

Are you  80 or older?
 Mentally sharp?
 In great health?

You may be an exceptional ager!



The Insight into Determinants of Exceptional Aging and Longevity study, or **IDEAL**, is looking for people age 80 and older who are exceptionally healthy to take part in a special project to learn more about healthy aging. **IDEAL** is part of the Baltimore Longitudinal Study of Aging (BLSA). The BLSA is the longest running study of human aging.

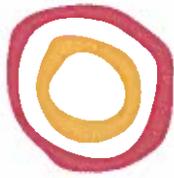
It is conducted by the National Institute on Aging of the National Institutes of Health. If you qualify to be in **IDEAL**, every year you will receive a complete physical exam, including tests of strength, stamina, and mental sharpness. This will help us observe the aging process and identify the secrets of aging well.

***Does this describe you
or someone you know?***



   
National Institute on Aging
National Institutes of Health

Call 1-855-80 IDEAL (1-855-804-3325) or email IDEAL@westat.com
www.nia.nih.gov/ideal



ideal

Insight into Determinants of
Exceptional Aging and Longevity

Sponsored by the National Institute on Aging, NIH
Luigi Ferrucci, MD, PhD, Scientific Director of NIA, Principal Investigator

The IDEAL Study is part of the Baltimore Longitudinal Study of Aging (BLSA). The purpose of IDEAL is to find out what is unique about people who live to a very old age without any significant physical or cognitive health problems, so called exceptional or *ideal* agers. Identifying the differences between people who age in extraordinarily good health and other people of the same age may lead to discoveries to improve everyone's health as we get older.

The IDEAL study:

- Is currently recruiting 500 participants over the next several years who live within 150 miles of Baltimore, Maryland;
- Seeks participation of men and women age 80 and older who are
 - Mentally sharp and have no serious physical health problems;
- Asks that people who wish to be part of the study be available for
 - An initial telephone screening to determine their eligibility, and
 - A 90-minute assessment of physical and cognitive abilities;
- Enrolls eligible participants in the Baltimore Longitudinal Study on Aging as IDEAL participants for life or as long as they choose to participate;
- Provides eligible participants with an annual physical and cognitive assessment at Harbor Hospital in Baltimore.
 - Assessments are done during a visit to Harbor Hospital
 - Transportation can be arranged.

For more information or to apply to the IDEAL Study,

Call toll-free at 1-855-80 IDEAL (1-855-804-3325)

Visit the NIA website at www.nia.nih.gov/ideal