

Preventing Alzheimer's with Cognitive Training

# PACT

## NEWSLETTER



Summer/Fall 2021 | Vol. 4 | Preventing Alzheimer's with Cognitive Training

### REMINDERS

Your commitment to PACT as a new or continuing participant is invaluable! We appreciate the time and effort you devote to participate in the PACT study.

Please remember, you will be enrolled in the study for at least 3 years. During this time, we ask that you **do not** enroll in any new research studies or participate in any other computerized brain training programs outside of PACT. **If your contact information has changed, please call or email us so we can update your information.**

**Thank you for your contribution and commitment to the fight against dementia, such as Alzheimer's disease.**

### INSIDE THIS ISSUE

Page 2

- NIH Award Announced
  - New Study Sites
  - How You Can Help

Page 3

- PACT Brain Training
- New PBS Special- Brain Revolution

## NIH Award Announced

On April 6, 2021, the University of South Florida (USF), announced that the National Institutes of Health (NIH) has awarded a five-year grant to expand the Preventing Alzheimer's with Cognitive Training (PACT) study. The grant, which comes from NIH's National Institute on Aging, will see the PACT study become one of the nation's largest trials testing the effectiveness of computer-based training to protect against the development of cognitive impairment and dementia.

"We are grateful for the willingness of our study participants to support our efforts to prevent Alzheimer's disease and dementia by participating in the PACT trial," said USF site principal investigator Jerri Edwards, PhD, a Professor of Psychiatry and Behavioral Neurosciences at the USF Health Morsani College of Medicine. "Because of their willingness to join us in the fight against Alzheimer's disease, we can now expand this trial across the U.S. with hope of ultimately reducing dementia incidence."



Alzheimer's afflicts 5.8 million Americans, including one in every 10 people age 65 and older, according to the Alzheimer's Association. Without effective interventions, the human and economic costs for those living with dementia, their caregivers, and the health care system will continue to rise as the population ages.

The expansion of the PACT trial will enroll 7,600 participants across 6 sites nationwide.

**Interested in a PACT Talk? Our scientific experts can deliver an educational talk to your organization! Call: 813-974-6703 today!**

## New Study Sites Launched

With the announcement of the expansion of the PACT Study comes the equally exciting news of new partnerships in the collective effort of this all-important research. We now have 9 locations to enroll participants. The new study sites include:

- **Duke University – Durham, NC**  
(919) 668-3154 [PACTstudy@duke.edu](mailto:PACTstudy@duke.edu)
- **University of Florida – Gainesville, FL**  
(352) 294-8314 [PACTUF@php.ufl.edu](mailto:PACTUF@php.ufl.edu)
- **University of North Florida – Jacksonville, FL**  
(904) 620-4263 [PACTJax@unf.edu](mailto:PACTJax@unf.edu)
- **Clemson University – Clemson, SC**  
(864) 916-6220 [PACT@Clemson.edu](mailto:PACT@Clemson.edu)
- **Banner Health – Phoenix, AZ**  
(602) 839-6500 [PACTstudy@bannerhealth.com](mailto:PACTstudy@bannerhealth.com)
- **Banner Health – Tucson, AZ**  
(520) 411-6011 [PACTstudy@bannerhealth.com](mailto:PACTstudy@bannerhealth.com)

These additional sites join the existing University of South Florida PACT study sites already in progress in Tampa, St. Petersburg and Lakeland.

## Meet the PACT Team

We'd like you to meet a dedicated member of our team in Lakeland, FL. DeMeara Payne has worked on PACT since its inception in 2018. Her supervisor, Dr. Aryn Harrison-Bush, says DeMeara is an invaluable team member always willing to help out at our other locations. DeMeara says, "My favorite thing about PACT is connecting with the participants. I am inspired daily by their willingness to volunteer!"



## Thank You!

We send a BIG thank you to our participants. Without your commitment, there would be no study and no progress! For participants who enrolled between 2019-2020, you are in the home stretch! With the expansion of PACT, we will be inviting you to return at 3 years for a memory assessment. Please expect a contact from our staff to schedule your upcoming year 3 visit. This is a crucial part of your study participation, regardless of the number of training sessions you have completed. We look forward to seeing you again soon!

## It's Time to Rethink What We Know About Alzheimer's Disease

### Check Out the New Look of our website

[PACTStudy.org](http://PACTStudy.org)

Our team is proud to announce that we recently re-launched our website, [PACTStudy.org](http://PACTStudy.org). The site features pages for all our new locations.  
Happy reading!

**Our USF study team is always available to answer any questions you have at any time.**

**Tampa** (813) 974-6703, [USFTampapact@gmail.com](mailto:USFTampapact@gmail.com)

**St. Petersburg** (727) 873-4090, [USFSPpact@gmail.com](mailto:USFSPpact@gmail.com)

**Lakeland** (863) 800-0835, [USFLakelandpact@gmail.com](mailto:USFLakelandpact@gmail.com)

**USF Spanish** (813) 600-5237, [USFpactSpanish@gmail.com](mailto:USFpactSpanish@gmail.com)

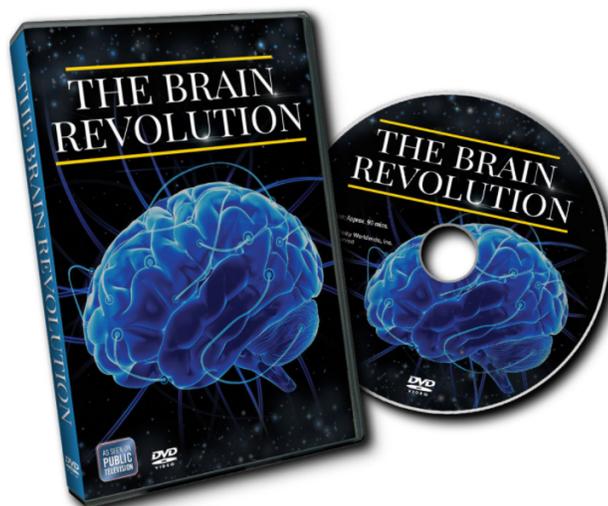
**Please share our newsletter!**

## PACT Brain Training

We are very happy you have decided to join PACT. The study of brain health as it relates to older adults' everyday life is an exciting area. Some benefits of brain training we and others have learned are:

- Engagement in cognitively stimulating activities may protect against dementia such as Alzheimer's disease.
- Cognitive training enhances mental quickness and visual attention.
- Cognitive training improves walking speed and balance.
- Cognitive training promotes safer and prolonged driving mobility.
- Cognitive training is associated with maintained health and well-being, including protection against depression.
- Specific types of cognitive training may reduce the risk of cognitive impairment or dementia.

Findings from PACT are essential in the process of learning about specific activities that promote brain health and in being able to provide honest and accurate information to older adults interested in maintaining brain health. Although the benefits of the training exercises may not be readily or immediately obvious to you, we are confident that over time you will experience benefits from the program.



### NEW PBS SPECIAL: *THE BRAIN REVOLUTION*

**“The Brain Revolution,” a PBS special, explains the science behind brain training and the research that led to PACT.**

The show features one of our PACT study investigators, Dr. Jerri Edwards. Click here to watch this video, which may address questions you have about the PACT study and brain training:

[www.youtube.com/watch?v=kF6wP7VqsZA](http://www.youtube.com/watch?v=kF6wP7VqsZA)