

# FLAX STUDY ON MEMORY



Hôpital St-Boniface Hospital  
RECHERCHE • RESEARCH

Division of Neurodegenerative Disorders

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## Study Description

The St. Boniface Hospital Albrechtsen Research Centre is currently recruiting participants, aged 60-84 inclusive, who have Mild Cognitive Impairment (MCI), into their Flax Memory Study. This is a double-blinded, randomized, placebo-controlled trial to study the effects of dietary flax beverage on memory and cognition, over a 6-month (26 week) period of consumption. 60 participants of both sexes are invited to participate, with an equal number of participants receiving flax beverage as receiving a placebo (oat beverage), based on random selection.

The study involves a Screening Visit at the I.H Asper Clinical Research Institute (part of the St. Boniface Hospital campus) to determine eligibility into the study, as well as two other visits to measure memory and blood pressure, and collect a blood sample to measure biomarkers including amyloid-beta and phosphorylated tau, two proteins that may accumulate in the brains of dementia patients.

Participants who qualify will consume flax beverage or oat beverage (330 mL twice daily) for 6 months, and follow-up visits will re-measure memory, blood pressure and blood biomarkers. A select number of participants will be asked to have a brain PET scan at the Health Sciences Centre at the beginning and end of the study.

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## Contact Us

***If you are interested in participating, please contact:*** 204-235-3941 (lab) or [flaxmemory@sbrc.ca](mailto:flaxmemory@sbrc.ca).

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