





# **ORAL HEALTH FOR BRAIN HEALTH (Mysmile study)**





## Do you have:

**Alzheimer's Disease or Mild Cognitive Impairment (MCI)?** 

We are looking for people to take part in our research study to investigate whether improving oral health slows down memory loss.

### To take part you need to:

- Have a diagnosis of Alzheimer's Disease or MCI.
- Be aged **60** years or above.
- Be interested in improving your oral (gum) health

If you take part: You will be assessed to see if you are eligible for the study at The Brain Centre at Southmead Hospital in Bristol and if eligible:

Allocated at random





#### **Group 1**

A dentist will clean your teeth and gums in 3-4 visits to a study dental practice in Bristol or the surrounding area



#### **Group 2**

You do not have to do anything, but you should continue to visit your dentist if you have one After the study ends you will be offered the study treatment



**Both groups 1 and 2** will also attend 6 and 12 monthly reviews following their first visit, for dental assessments, memory tests, saliva and blood samples.

An electric toothbrush will be provided at visit 1





If you are interested in taking part or have questions, please either

ring: 07773579130 OR follow either of these links:

email: nikki.hellin@bristol.ac.uk

Participant Information Sheet <a href="https://bit.ly/MysmileParticipantsInfo">https://bit.ly/MysmileParticipantsInfo</a>



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