

Volunteers needed!

TotAL Study

(Testosterone-Omega Three (DHA) - Amyloid Lowering)

Background

In 2018, the Australian Alzheimer's Research Foundation together with researchers from Edith Cowan University (Perth, WA) and Macquarie University (Sydney, NSW) commenced the largest clinical trial to date to investigate the influence of testosterone on key markers of Alzheimer's disease including amyloid beta, a protein mainly accumulating in the brains of individuals with the disease. There is currently no cure for Alzheimer's disease.

Age-related decrease in testosterone levels in men has been linked to an increased risk of Alzheimer's disease. Previous work by Professor Ralph Martins and his team has found that the effects of testosterone therapy may extend to both the accumulation and clearance of amyloid beta from the brain, and may potentially prevent the disease.

The project will also study the effects of omega-3 fatty acids found in fish oil called DHA (Docosahexaenoic Acid). DHA is thought to protect brain cells from the damage caused by the accumulation of amyloid beta. It is hoped that combining fish oil with testosterone will have a stronger preventative effect.

Who can take part?

The TotAL Study is currently seeking volunteers. Participants must be male, concerned about their memory, aged 60 to 80, free from any major or unstable medical conditions, have a testosterone level on the low side of normal, and not be currently taking testosterone treatment. Other criteria will follow assessments at our NSW or WA sites.

Finding participants within the required range for testosterone presents a challenge. A blood sample will be collected for this purpose for all interested participants, but if you have had a previous test and know (or suspect) that your testosterone is on the low side of normal, we would love to hear from you.

What is required?

Participation requires initial screening to identify volunteers who are safe and suitable to take part. This is first done by a phone questionnaire, followed by two clinic visits to discuss the trial and your medical history with a study doctor, blood tests, and memory assessments. If eligible, you will be asked to undergo more memory testing, brain scans, and other assessments before and after being treated with testosterone and fish oil (or a placebo version of one or both) for a 56 week period. Participation is expected to last approximately 18 months.

Contact Details

If you would like to take part or would like further information, please contact:

- Australian Alzheimer's Research Foundation (WA): phone 08 6304 3966 or email trial@alzheimers.com.au
- Macquarie Clinical Trials Unit (NSW): Jenny Fisher, phone 02 9812 3575 or email trial@alzheimers.com.au