

## FAQ

### Do I have to already be diagnosed with MCI in order to participate?

No, though there must be memory concerns which are noticed by another person. Memory testing will be done at the screening visit to determine eligibility.

### Can I smoke and participate in this study?

Participants must be non-smokers and may not have used any products containing nicotine in the past year.

### Is it possible to become addicted to the patch?

In a previous MCI research study of non-smokers who used the patch, no one experienced withdrawal symptoms after stopping use of the patch and no one became addicted.

### Will I need to have someone involved in the study with me?

Each participant is required to have a study partner, whom you will choose. They must be someone who knows you well and spends enough time with you to notice any changes in your memory that may occur during the study. The partner's main purpose is to give the research staff feedback about your memory.

At each visit you and your study partner will be interviewed regarding your mental and physical health.



To learn more visit:  
**MINDstudy.org**

Or call:  
**866-MIND-150**

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**Memory Improvement  
Through Nicotine Dosing**

Funded by the National Institute on Aging (NIA)

# Worrying About Your Memory?

## Join the MIND Study

A Treatment Study for  
Mild Cognitive Impairment (MCI)



# What is MCI?

Mild Cognitive Impairment (MCI) is a state of memory loss that is between normal aging and early Alzheimer's disease. It may involve problems with memory, language, thinking and judgment that are greater than normal age-related changes. These symptoms of early memory loss are often noticed by the individual, as well as family members or friends. At this point, the cause(s) of MCI is unknown.



# Purpose of Study

The purpose of the Memory Improvement Through Nicotine Dosing (MIND) study is to determine whether nicotine (in patch form) improves memory and functioning in adults diagnosed with MCI. This study, which will take place at multiple sites across the U.S., will consist of 12 visits over a 2-year period.



# Why Nicotine?

From previous research, it is known that nicotine stimulates an area in the brain known as a receptor site, which is important for thinking and memory. Nicotine has been tested in people with Alzheimer's disease and produced small benefits. This may be because those with Alzheimer's disease have already lost too many of these receptors, making nicotine less effective.



## Are you experiencing these symptoms?

- Forgetting things more often.
- Becoming increasingly overwhelmed when making decisions, following instructions or planning a project.
- Finding it more difficult to pay attention and being easily distracted.
- Forgetting appointments or social engagements.

## If so, an evaluation for MCI may be indicated.

Though not everyone with MCI will progress to Alzheimer's disease (AD), recent evidence does indicate that those with MCI are at greater risk for subsequently developing AD. Currently, there is no FDA-approved treatment to alleviate MCI symptoms or to prevent progression to Alzheimer's disease.

# Eligibility

Healthy, non-smoking adults, age 55+ who notice changes in their memory or whose family members notice changes, may be eligible to participate. Those who meet the study qualifications will be placed on either daily nicotine or placebo patches.

**All study participants need to have a study partner who will accompany them to visits.**

**There is no cost to participate in this study.**

This study is being conducted by Vanderbilt University and the University of Southern California's Alzheimer's Therapeutic Research Institute (USC ATRI).

In MCI, however, individuals still have many of these receptors, which may make nicotine more effective for memory improvement.

In an earlier study, 74 adults diagnosed with MCI were prescribed nicotine or placebo patches for 6 months. Those using the nicotine patch had improvement in attention and memory. There were also no serious side effects and no signs of nicotine withdrawal. These results were encouraging and justify this larger study.

