CARE (*Cutting Alzheimer's Risk through Endocrinology)* Open Enrollment Opportunities

Below, you will find a list of CARE sites open to enrollment, alongside brief overviews of each study. Please reach out to the sites for more information about the studies and to discuss eligibility.

Icahn School of Medicine at Mount Sinai

Institution name/dept: Psychiatry department at the Icahn School of Medicine at Mount Sinai
City: New York City (Manhattan)
Country: United States
Project name: Comprehensive biomarker signature of brain aging and AD risk across menopausal transition: effects of estrogen.
Principal investigator: Natalie Rasgon, MD
Goal of the study: This study aims to investigate the longitudinal trajectories of Alzheimer's disease (AD)-related biomarkers, cognitive function, and brain aging in women who have undergone surgically induced menopause (bilateral oophorectomy) compared to age-matched women who experienced natural menopause.
Primary contact info for enrollment: Chloe Ford, chloe.ford@mssm.edu, +1-929-596-7543
Inclusion/exclusion criteria:

- Females aged 35-60 who have had their ovaries surgically removed (with or without the uterus) in the past six months
- Females aged 35-60 who are planning to have their ovaries removed (with or without the uterus) in the near future
- Participants are required to have a sufficient command of the English language.

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Study procedures and timeline:

- All participants will undergo physical & neurological exams, clinical laboratory assessments, neuropsychological exams, menopause and lifestyle questionnaires, and brain imaging
- Participants may undergo biannual evaluations of reproductive hormones, AD biomarkers, and peripheral metabolic markers.
- Longitudinal evaluations may be performed on participants who have reached 12 and 24 months from their baseline evaluation completion.

University of California, San Francisco

Institution name/dept: University of California, San Francisco
City: San Francisco
Country: United States
Project name: Longitudinal Menopause Project
Principal investigator: Dr. Kaitlin Casaletto
Goal of the study: This project provides a high-resolution analysis of the interface between menopause and brain health. Identifying the endocrine-driven molecular signatures of AD risk will facilitate the creation of early detection tools, establishing a critical window for primary intervention decades prior to disease onset.
Primary contact info for enrollment: Julia Borger, Julia.borger@ucsf.edu, phone # +1-415-353-2992

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Inclusion/exclusion criteria:

- **Inclusion:**
  - Females aged 35–60 years
- **Exclusion:**
  - Stroke
  - Neurodegenerative or demyelinating disease
  - Brain lesions, infarcts, tumors, or masses
  - History of traumatic brain injury with lasting symptoms
  - Active cancer
  - History of reproductive surgery
  - Use of hormone replacement therapy
  - Any medical contraindication to MRI scanning/history of claustrophobia

Study procedures and timeline:

- The project will follow women across the menopausal transition, pairing brain, biofluid, cognitive, and health data.

Study website:
https://wbhi.ucsb.edu/our-work/projects/the-longitudinal-menopause-project#team

University of California, Santa Barbara

Institution name/dept: University of California, Santa Barbara

City: Santa Barbara

Country: United States

Project name: Longitudinal Menopause Project

Principal investigator: Dr. Emily Jacobs

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Goal of the study: This project provides a high-resolution analysis of the interface between menopause and brain health. Identifying the endocrine-driven molecular signatures of AD risk will facilitate the creation of early detection tools, establishing a critical window for primary intervention decades prior to disease onset.

Primary contact info for enrollment: Caitlin Taylor, info@wbhi.ucsb.edu, phone #805-893-2692

Inclusion/exclusion criteria:

- **Inclusion:**
  - Females aged 35–60 years
- **Exclusion:**
  - Stroke
  - Neurodegenerative or demyelinating disease
  - Brain lesions, infarcts, tumors, or masses
  - History of traumatic brain injury with lasting symptoms
  - Active cancer
  - History of reproductive surgery
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University of California, Santa Barbara

