Healthy Aging and Participating in Research

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Overview of Topics

• Why research is important to healthy aging
• What you need to know about research studies
• How YOU can make a difference for yourself and future generations by participating
Research and healthy aging
Living longer and healthier

**In 1900:**
- Life expectancy: 50 years
- Top causes of death: pneumonia/flu & tuberculosis

**Today:**
- Life expectancy: 74+ years
- Pneumonia & tuberculosis prevented or treated
Discoveries from research led to the medicines and treatments we take for granted today:

- **Vaccines** to prevent infectious diseases such as tuberculosis
- **Antibiotics** to treat bacterial diseases such as pneumonia
- **Medications** to manage ongoing conditions such as high blood pressure and pain
Continuing to look for answers

- How can we prevent, or cure:
  - Heart disease and stroke?
  - Cancer?
  - Alzheimer’s disease and dementia?

- How can we improve care and quality of life?

To find answers, scientists conduct research studies
Example: Osteoporosis and Fractures

- Weak bones
  - Low bone mass
  - Low bone quality
- Increased risk of fracture
  - Hip
  - Spine
- Recovery from fractures can take months or years

Osteoporosis Research

- Advances in preventing and treating osteoporosis as a result of research
  - Understanding causes and consequences of bone loss and identifying risk factors
  - New strategies to enhance bone density and reduce fracture risk
  - Exploring roles of factors like genetics, calcium, vitamin D, drugs, and exercise on bone mass

What you need to know about research studies
Many types of research that need people

- Interviews and surveys
- Understanding disease
- Improving detection and diagnosis
- Prevention
- Testing drugs and non-drug treatments for safety and effectiveness
- Testing ways to support caregivers
Benefits of volunteering for research

*Help* others, including future generations of your family who may be at risk

*Learn more* about your health conditions from experts

Get *information* about support groups and resources in your community

Receive *regular monitoring* by health professionals
Protecting your safety and privacy

Researchers are required to follow strict rules, enforced by the Federal Government, to protect participants’ safety and privacy.

- Institutional Review Board
- Data Safety Monitoring Committee
- Informed Consent
- Right to Withdraw
- Privacy
Concerns about participating?

- If you have many health problems, can you participate in a study that is looking at only one condition?
- If you no longer drive, how can you get to the study site?

*It is always a good idea to speak with your doctor and the research team about your concerns.*
Research Studies Need **Everyone** – Including **YOU**!

- Men and women
- Adults of all ages
- Of different racial and ethnic backgrounds
- Who are healthy or who have health problems

[CLICK BELOW FOR AUDIO]
How YOU can make a difference for yourself and future generations
One *easy* way to make a difference

Sign up with a research registry or matching service.

- You will be contacted when studies are looking for people like you.
- You can learn more about a study and decide if you would like to participate.
- It’s always your choice whether or not to take part in a study.
- Your information will remain confidential.

CLICK BELOW FOR AUDIO
Claude D. Pepper Older Americans Independence Center Research Registry “Pepper Registry”

- Available for community members 60+
- NIH-funded
- 3,793 enrolled, 2,533 active participants
- Assisted over 100 research studies
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<td>Sleep in Adults with Heart Failure with Preserved Ejection Fraction</td>
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<td>ForAging: Facilitating Optimal Routines in Aging</td>
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Research Areas

- Geriatric Medicine
- Gynecology & Reproductive Sciences
- Family Medicine
- Internal Medicine
- Psychiatry
- Psychology
- Vascular Medicine
- Mechanical Engineering
- Family Medicine
- Nursing
- Neurology
- Physical Therapy
- CTSI
- Center for Social and Urban Research
- Occupational Therapy
- Public Health
- Ophthalmology
- Electrical and Computer Engineering
How can I enroll?

• You can enroll in the Pepper Registry by contacting Maddie Rigatti at 412-692-2843

• Each participant is asked to sign a consent form and complete an annual questionnaire
Pepper Website

www.pepper.pitt.edu
Thank you for listening!