

Projet de recherche

« Optimum Brain Ageing »

Aspects pratiques

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Results of the merged data bases

1. Questionnaire received at home (voluntary basis) Complementary questions

- **Life habits:** diet, alcohol intake, smoking (...)
- **Life events:** psychological stress, divorce, bereavement
- **Physical activities:** jogging, tennis, gardening, ski (...)
- **Leisure activities:** manual versus intellectual
- **Treatments:** prescribed or over the counter

2. Request agreement to participate in a baseline assessment

Baseline assessment

Clinical
Blood biomarkers
Neuropsychological
Brain imaging

Comparison with data collected by the CERN medical service*

In any case, your GP would be informed of the results**

3. Subsequent request to be included in the longitudinal study

Longitudinal study

➤ **HEALTHY BRAIN
AGEING**



Control group

versus

Memory training group

**MILD COGNITIVE
IMPAIRMENT**



Control group

versus

Non therapeutic group

versus

Drug treatment group