What is cerebrospinal fluid (CSF) and how is CSF collected?

You cannot participate if you:

1) are taking a blood thinner such as Coumadin

2) are not willing to take a 48 hour break from all supplements that cause blood thinning (e.g. Ginko Biloba).

3) are not willing to fast for 8 hours (water is okay)

4) have had a major lower back surgery that resulted in spinal fusion of the lower vertebrae.

5) cannot complete a two hour bed rest after the CSF collection.

6) are unwilling to provide additional information on your cognitive abilities and general demographics.

Medical Attendings
Mark Rice, M.D.
Elizabeth Mahanna, M.D.

Primary Research Investigators:
Dawn Bowers, Ph.D.
Todd Golde, M.D.
Michael Okun, M.D.
Catherine Price, Ph.D.

Research Coordinators
Jennifer Adamson, B.S.
Liliana Salazar, B.S.
Jessica Williams, B.S.

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Clinical & Health Psychology / Neurology/ Anesthesiology
University of Florida
Please direct questions to:
(352) 273 - 5929

Other Information

National Institutes of Health Office of Extramural Research
**What is CSF?**

Cerebrospinal Fluid (CSF) is the **clear bodily fluid** found around the brain and spinal cord.

CSF provides a cushion to these structures.

CSF is reproduced in our body at least three times a day. **It is constantly replenishing itself.**

CSF carries very important information about proteins and genetic markers. Researchers need this information to help stop dementia or Parkinson's disease.

CSF provides better information than blood or serum.

CSF samples are acquired through a process called a **lumbar puncture** (next page).

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**What is a lumbar puncture?**

A lumbar puncture (spinal tap) is used routinely to acquire a sample of CSF.

After numbing a small area in the back, a very small gauge needle is inserted between the vertebrae to access the CSF for collection.

A well-trained medical professional with numerous hours of experience completes the procedure.

Nationally, less than 5% of individuals experience post-lumbar headaches. Within our study, we take extra precautions to avoid any adverse events, including headache.

The CSF sample is immediately stored in a NIH funded center for future processing:  
http://ctrnd.med.ufl.edu

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**Reimbursement for time**

The CSF sample is usually completed in the early morning hours (6:30am) and after eight hours of fasting.

If you are not living locally, we can provide you with an overnight stay to assist with the early morning collection.

We will provide a breakfast after the collection, reimbursement for travel, and a small honorarium for your time.

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**What are we analyzing?**

Protein markers associated with the development of memory/thinking problems such as: amyloid-beta, tau, alpha-synuclein.