

# Therapeutic Diets in Alzheimer's Disease

## TDAD Study

### What is the TDAD Study?

The TDAD study is for older adults with very mild or mild Alzheimer's Disease who are willing to follow either a ketogenic (high fat) or low-fat eating pattern for three months. The study will look at the benefits of these eating patterns on brain health.

### What Will I Do?

- Follow either a ketogenic or low-fat eating pattern for 3 months.
- Track daily measures such as weight, dietary intake, and urinary ketones. You may need to test your urine with a paper strip.
- Attend study visits that include measures of height and weight, cognitive assessments, symptoms questionnaires, blood draws, vital signs, food records, and two MRIs.

### Benefits

- Dietary supplements provided
- One-on-one instruction from a registered dietitian
- Brain imaging
- Compensation for study visits

### Am I Eligible?

- Age 50-90 years
- Diagnosed with very mild to mild Alzheimer's Disease
- Dedicated study partner for the entire 3-month study
- Not underweight (BMI<20.0)
- Not over 350 pounds
- No cancer requiring chemotherapy or radiation within the past five years, no recent cardiac event, no diabetes requiring treatment, no recent history of kidney stones
- No investigative drug therapy in the last 30 days

### Contact

Call the KU Alzheimer's Disease Center to learn more or sign up at 913-588-0555 Option 1.