

vital: volunteers in touch with aging and life

Groundbreaking Study Shows Lifestyle Changes Significantly Improve Brain Health

The *U.S. Study to Protect Brain Health Through Lifestyle Intervention to Reduce Risk* (POINTER), based out of Wake Forest University School of Medicine's Alzheimer's Disease Research Center (ADRC) shows that two lifestyle interventions improved cognition in older adults at risk of cognitive decline.

New findings from the Alzheimer's Association-supported study reveal that lifestyle changes can significantly improve cognitive function in older adults at risk for memory decline and dementia.

The two-year, multi-site randomized clinical trial tested two lifestyle interventions among a diverse group of 2,111 older adults across five U.S. academic centers and health care systems. Both structured and self-guided lifestyle interventions led to cognitive improvements, with the structured program showing greater gains in global cognition.

U.S. POINTER is the first large-scale trial to demonstrate that accessible, sustainable lifestyle

changes can protect cognitive function in diverse communities across the United States.

Both interventions emphasized physical activity, nutrition, cognitive stimulation, social engagement and heart health monitoring.

"The potential to improve cognition with fewer resources and lower participant burden is compelling. It highlights that while not everyone has the same access or ability to adhere to more intensive behavior interventions, even modest changes may protect the brain," said Laura D. Baker, Ph.D., professor of gerontology and geriatrics, and internal medicine at Wake Forest University School of Medicine and Advocate Health. Baker is also the lead U.S. POINTER investigator.

"The bottom line is this- we all have it in our power to take charge of our lives and make meaningful changes that can protect our brains and preserve our memory," Baker said. "Now it's up to each of us to make this commitment to ourselves!" she added.

2026 Edition

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Join a Weight Loss Study for Older Adults

The **BEACON** study at **Wake Forest University School of Medicine** needs your help to find the best way for older adults to lose weight without losing bone mass.

Study participants receive at no cost:

- A 1-year weight loss program led by a nutrition coach
- The possibility of a supervised strength training program or medication to prevent bone loss during weight loss
- Results about your body composition, blood work and physical functioning

You may qualify to participate if you are:

- At least 60 years of age and would benefit from a weight loss program
- Living with low bone mass (known as osteopenia) – testing for this is provided, at no cost, by the study
- Willing to travel to the Wake Forest University Campus for up to 3 days a week for 1 year
- Not currently using insulin or osteoporosis medication

For more information, call **336-713-8539, option 2**, email BeaconStudy@wakehealth.edu, or visit our website BeaconStudy.org by scanning the QR code:



WakeHealth.edu/BeInvolved

BE INVOLVED. VOLUNTEER FOR A CLINICAL TRIAL.





BE WELL with Migraine™

New Year. New Plan to Improve Migraine.

Start the new year with a plan to treat your migraine. Our virtual study is designed to improve the lives of people living with migraine. Be a part of research that could improve your life—and help others, too.

Study includes:

- ✓ 8 weekly online program.
- ✓ No new medicines. You can keep taking your current medications.
- ✓ 100% virtual. No in-person visits.
- ✓ Compensation.

Eligibility includes:

- ✓ Migraine for at least 1 year
- ✓ 4-20 headache days/month
- ✓ Fluent in English
- ✓ Pregnant women may be eligible

Scan the QR code:



Or contact us directly:
Help4migraine@wfusm.edu

IRB00079570

Do You Have Osteoarthritis?

Are you looking for help managing osteoarthritis pain? We are conducting a research study about new ways to help people better manage symptoms through movement and healthy eating.

- Participation is free
- Study visits are online
- Volunteers must be 65 years or older

Scan this QR code or contact us to learn more.

MORPH@wfu.edu
(336) 758-6677
beinvolved.atriumhealth.org



BE INVOLVED. VOLUNTEER FOR A CLINICAL TRIAL



Wake Forest University School of Medicine is the academic core of Atrium Health.

IRB00025649





What happens to our muscles when we get older?
We're recruiting for our study and we need YOU!

SOMMA is the largest observational study in the world of muscle aging. Our research team is working to understand why some people maintain mobility as they age.

You may qualify to join our ongoing study if you are:

- At least 70 years old
- Able to attend visits at our clinic
- Willing to have an MRI

There are no medications or lifestyle changes involved in this study. You will be compensated up to \$450 for your time. Transportation is available if needed.



To find out more about this study or to see if you qualify, call: 336-713-8539, option 1 or visit www.sommastudy.com

IRB: 00053737

An annual ✓checkup for your brain? Yes your BRAIN!



We are diligent about getting our annual physical exams because we know that if a problem is detected early, there is greater chance for successful treatment. So what about an annual checkup for your brain?

Now we have the opportunity to be **proactive** about our brain health

through the **Healthy Brain Study** research program at the Sticht Center for Healthy Aging and Alzheimer's Prevention.

The **Healthy Brain Study** provides a unique opportunity to receive an extensive brain health assessment at no charge.

It is open to adults with:

- ✓ No memory concerns
- ✓ Mild memory concerns
- ✓ Early stage Alzheimer's disease or dementia.

