

Memory Matters:

A Guide to Discussing Alzheimer's Clinical Trials with Your Doctor

Alzheimer's disease affects millions of people, and finding better ways to treat or prevent it is important.

One way to help is by taking part in clinical trials, which are studies that test potential new treatments and help doctors learn more about the disease.

If you or someone you care about has Alzheimer's, **talking to your doctor about clinical trials could be a good idea.** This guide will explain what clinical trials are, why they matter, and how to talk to your doctor about whether **one might be right for you.**



Why Is This Important for You?



Health Equity

Black and Hispanic communities have often been left out of medical research, so participating in trials can help make sure that future treatments work for everyone.



Improved Care

By joining a trial, you're helping doctors learn more about Alzheimer's and how it affects people like you, which can lead to better care for future generations.



Better Treatments

You could get access to treatments that might work better for people in your community.

Questions to Ask Your Doctor

When talking to your doctor about a clinical trial, you should feel comfortable asking any questions.

Here are some to consider:

1. What is a clinical trial, and how could it help me?
2. Are there any trials available for people like me, especially in my community?
3. How do I know the trial is safe?
4. What are the risks of joining a trial?
5. How will joining a trial affect my daily life?
6. Will I have support during the trial if I need it?

What If You Have Concerns?

You may have worries, and that's okay! Some common concerns are:



Trust

If you're worried about the safety of clinical trials, ask your doctor how they make sure the trial is safe and ethical.



Costs

Many trials will cover the costs related to the study, but ask your doctor if there are any extra costs for participating.



Side Effects

Ask what could happen if you join the trial, like side effects or risks, so you can make an informed decision.



If you need support, take a friend or family member with you to your appointment.

They can help you to remember what the doctor said or even ask questions that you didn't think to ask.

Why Should You Consider a Clinical Trial?

Here are some reasons to think about joining a trial:



Access to New Potential Treatments

You might be able gain early access to potential treatments, which could improve your life or help slow down Alzheimer's.



Help Future Generations

By participating, you're helping researchers better understand Alzheimer's, especially how it affects people in your community.



Extra Support

Trials often come with regular check-ups and support from doctors who will closely monitor your health.



Talking to Your Family

Before you join a clinical trial, it's a good idea to talk to your family. They can help you make your decision, offer support, and help with things like transportation if you need it.



Stay Informed

Learning more about Alzheimer's trials and treatments will help you make the best decision for yourself. Keep asking your doctor questions, talk to your family, and get involved in your community to stay up to date.