

PRE-SCAN COUNSELING

Review list of risk factors for AD with participant

1. Biggest risk factors:
 - Age (at age 85, ~40% of the population have AD)
 - Family history

2. Others include medical and lifestyle factors, many of which we have some control over (i.e. modifiable) such as
 - Exercise
 - Healthy diet
 - Blood pressure and blood sugar control
 - Smoking

3. New risk factor: -Amyloid PET Scan
 - Amyloid is a protein that is found in all our bodies
 - In AD, amyloid builds up in the brain and is present in AD (by definition)
 - The scan assesses whether amyloid is present in the brain
 - 1 of 3 people with no memory changes have elevated levels of amyloid in the brain (this does not mean the person has AD)
 - Not everybody that has elevated levels of amyloid will develop AD; this is not a diagnostic test for AD.
 - Elevated Amyloid
 - Does not mean you have AD or will go on to develop AD
 - Higher risk for AD
 - Does not yet tell us the magnitude of the risk (how much higher)
 - Don't know the timeframe (we think amyloid builds up in the brain 15-20 years before AD)

 - Not Elevated Amyloid
 - Likely means you have a lower risk for AD
 - Does not mean amyloid will never be present in the brain
 - Does not mean you will never develop memory changes

Confirm understanding with participant:

1. This information will not be shared with your PCP or become part of your medical record as it has a chance of being misinterpreted
2. This scan is optional. You have the option to withdraw at any time.

The participant needs to:

1. Determine if they want to proceed with the scan and learn the results of the scan
 - *Keep in mind that this is a new scan and there is a chance for a false positive or false negative
2. Understand the scan and its limitations
 - *It is not a diagnostic test for AD

Review what happens after they learn the results of the scan:

1. We will provide you feedback on lifestyle, diet, and exercise recommendations
2. Offer the option to participate in additional research studies
3. Emphasize the brochure, "Preventing Alzheimer's Disease: What Do We Know" (NIA ADEAR publication 12-5503)

FEEDBACK SESSION (V3) (with same clinician at pre-scan and post-scan counseling when possible)

Prior to disclosure, remind the participants about what the results mean (give both scenarios for the meaning of an elevated result and a non-elevated result, regardless of their result)

- Elevated Amyloid
 - Does not mean you have AD or will go on to develop AD
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 - Does not mean amyloid will never be present in the brain
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Disclose results to participant

1. Review what their result means to them individually. Restate the information above for their result.
2. Our staff will provide feedback on lifestyle, diet, and exercise recommendations.
3. Discuss the currently enrolling prevention studies ongoing at the KU AD Center, regardless of amyloid status.