



## Summary of the Study

### Oral health for brain health (Mysmile) study

We are recruiting up to 50 people aged 60 or over with memory loss (early Alzheimer's Disease or Mild Cognitive Impairment) for a feasibility study running in Bristol and the surrounding areas, in which we will aim to improve the health of the participants' gums.

To be eligible to take part in the study as well as a diagnosis of memory loss you need to have a certain level of gum disease, as we would like to know if reducing gum disease helps to slow down memory loss. You may not know whether you have gum disease (although most people are likely to have enough for the study), so if you agree to take part, at the first study visit our study dentist will assess your teeth and gums (like having a normal dental check-up). You will also have tests to see how well you learn and remember things performed by the Study Psychologist.

We will ask that you bring a 'project partner' to the first visit, this could be a friend/spouse /family member or carer. This visit will take place at the Brain Centre, Southmead Hospital, Bristol. – Please note that after your first visit your project partner will not need to attend appointments with you, unless of course you would like them to.

If you are eligible to participate in the study, we will take a blood sample (1 small tube) using standard blood test techniques and a saliva sample, and you will receive an electric toothbrush and toothpaste. You will then be allocated to one of two groups at random (like tossing a coin).

**Group 1** – will be given specialist dental treatment for their gum disease. This will take place in a Dental practice, that has been selected to work with the study team. You will probably need to visit them on 3 or 4 occasions during the first 3 months of the study.

**Group 2** – will not initially be given dental treatment as part of the study, although if in this group you should continue to visit your own dentist. If you are in this group you will have the option to receive the study treatment for your gum disease at the end of the study.

**Both groups 1 and 2** will attend the Brain Centre at Southmead Hospital twice more during the study (at 6 months and 12 months after the first visit) to have memory tests, and a dental check-up, we will take further blood and saliva samples from you at these visits and at the 12 month visit we will you for your feedback on the study.

18 months after the first visit we will set up a video call to do some final memory tests. If a video call is not possible we will try to arrange this in person.

**Think you might be interested in taking part and/or have more questions please:**

**Contact:**

Miss Nikki Hellin (study co-ordinator)

Email: [nikki.hellin@bristol.ac.uk](mailto:nikki.hellin@bristol.ac.uk).

Tel: 07773 579130

**OR follow either of these links:**

Click on this link for the  
[Participant information sheet](#)