Following your assessment we will review the results with you and then schedule next year's checkup. It's just that easy!

To be eligible for this innovative brain health study, participants must:

- ✓ Be age 55 and over
- ✓ Not be taking insulin for diabetes
- ✓ Be ready to be **proactive** about their brain health!

To learn more call:

336-716-MIND (6463)

Are you passionate about making a difference in the lives of older adults and advancing Alzheimer's prevention?

We invite you to join us at the Sticht Center for Healthy Aging and Alzheimer's Prevention to become a valued volunteer and advisor!

We are seeking dedicated volunteers to help us shape the future of healthy aging through meaningful engagement and collaboration!

Volunteer opportunities may include:

- Review & Advise: Share your insights on study advertisements and materials
- Guide research: Provide input on research focus and direction
- Clinic Support: Volunteer alongside our team in the clinical setting
- Community Engagement: Attend events and help us connect with others



Your time, perspective, and voice can make a lasting difference!

Interested? Please scan the QR code using the camera on your phone for more information.



How Are You Sleeping?

Help our team build and deliver programs for healthy aging!

- Complete a one-time survey about how you are sleeping (access the survey below). IRB00090479
- Share your preferences on programs for healthy sleep in our health system. IRB00088283

To Get Started or Learn More...

- Scan the QR Code using your phone's camera app!
- Go to <https://redcap.link/HowAreYouSleeping>
- Call us and leave a message at (336) 716-5604
- Email us at AMAZEResearchteam@wfusm.edu



Scan Me!

AMAZE Research Team

Atrium Health Wake Forest Baptist Movement And Zzz's for Everyone



Wake Forest University
School of Medicine

Multi-session Transcranial Alternating Current Stimulation to Improve Dual-task Standing and Brain Activity in Older Adults with Mild Cognitive Impairment



Are you aged 65-85 years and concerned about your balance and thinking?

Contact information: 336-841-9632 or
mkahya@highpoint.edu

Study goal: To determine whether 10 sessions of non-invasive brain stimulation could improve standing balance and support cognitive health as we age.

Requirements: You may be eligible to participate if you are aged 65-85 years and have a diagnosis of Mild Cognitive Impairment.

Procedures: Participation will include 13 visits over 16 weeks.


Participation is paid up to \$600. Parking and transportation can be provided.


High Point University IRB-FY2025-70

Begin Your Journey to a Healthier Lifestyle! Join **TOPS!**



TOPS is a 48-month study investigating how **weight loss** and **exercise** can help **prevent** debilitating conditions like chronic knee pain. Participants may receive:

 48-month lifestyle program

 Free medical tests

You may be able to join if:

- You are female and at least 50 years
- You are overweight

Interested? Reach Out!
336-713-8539 (Option 6)
tops@wfu.edu

Scan to learn more



IRB00080136



Have Cancer Treatments Left You Feeling Fatigued?



Researchers are investigating how an over-the-counter supplement may reduce or eliminate your cancer-related fatigue and we need your help.

Participation in this research study involves the following at no cost:

- ✓ Blood pressure monitoring
- ✓ Physical function and memory testing
- ✓ Fisetin, an over-the-counter supplement
- ✓ Payment up to \$200 for completed scheduled visits

You may be eligible to participate if:

- ✓ You are 65 years or older and were diagnosed with cancer a year or more ago
- ✓ Completed cancer therapy in the last 10 years
- ✓ Lack energy, feel mentally, emotionally, and/or physically exhausted even after sleep
- ✓ Are willing to take Fisetin
- ✓ Agree to attend 5 in-clinic visits and 3 phone visits during the 12-week study period

To learn more call
336-713-8539
option 5
or
WakeHealth.edu/
BeInvolved

IRB00125637

Concerned about your risk of developing Alzheimer's disease?

Noticing changes in your memory and want to better understand your brain health?



Then you may be interested in learning more about the opportunities to join a clinical trial!

Becoming part of our research family gives you the opportunity to learn more about your cognitive health, contribute to groundbreaking discoveries, and help shape the future of Alzheimer's prevention and treatment.



As a member of our research family, you will receive:

- Early access to information and first-in-line opportunities to join our clinical trials
- Invitations to classes and workshops focused on improving and maintaining your brain health
- Access to Wake Forest dementia experts who are leaders in Alzheimer's research
- Personalized feedback on your brain health, helping you stay informed and proactive about your cognitive wellness

To learn more call 336-716-MIND to join the Wake Forest Alzheimer's Disease Research Family!

Call us today... and welcome to the family!

Congratulations!

The winner of the \$100 drawing is:
P. Mogon of Lewisville, NC



To be eligible for our next drawing you only need to be a member of Vital. By receiving this newsletter by mail you are already a member!

If you would like to be added or removed from our mailing list, please call Kim Kennedy at 336-713-8567

Deb Burcombe
Editor/Designer

336-713-8539
Toll Free: 877-238-4825

Atrium Health Wake Forest
Baptist Sticht Center for Healthy
Aging & Alzheimer's Prevention
Medical Center Boulevard
Winston-Salem, NC 27157

Wake Forest University School of Medicine is the academic core of Atrium Health.



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