

# The HEART Project

Health Evaluation in African-Americans using RAS Therapy

## What is the HEART Project?

This is an Alzheimer's prevention-based research clinical trial to see if an FDA-approved blood pressure medication has beneficial effects in African-Americans by affecting the blood flow and the amount of plaque in the brain. This type of blood pressure medication has been associated with reduced Alzheimer's risk in Caucasians, but this has not been evaluated in African-Americans.

You do NOT need to have high blood pressure to participate.

## What is involved in participating?

- Medical History and Health Questionnaires
- Take FDA-approved blood pressure medication or placebo for 8 months
- MRI Scan
- Blood tests
- Ultrasound of blood vessels
- Measurement of cerebrospinal fluid
- Memory and thinking tests
- Take-home 24hr blood pressure monitor

The study involves approximately 5 visits over 9 months. Two visits last 5-6 hours and the remaining visits last approximately 1 hour. You will be compensated \$150 for your time.



## You may be eligible to participate if you are:

- **African-American**
- **45 or older**
- **Have normal memory and thinking abilities**
- **Have a family history of Alzheimer's disease or Dementia**



Alzheimer's Disease  
Research Center

Contact us to learn more:

**404-712-7085**

Danielle Verble | Study Coordinator | [danielle.d.verble@emory.edu](mailto:danielle.d.verble@emory.edu)

Morgan Hecker | Study Coordinator | [morgan.hecker@emory.edu](mailto:morgan.hecker@emory.edu)

Whitney Wharton, PhD | Principal Investigator | [w.wharton@emory.edu](mailto:w.wharton@emory.edu)

# The HEART Project

## Frequently Asked Questions



### Tell me more about the study medication.

The study medication, Telmisartan, is an FDA blood pressure medication. Some participants will receive a placebo (no medication), but participants do not know which one they are taking.

### I'm already on a blood pressure medication, can I participate?

Some blood pressure medications are okay to take during the study and others are not. Our coordinators can discuss this further with you. This study is not intended to control high blood pressure.

### Tell me more about the "measurement of your cerebrospinal fluid".

This is done by a procedure called a Lumbar Puncture. Our coordinators will explain the procedure to you and you can view a video and read FAQs about lumbar punctures at our website:

[neurology.emory.edu/research/laboratories/whartonlab](http://neurology.emory.edu/research/laboratories/whartonlab)

### I'm interested in participating, what happens now?

Contact our coordinators (below) by phone or email and we will set-up a time to tell you more about the study and complete a 20-30 minute phone screening to confirm you are eligible to participate.

### Alzheimer's Disease Facts & Figures 2017

Alzheimer's disease is the 4th leading cause of death in African-Americans<sup>1</sup>



African Americans are 64 times more likely to get Alzheimer's Disease than Caucasians<sup>2</sup>



In Georgia, there are 519,000 family caregivers of Alzheimer's patients<sup>1</sup>

1) Alzheimer's Association. 2017 Alzheimer's Disease Facts and Figures. Alzheimer's & Dementia 2017; 13, 325-373.

2) Steenland, et al. (2016) A meta-analysis of Alzheimer's disease incidence and prevalence comparing African-Americans and Caucasians. Journal of Alzheimer's Disease 50, 71-76.



Alzheimer's Disease Research Center

Contact us to learn more:

**404-712-7085**

Danielle Verble | Study Coordinator | [danielle.d.verble@emory.edu](mailto:danielle.d.verble@emory.edu)

Morgan Hecker | Study Coordinator | [morgan.hecker@emory.edu](mailto:morgan.hecker@emory.edu)

Whitney Wharton, PhD | Principal Investigator | [w.wharton@emory.edu](mailto:w.wharton@emory.edu)