

# Maintain Your Brain research project

This research project aims to reduce the risk of cognitive decline (worsening of memory and thinking abilities) and Alzheimer’s and other dementias in people aged 55-77 years by using online health modules. Potentially modifiable risk factors for dementia include physical inactivity, overweight/obesity, smoking, depression and un-ideal nutrition. In *Maintain Your Brain*, these risk factors will be targeted by online health modules designed to provide individual advice for reducing these risk factors. The project is innovative and is a world-first; and is supported by Ita Buttrose as the *Maintain Your Brain* patron.

Selected 45 and Up Study participants who have given permission to be invited to other research projects have been invited to join this research project. The researchers are looking for participants who:

- Were born between 02/01/1940 and 31/12/1962
- Have home access to a computer (desktop or laptop) that is connected to the internet, and can access one of the following browsers: Google Chrome, Firefox or Internet Explorer
- Are able to speak and write in English
- Are willing to take part in online learning modules over 3 years.

Participants are being contacted by the 45 and Up Study on behalf of the *Maintain Your Brain* team. Their contact details have not and will not be shared with the *Maintain Your Brain* team unless project-specific consent has been given.

This research project is in addition to the main 45 and Up Study. Participation is voluntary. It is completely up to participants whether they decide to take part. If they

decide not to participate, it will not affect their involvement in the main 45 and Up Study, their relationships with the researchers or the Sax Institute. Information collected by this research project will become part of the 45 and Up Study in the future.

The diagram below provides a brief overview of what participation in the *Maintain Your Brain* research project involves. Full details about the research project are available in the participant information on the *Maintain Your Brain* website, accessible via the personalised link in each participant’s invitation email.

*Maintain Your Brain* has been approved by The University of New South Wales HREC Committee A. Any person with concerns or complaints about the conduct of this research project should contact the Ethics Coordinator, who is the person nominated to receive complaints from research participants, by telephone (02) 9385 6222 or by email [humanethics@unsw.edu.au](mailto:humanethics@unsw.edu.au), HC Reference Number HC16252.

### Contact the Sax Institute about the 45 and Up Study

For any questions, comments or complaints about the 45 and Up Study or this research project, to withdraw consent for participation, or for further communication, please contact us by:

**Telephone: 1300 45 11 45** (toll-free Study Infoline)

**Email: [45andUp@saxinstitute.org.au](mailto:45andUp@saxinstitute.org.au)**

In writing, addressing your concerns to:

Professor Emily Banks, Scientific Director  
The 45 and Up Study  
GPO Box 5289, Sydney NSW 2001

