HORIZONS
A quarterly newsletter for MURDOCK Study participants
June 2014

The MURDOCK Study’s social media presence is expanding!

Facebook
Google+
Instagram
Pinterest

LinkedIn
Tumblr

New studies now recruiting!
Learn more inside!

Web Enrollment is Now Available!
Help us spread the word! Tell your friends and family who haven’t yet joined the study how much easier the MURDOCK Study enrollment process has become. Go to murdock-study.org and click on “CONTACT US.” New study participants can now complete most of the enrollment paperwork online. The enrollment visit has been shortened by approximately 12 minutes, making enrollment in the MURDOCK Study even simpler. Please pass this on! We continue to grow but need your help in reaching our goals.

A Note from Our Principal Investigator
Greetings, MURDOCK Study Participants!

Summer is here, and it is hard to believe 2014 is already half behind us. What a year we have had already at the MURDOCK Study! While our Kannapolis-based team continues to recruit and enroll participants into the growing MURDOCK Study Community Registry—now approaching 11,000 participants—we are moving forward on numerous fronts.

Here are a few highlights:

Our data team rolled out web-based enrollment in May, which means anyone who has not yet joined the study can start the enrollment process online. This safe and secure system allows individuals to complete the study questionnaire and related documents at their convenience.

Our data development team is also working hard to provide an online follow-up form that can simplify our annual request to update your information. As you may recall from your enrollment visit, collecting this information each year is critical to the longevity of the study and the power of the data.

Our Healthy Aging study cohort (30 years and older) is progressing steadily. We recently expanded recruitment to include current MURDOCK Study participants, so our research team is fast approaching its goal of recruiting 1000 individuals to assess how our physical and cognitive abilities change as we age. If you are eligible, you will be contacted.

Our study referral sources—how individuals report that they have learned of the MURDOCK Study—are reviewed regularly. Word-of-mouth referrals continue to be one of our most common forms of recruitment. With your help in telling your friends and families about the study, more participants learn about this exciting opportunity. If you would like our study staff to present information about the MURDOCK Study to your workplace, school, church, or community organization, we would welcome the chance to do so. Please contact us with details at (704) 250-5861 or murdock-study@duke.edu.

We are extremely grateful for your willingness to participate in this community-based study. We look forward to announcing some new study opportunities very soon.

Sincerely yours,

(704) 250-5861 www.murdock-study.org

Find us on your favorite app!

Miss Evelyn Silvus, the newest and last recruited volunteer for the Centenarian Study (pictured here), lives independently and believes that longevity runs in her family having had a grandmother who lived to her mid-nineties. Miss Silvus never thought she would live so long and even told her four children on her 75th birthday that if she lived to 90, then she wanted to go up in a hot air balloon. On her special 90th birthday, Miss Silvus’ children arranged a hot air balloon ride that they all rode together.

(704) 250-5861 www.murdock-study.org
Study Opportunities in Our Local Research Community

Don’t Forget!
If you have been in the study for at least 12 months and have not yet completed your Annual Follow-Up Form, please do so. (If you have completed and returned your Annual Follow-Up Form, we thank you for taking the time to do so.) Call the office at (704) 250-5861 to request a new form or to complete the form by phone. A web-based form will be available soon.

Don’t forget to check our quarterly newsletters and your Annual Follow-Up Form packets for special prizes and giveaways!

The TOMMORROW STUDY: Now Recruiting!
The TOMMORROW study is recruiting adults, ages 65–83 years old, to learn more about the genetic risk for developing mild cognitive impairment due to Alzheimer disease and whether an investigational medication might prove effective in delaying the first symptoms of this condition.

You may be able to participate in the TOMMORROW study if you:

• Are between the ages of 65 and 83 years
• Are in good physical and mental health
• Do not have a current diagnosis or history of cognitive impairment, dementia, a neurological or psychiatric disorder, or any other diagnosis that significantly affects your cognitive performance
• Have a project partner, such as a spouse, close friend, or adult family member, who is also available to participate in the study by attending study visits and providing information about your thinking abilities and behavior

More than 5000 older adults will take part in this study at approximately 50 centers in North America, Europe, and Australia. The duration of the study is currently anticipated to be approximately five years. If you qualify for the study and are interested in participating, you and your project partner will be required to attend site visits every six months and answer questions via telephone every three months, between visits.

If you think you might like to take part in the TOMMORROW study, please visit the study website, www.TOMMORROWStudy.com, where you can complete a prescreening questionnaire that will help determine whether you are eligible to participate.

You may also contact the NC Research Campus Patient Recruitment Office at (704) 403-7650 to request a new form or to complete the form by phone. A web-based form will be available soon.

We want to hear from you!
Please email comments or questions to us at murdock-study@duke.edu.