



Research Study Opportunity

Did you know that having a stroke can be an early “trigger” for memory loss?

Did you know persons who have had a stroke have an increase risk for developing dementia?

The NOURISH study will test the ways diet and nutrition may affect brain and thinking abilities after a recent stroke and prevent memory loss



You may be eligible to participate in the study if you:

- Are 55 years of age or older
- Was recently admitted to the hospital for a stroke
- Do not live in a nursing home
- Do not have a diagnosis of dementia

Participants of the NOURISH study will receive:

- ✓ 6 visits in a 2 year period of which 5 will be conducted in the comfort of their home, and 1 will occur at the study center
- ✓ Testing of memory and thinking abilities
- ✓ Free prepared meals delivered to their homes for 90 days
- ✓ Personal health coaching from a registered dietitian or health professional
- ✓ Free MRI brain scans, blood pressure monitors and blood pressure readings
- ✓ Gift cards totaling up to \$475 for participating in the study

If you are interested in the NOURISH study, please contact **Jameszetta James** or **Amy Tran**, NOURISH Recruitment Specialists at Rush, at **(708) 660-6463** or NOURISH@rush.edu

Participating study sites:

