that the researchers are looking to see if measures of thinking ability, brain function, or measures derived from cerebrospinal fluid can help predict who will develop Alzheimer's disease (AD). If differences can be identified between people with Mild Cognitive Impairment (MCI) and those without, early diagnosis of Alzheimer's may be more possible. The researchers will share their data with other qualified investigators to assist in their research.

On Friday, April 1, I made the first of two visits to Johns Hopkins. I participated in several hours of memory and cognitive testing (verbal and paper/pencil) and then a functional MRI (performing memory and attention tasks while having my brain scanned). In May I will go back for the lumbar puncture (spinal tap).

I love the idea of taking action and contributing to research that may help with earlier diagnosis. I plan to look for other opportunities to participate in clinical trials. I encourage everyone to at least consider registering for TrialMatch. Check out the website, or call 800.272.3900 for more information. I am happy to discuss my experience or answer questions; contact me at [swarren@alz.org](mailto:swarren@alz.org). Let's don't just hope for a cure...let's help find one!



*Sherry Warren is the Office Operations Manager at the Alzheimer's Association in Norfolk. She is happy to discuss her TrialMatch® experience; you can contact her at [swarren@alz.org](mailto:swarren@alz.org)*

*Want to help find new Alzheimer's treatments?  
Register for TrialMatch®*

**[alz.org/trialmatch](http://alz.org/trialmatch)**