



## What You Need to Know about the Latest on Alzheimer's Disease Blood Test

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According to [NIH National Institute on Aging](#), An accurate diagnosis of Alzheimer's disease currently requires either a sample of cerebrospinal fluid or a brain imaging test called a PET scan. Both are invasive, not easily available and costly. Not having an official diagnosis prevents people from receiving drugs that can slow the progression of the disease. It can also keep them from joining studies of new treatments.

Researchers such as ours at [Hawaii Memory Disorders Center](#) & [Alzheimer's Research Unit](#), have been working with others around the world to develop easier blood tests for Alzheimer's disease for years. These tests measure proteins related to the disease called beta-amyloid and tau. While several blood tests used in the study maybe available sold in the United States, it is not yet approved by the Food and Drug Administration or covered by most insurance plans. The interpretation and use of these tests must be done in a careful way because much more research is still needed before they can be routinely used in the clinic, as we are still working toward creating standardized and validated tests that will deliver reliable results.

At this time, we recommend that blood tests only be used by specially trained specialists who are seeing patients with memory complaints and have experience interpreting the results. They are not recommended for individuals who do not have any cognitive or memory symptoms.

Hawaii [Alzheimer's Research Unit](#) is currently offering a clinical trial that will offer FREE blood test measuring Phosphorylated tau or p-Tau protein in a Randomized, Double-Blinded Study to Evaluate the Efficacy and Safety of Mevidalen in Patients with Alzheimer's Disease. [NIH Website](#) **Information: Alzheimer's Research Hotline (808) 564-6141**

Eligible patients include:

- 50 to 80 years
- MMSE 13 – 24
- Eligible plasma P-tau



*“Our Hawaii patients, caregivers, families, neurologists & researchers are honored to contribute to the development of Alzheimer's Blood test and Novel Therapy” Kore Kai Liow, MD, Neurologist & Principal Investigator, [Hawaii Memory Disorders Center](#) & [Alzheimer's Research Unit](#), Clinical Professor of Medicine (Neurology), Graduate Faculty, Clinical & Translational Research, University of Hawai`i John Burns School of Medicine.*