

Mind & Brain Health Labs

PATIENT NEWS

A Car That Can Do More Than Get Us From Here to There: Together We Are Advancing the Future of Healthcare

The Mind & Brain Health Labs at the University of Nebraska Medical Center is working with our community to support people who are aging or have medical conditions. Our goal is to develop ways to help patients and doctors maximize health, safety, and quality of life.

One way we may be able to do this is by creating technologies that help keep patients safe and independent, while helping us better understand how a disease affects a patient at home. We use devices to understand how patients live at home — like smart watches, phones, or cameras in cars — to help us understand how a person's health affects how they drive, walk, or sleep in the real world.

Many of us find cars to be crucial for everyday life and many health changes can affect how we drive, which is a key focus of modern healthcare research. Cars today have technology designed to help keep us safe, tell our doctors how we are doing, and even detect when we may need medical help.

We recently worked with diabetes patients to better understand how we can support people with diabetes



Marv Welstead, founder of the Fremont Area Alzheimer's fund, test drives the Mind & Brain Health Labs' driving simulator to help researchers understand how people who are older or have diseases drive.

to help them be safe on the road, independent, and healthy. Our patients drove over 146,000 miles during the study. While they drove, we monitored how their blood sugar

levels changed, how they slept, and how active they were. By better understanding how diabetes affected

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Our lab partnered with the Sovereign Native Youth Leadership Academy to show children from Native American communities' opportunities in science.

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how they drove, we researched different ideas that use a car to help people with diabetes stay safe.

We have also been working with the community to try and help people with other conditions, such as Rheumatoid Arthritis, Parkinson's disease, and Alzheimer's disease. With support from the community, our team is working to discover ways to monitor and maintain patients' health. By combining research, medicine, and technology, we foresee exciting horizons in healthcare.

We invite you to participate in our research programs. We have a growing registry (IRB #398-15-EP), currently with over 600 individuals, who are interested in participating in research at UNMC. If you are interested in helping with our research or working to change the future of medicine, we encourage you, your family, and your friends to please contact us at 402-559-6870 or mbhl@unmc.edu.



Dr. Jennifer Merickel from the Mind & Brain Health Labs teaches children during an outreach event how driving can be used to help us understand diseases.

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This newsletter is produced by the College of Medicine Department of Neurological Sciences Mind & Brain Health Labs at the University of Nebraska Medical Center.

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