Institution name/dept: University of California, Santa Barbara
City: Santa Barbara
Country: United States
Project name: The Maternal Brain Project
Principal investigator: Dr. Emily Jacobs
Goal of the study: This project aims to broaden understanding of maternal brain plasticity by identifying individualized trajectories of neural development across pregnancy and integrating high-resolution structural metrics with functional measures of connectivity and perfusion.
Primary contact info for enrollment: Magdalena Martinez Garcia, mmartinezgarcia@ucsb.edu, phone # 805-893-2692
Inclusion/exclusion criteria:

- **Inclusion:**
  - Females aged 25–40 years
  - Planning to become pregnant
- **Exclusion:**
  - Stroke
  - Neurodegenerative or demyelinating disease
  - Brain lesions, infarcts, tumors, or masses
  - History of traumatic brain injury with lasting symptoms
  - Active cancer
  - A history of claustrophobia

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- Any medical contraindication to MRI scanning

Study procedures and timeline:

- This study leverages a precision imaging framework to track women from pre-conception to 12 months postpartum. Scanning participants every 2–4 weeks, it provides an unprecedented, high-resolution view of the neural adaptations occurring throughout pregnancy and the first year of motherhood.

Study website: https://jacobs.psych.ucsb.edu/research/maternal-brain-project

The University of Chicago

Institution name/dept: The University of Chicago, Department of Obstetrics & Gynecology
City: Chicago
Country: United States
Project name: PERI-MIND (Perimenopausal and Menopausal Individuals Dementia Risk Intervention) Study
Principal investigator: Dr Francesca Farina
Goal of the study: This study aims to bridge the current gap in midlife women's health by evaluating how menopausal-related cognitive symptoms manifest in high-risk populations, thereby facilitating the development of targeted primary prevention strategies decades before potential dementia onset.
Primary contact info for enrollment: griffithlab@bsd.uchicago.edu

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Brief inclusion/exclusion criteria:

- **Inclusion:**
  - Females who are perimenopausal or early postmenopausal, and who have a family history of dementia (i.e., mother, father, or sibling).
- **Exclusion**:
  - Diagnosis of dementia or mild cognitive impairment, medical, psychiatric, or sensory conditions that would interfere with study participation or informed consent.

Study procedures and timeline

- Over three weeks, perimenopausal participants will complete self-paced web modules (60 minutes/week) covering menopause education, dementia risk, and mindfulness, followed by a feedback survey.

Study website: https://obgyn.uchicago.edu/research/peri-mind

University of Pittsburgh

Institution name/dept: University of Pittsburgh, Department of Psychiatry
City: Pittsburgh
Country: United States
Project name: MenoBrain: A longitudinal investigation of menopause and brain health
Principal investigator: Dr. Rebecca Thurston
Goal of the study: This study examines brain health in midlife women. Participants will attend seven in-person visits over a two-year period, allowing analysis of age-related changes in neurological health over time.

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Primary contact info for enrollment: Sarah Conklin, PhD, phone y# (878) 261-6899; conklinsm2@upmc.edu

Brief inclusion/exclusion criteria:

- **Inclusion:**
    - Female, aged 42-52, must have the uterus and at least one ovary, and be able to undergo MRI.

Study procedures and timeline:

- Requires 7 in-person visits in Pittsburgh, PA, over two year study. Pays up to $575 USD.
- All participants will undergo one fasting blood draw, ultrasound images of their blood vessels, brain imaging using MRI, hot-flash and sleep monitoring, interviews about their health, questionnaires, completing daily smartphone surveys, and monthly online surveys.

Study website:
https://pittplusme.org/studyarms/publicdetails?guid=cd84116a-ec76-474c-8b13-5a455d9e02c1&utm_medium=ShortText&utm_source=Direct&utm_campaign=Short%20Text&utm_content=menobrain

Weill Cornell Medicine

Institution name/dept: The Women's Brain Initiative (WBI), Dept. of Neurology, Weill Cornell Medicine / NY-Presbyterian

City: New York City (Manhattan)

Country: United States

Project name: Brain Estrogen Imaging and Neuroendocrine Risk Identification: The Gateway to Alzheimer's Prevention in Women

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Principal investigator: Schantel Williams

Primary contact info for enrollment: wbi-research@med.cornell.edu

Goal of the study: This study aims to map estrogen activity in the brain during the menopause transition and to examine associations with brain fog and risk of memory decline.

