

## ***What are the benefits?***

All participants will receive assessments and group classes at no cost. Up to \$600 in compensation is provided for time and travel.

## ***Is it safe and voluntary?***

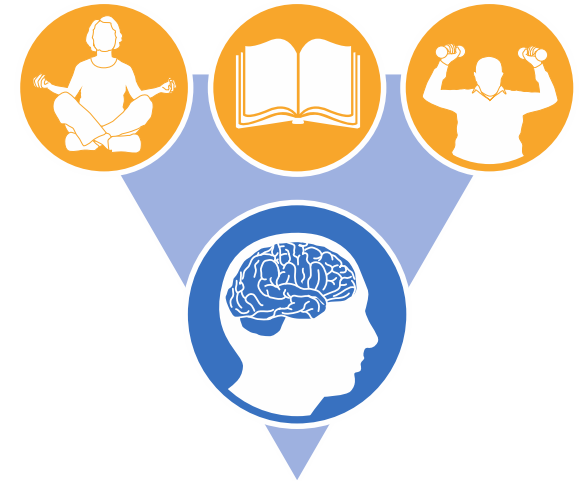
Participation is voluntary, and you can withdraw at any time. We will ask your doctor if you are healthy enough to participate in the study. A study nurse and doctor will also review your medical history and have you do a stress test before you enroll.

## ***Who is working on the study?***

Dr. Wetherell is a board-certified geropsychologist at the San Diego VA and a Professor of Psychiatry at UCSD. The study team includes doctors, nurses, psychologists, social workers, physical and occupational therapists, and exercise scientists. All of us are committed to helping older people stay healthy, mentally and physically.

## ***How can I learn more?***

For more information or to find out if you are eligible for the MEDEX study, please contact the study coordinator at **858-534-8118** or **[medexstudy@ucsd.edu](mailto:medexstudy@ucsd.edu)**. All calls are confidential.



# **MEDEX**

**Mindfulness,  
Health Education and  
Exercise**

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**Human Research  
Protections Program**  
**UC San Diego**

Approved  
Current Approval: 06/18/2015  
Project Number: 141836

## What is the MEDEX study?

Dr. Julie Wetherell and her colleagues at the University of California, San Diego and Washington University in St. Louis are conducting a research study to find out how to improve memory and concentration in older people.

We are testing three types of group classes:

- **M**indfulness meditation
- Health **E**ducation
- **E**xercise

The study is supported by the National Institutes of Health and the McKnight Brain Research Foundation.



## Who can participate?

You may be eligible if you are:

- Age 65 to 84
- Concerned about your memory
- Healthy enough for moderate exercise
- Not currently meditating, attending health education classes, or exercising regularly

## What will happen?

If you participate, you will be randomly assigned (like flipping a coin) to one of four groups:

- Mindfulness meditation
- Exercise
- Mindfulness plus exercise
- Health education

Each group will meet for 18 months. The mindfulness and health education classes meet at UCSD offices in University City. The exercise classes meet at the Toby Wells or Mission Valley YMCA.

## What tests will I do?

Before you begin, and after 3 months, 6 months, and 18 months, you will come to the UCSD campus in La Jolla for testing. We will test your memory and concentration, fitness using a treadmill stress test, body composition including bone mineral density, balance, and insulin sensitivity using an oral glucose tolerance test. We will also do a brain scan, ask you questions about your mood and daily life, and take blood and saliva samples to see how your immune system is working.



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