



Are you concerned about memory loss or concerned about a loved one with memory loss?

Roche is conducting clinical studies to test potential treatments for Alzheimer's disease. The **TRAVELLER** study can help find out whether you or someone you love may be able to take part.

Start the conversation today

If you or someone you love have been noticing signs of memory loss - or have concerns about future risk, please contact a member of the study team.



TRAVELLER

Study doctor name: **The Neurology Clinic**

Contact phone number: **901-300-2755**

Study site name: **8000 Centerview Parkway, Suite 500 Cordova, TN**

38018
Email address: **Research@neuroloclinic.org**

Your guide to the **TRAVELLER** study



TRAVELLER



About clinical studies in Alzheimer's disease and the TRAVELLER study

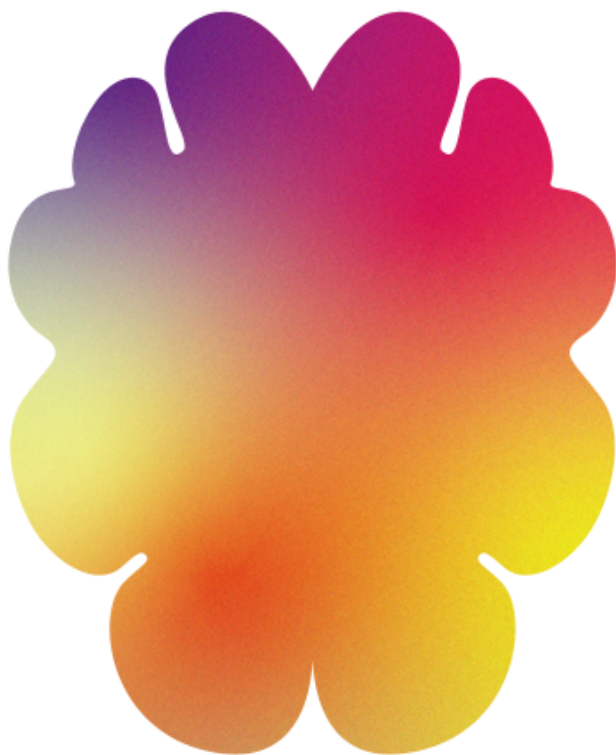
Clinical studies help doctors and researchers test new treatments and medicines to see if they are safe and work well. All clinical studies rely on volunteers who dedicate their time to help move research forward.

Roche is testing new treatments for Alzheimer's disease in clinical studies and is looking for people to take part. Some of these studies are designed for people who may be at risk for Alzheimer's disease in the future, while other studies are designed for people experiencing memory or thinking problems associated with Alzheimer's disease.

The **TRAVELLER study** helps to find people who may be interested and able to take part in Alzheimer's disease clinical studies at Roche. By taking part in TRAVELLER, you will find out whether or not you may be suitable to participate in a Roche Alzheimer's disease clinical study.

Roche's commitment to Diversity, Equity and Inclusivity

Roche is dedicated to improving the lives of everyone affected by Alzheimer's disease, ensuring equal access to care and participation in clinical studies regardless of personal differences. Recognizing that diverse backgrounds influence healthcare, Roche is committed to developing treatments tailored for everyone. Roche is actively removing barriers to clinical study participation, building community relationships, and striving for fair access to scientific advancements and treatments.



Thank you and welcome to the TRAVELLER study

In the next pages, you will find information about what you can expect during and after the TRAVELLER study.

If you have any questions please contact your study team. They will be happy to help!

Study doctor:	Neurology Clinic, P.C.
Study Clinic/ Hospital address:	8000 Centerview Pkwy, #500, Cordova, TN 38018
Phone number:	901-866-9252
Email:	Research@neuroclinic.org
Study coordinator:	Phillip Price
Phone number:	901-300-2755
Email:	pprice@neuroclinic.org

The TRAVELLER study has two main parts

Part 1:

Agreeing to take part and confirming if you are a good fit

During **part 1**, the following activities will take place:



Discuss and then sign the **Informed Consent Form**

The Informed Consent Form is a legal document that must be signed before any tests. Your TRAVELLER study team will walk you through the document and answer any questions. If you accept the conditions and are happy to take part, you will proceed with signing the form.



To confirm you can take part in TRAVELLER, you will then be asked questions about:



Yourself and your medical history.



Your current medications

It may be helpful to bring a list of the names of your medications or take pictures of your medication labels.

If you complete Part 1 and your study doctor determines you are a good fit for TRAVELLER, you will then move to Part 2.

You might be asked to do Part 1 and 2 on the same day, or you may be asked to come back at a later date to complete Part 2.



Part 2: Completing the TRAVELLER study assessments

During **part 2**, you will be asked to:



Answer a questionnaire about yourself (employment, education level).



Complete a short memory assessment
You will hear a short shopping list read aloud. After that, you will be asked to repeat as many items from this list as you can remember. You will do this right away and then again after a short break. This should take about 20-30 minutes.



Provide a blood sample (less than 1 tablespoon)
This blood sample will look at your overall health and the levels of a protein called 'pTau217' which is linked to Alzheimer's disease. Please see the "About pTau217" booklet provided to you for more information.

***All these assessments will take
approximately 2 hours to complete***

What happens after I finish Part 1 and Part 2 of the TRAVELLER study?

After you finish Part 1 and Part 2 of the TRAVELLER study, you will:



Speak with the study doctor 1 or 2 times, either in clinic or on the phone, to discuss your general health and what your study results mean for you. Your study doctor will also answer any questions you may have.

Frequently asked questions

1. How will I know if I am suitable for a Roche clinical study?

The study team will discuss your study results and what they mean for you, your health and participation.

If your results show that you may be suitable for an ongoing Alzheimer's disease study at Roche, the study team will share next steps.

2. If my results show I am suitable for a Roche clinical study, do I automatically qualify and get enrolled?

No. If your results show you may be suitable for a Roche clinical study, it does not mean you automatically qualify and are enrolled. You will need to complete additional tests to ensure you meet all the specific requirements for that clinical study.

3. What happens if I am not suitable for a Roche clinical study?

If your TRAVELLER study results show that you are unlikely to be suitable for a Roche clinical study, your results may be reviewed again in the future for new Roche studies. You may also be able to participate in the TRAVELLER study again after at least 12 months have passed.

4. How long will my information be stored?

Your information without any identifying details will be stored by the study site for 15 years after the end of the study or for the length of time required by applicable laws, whichever is longer. In addition, Roche will keep the study data for 25 years after the final study results have been reported or for the length of time required by applicable laws, whichever is longer.

Your samples will be securely stored by Roche for up to 5 years after the TRAVELLER study results have been reported and will then be destroyed.

Tips to promote brain health

Regardless of your results in this study, here are some things you could consider to promote your brain health overall:



Being physically active^{1,2}

Do active things everyday like taking walks, dancing, swimming, joining a fitness class, or gardening³⁻⁵



Exercise your brain with daily activities^{6,7}

Workout your brain by reading, playing games, doing word puzzles, making crafts, singing, or journaling and writing notes of gratitude^{6,7}



Sleep may help clear out unhealthy brain toxins^{8,9}

Get good sleep every night. Make your bedroom comfortable and quiet, put your phone away and avoid caffeine and large meals before bedtime¹⁰



Well-being practices that reduce stress and anxiety¹¹⁻¹³

Do things that help you stay positive, in control, and relaxed. Pray, meditate, do yoga, get out in nature, or listen to music^{11,13,14}



Eating a healthy diet is good for your body and brain^{2,15,16}

Eat a combination of fruits, vegetables, lentils, beans, protein, and whole grains while eating less fat, sugar, salt, and processed foods (foods that have been changed from their original form)^{2,15,16}



Staying socially active can help your well-being and brain health^{13,17}

Visit friends and family, volunteer, consider taking an adult education class, or take part in programs at places you enjoy^{13,17}



References: **1.** Nay K, et al. *Int J Mol Sci.* 2020;22:4052. **2.** World Health Organization. Risk Reduction of Cognitive Decline and Dementia. <https://apps.who.int/iris/bitstream/handle/10665/312180/9789241550543-eng.pdf?ua=1>. Accessed April 18, 2024. **3.** Arab A, et al. *Front Aging Neurosci.* 13:693791. **4.** National Institute on Aging. Four Types of Exercise Can Improve Your Health and Physical Ability. <https://www.nia.nih.gov/health/exercise-and-physical-activity/four-types-exercise-can-improve-your-health-and-physical>. Accessed April 18, 2024. **5.** National Institute on Aging. Fun Ways for Older Adults to Stay Physically Active. <https://www.nia.nih.gov/health/exercise-and-physical-activity/fun-ways-older-adults-stay-physically-active>. Accessed April 18, 2024. **6.** Gregory M, et al. *Curr Sports Med Rep.* 2013;12:256. **7.** Krell-Roesch J, et al. *Neurology.* 2019;93:e548. **8.** Hale L, et al. *Annu Rev Public Health.* 2020; 41:81. **9.** Wang C, et al. *Neuropsychopharmacology.* 2020;45:104. **10.** National Institute on Aging. A Good Night's Sleep. <https://www.nia.nih.gov/health/sleep/good-nights-sleep#aging>. Accessed April 18, 2024. **11.** Khalsa D, et al. *J Alzheimers Dis.* 2021;80:505. **12.** Upenieks L, et al. *J Relig Health.* 2023;62:1810. **13.** National Institute on Aging. Cognitive Health and Older Adults. <https://www.nia.nih.gov/health/brain-health/cognitive-health-and-older-adults>. Accessed April 18, 2024. **14.** Mayo Clinic. Meditation: A Simple, Fast Way to Reduce Stress. <https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858?p=1>. Accessed April 18, 2024. **15.** Melzer T, et al. *Int J Mol Sci.* 2021;22:5026. **16.** National Institute on Aging. Healthy Meal Planning: Tips for Older Adults. <https://www.nia.nih.gov/health/healthy-eating-nutrition-and-diet/healthy-meal-planning-tips-older-adults>. Accessed April 18, 2024. **17.** Felix C, et al. *J Gerontol B Psychol Sci Soc Sci.* 2021;76:1027.

Notes

