

ACT

SPRING - 2020 NEWSLETTER

News from Dr. Eric Larson: I wanted to give you a brief update on how the ACT study is addressing Coronavirus / COVID-19. Until we learn that it's safe for our community and personal health to resume more normal activity, you won't be asked to have an in-person visit. We have paused ACT visits at least through the end of April, and many of our staff are working from home. We may ask some of you do a telephone visit instead.

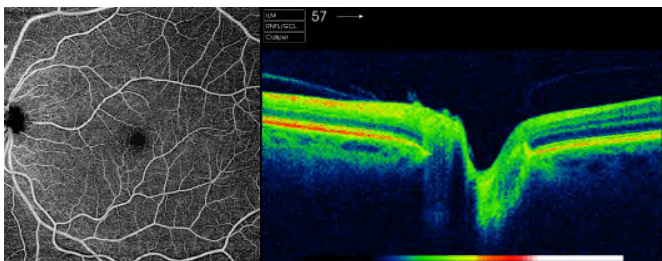
We thank you, as always, for the generous gift you give our research program by your participation.

Stay well, wash your hands frequently, avoid close contact with people who are sick and stay home if you are sick. For medical concerns call 1-800-297-6877 or 206-630-2244 (TTY 711) to talk to an Advice Nurse 24/7.

THE "WINDOW TO THE BRAIN"

The eye is often referred to as "the window to the brain". ACT investigators recently found that certain eye diseases are linked to a higher risk of developing Alzheimer's disease. In order to better understand the relationship between the eye and the brain, ACT will start a new study, called **Eye ACT** (once our visits resume).

The goal of the Eye ACT study is to evaluate the eyes to learn about the health of the brain.



Example images of eye scans we may obtain

The study will utilize fast, state-of-the-art eye imaging devices to measure different eye characteristics including vision, contrast sensitivity, eye pressure, and pictures of the retina. There are no invasive procedures, no

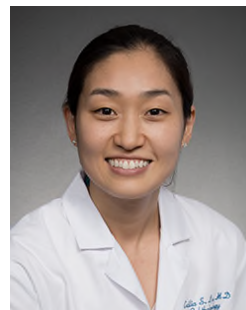
dilation, and it should only take 15-30 minutes!

When you schedule your next ACT visit, staff will ask whether you may be interested in participating in the Eye ACT study. The ACT research team can provide additional information and answer any questions you have.

If you choose to participate, the Eye ACT visit will follow your regularly scheduled ACT visit. If you have an ACT study home visit, we can schedule a separate Eye ACT visit at your home. We will also ask whether you are willing to give the Eye ACT study permission to review your medical records to help our eye-related research.

Participation in the Eye ACT study is completely voluntary! If you decide not to participate, it will not affect your participation in the ACT study.

Meet our newest ACT Study Investigator,



Cecilia Lee, MD, MS: I am truly grateful for the ACT participants who have generously donated their time and efforts to move this research forward! I feel privileged to be part of ACT, and to lead the Eye ACT study with Eric Larson.

As an ophthalmologist, I believe that the eye provides a unique opportunity to study the brain without any invasive or high-cost procedures. What we can learn about our eyes in a few minutes is remarkable! I am excited to lead this study and hope to share my enthusiasm with many ACT participants!

JUST FOR FUN:

Q: Why are eye doctors so smart?

A: They were good pupils!

Send comments or suggestions to:

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