

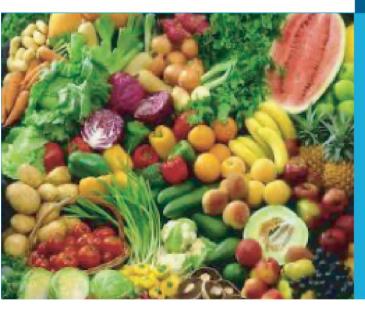
Nutrition effects on brain OUtcomes and Recovery In Stroke after Hospitalization

## Research Study Opportunity

Did you know that after having a stroke, your memory and thinking can change?

Did you know that in persons who had a recent stroke, their risk for developing dementia increases?

The NOURISH study is designed to determine whether the MIND diet can reduce memory loss after stroke and improve other health issues such as physical function and mental health.



You may be eligible to participate in the study if you:

Are 55 years of age or older Were recently admitted to the hospital for a stroke Do not live in a nursing home Do not have a diagnosis of dementia

## Participants of the NOURISH study will receive:

- ✓ Free evaluations to assess your memory and thinking abilities
- ✓ Free prepared meals delivered to your home for 90 days
- ✓ Free personal health coaching from a registered dietitian or health professional
- ✓ Free MRI brain scans, blood pressure monitors and blood pressure readings
- ✓ Gift cards totaling up to \$475 for participating in the study
- ✓ 5 visits in a 2-year period will be conducted in the comfort of your home, and 1 will occur at the study center

If you are interested in the NOURISH study, please contact Jameszetta James or Amy Tran, NOURISH Recruitment Specialists at Rush, at (708) 660-6463 or NOURISH@rush.edu

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Participating study sites:

**RUSH** 