Brief inclusion/exclusion criteria:

- Females aged 40–75, who are perimenopausal or post menopausal
- This study is available to women who currently take menopause hormone therapy (MHT) or are considering starting MHT

Study procedures and timeline:

- All participants will undergo physical & neurological exams, clinical laboratory assessments, neuropsychological exams, menopause and lifestyle questionnaires, and brain imaging (Magnetic Resonance Imaging [MRI] and Positron Emission Tomography [PET]).
- Longitudinal evaluations may be performed on participants who have reached 18-24 months since their baseline evaluation.
- Surgical menopausal patients may receive follow-ups 6-12 months post-surgery.

Centre for Addiction and Mental Health (CAMH)

Institution name/dept: Centre for Addiction and Mental Health (CAMH

City: Toronto, Ontario

Country: Canada

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Project name: Understanding Brain Health Through Hormonal Histories: A Mixed-Methods Study of Hormonal Contraception and menopausal Hormone Therapy
Principal investigator: Dr. Liisa Galea
Goal of the study: This study aims to understand factors that influence menopause hormone therapy uptake, including early-life hormonal contraception use.
Primary contact info for enrollment: If you are interested in participating, please complete the brief pre-screening survey (5-7 minutes):

1. Go to this web address: https://edc.camhx.ca/redcap/surveys/
2. Then enter this code: 94YP7HXNW

Or, scan the QR code for direct access to the pre-screening survey:

If you have questions, please contact: Laura Gravelsins, Postdoctoral Researcher, hormonehealthstudy@camh.ca
Inclusion/exclusion criteria: We are seeking females with lived experience related to:

- Hormonal contraception (past use or never used)
- Transitioning through menopause
- Use, consideration, refusal, or discontinuation of menopausal hormone therapy
- Ages 40-65 years
- Comfortable being interviewed in English
- Currently residing in Ontario, Canada

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Study procedures and timeline:

- It involves a one-time, virtual, one-on-one interview lasting 1-3 hours. To be selected for an interview, interested individuals must complete the 5-7 minute prescreening survey, then arrange a video call with the research team to discuss the study and review the consent form (~30-minute call).
- Interviews are expected to start in May 2026 and finish by October 2026.

Centre for Addiction and Mental Health (CAMH)

Institution name/dept: Centre for Addiction and Mental Health (CAMH
City: Toronto, Ontario
Country: Canada
Project name: Hormonal Contraception Working Group: National Survey on the Lived Experiences of Hormonal Contraceptive Users
Principal investigator: Dr. Liisa Galea
Goal of the study: The purpose of this study is to understand the experiences of different Canadians who either use, have used, or don't use hormonal birth control. It looks at what influences their decisions to use it, how it may affect their mental health, and whether early experiences with hormonal birth control shape their views on other hormone-based treatments, like menopause therapy.
Primary contact info for enrollment: If you are interested in participating, please complete the brief pre-screening survey:

3. Go to this web address: https://edc.camhx.ca/redcap/surveys/
4. Then enter this code: 7FJCRLL3Y

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Or, scan the QR code for direct access to the pre-screening survey:

If you have questions, please contact: the Hormonal Contraceptive Working Group, hcwg@camh.ca

Inclusion/exclusion criteria: We are seeking Canadian females with current or past hormonal contraception use, as well as those who have never used hormonal contraception

Study procedures and timeline:

- It involves completing a one-time ~30-minute online survey with questions about experiences with hormonal contraceptives (if applicable), reproductive and general health, mental well-being, access to healthcare, and demographic background. Some questions are multiple choice, while others are open-ended.
- Data collection is ongoing, and we aim to finish by September 2026.