

Preventing Alzheimer's with Cognitive Training

# PACT

MICHIGAN STATE UNIVERSITY UNIVERSITY OF SOUTH FLORIDA

[www.PACTstudy.org](http://www.PACTstudy.org)

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## **Reminders**

You are invaluable as a PACT study participant! We appreciate the time and effort you have invested in participating in our study. Please remember that you will be enrolled in the study for at least 2 years. During this time, we ask that you please **do not** participate in any other research studies or participate in any other computerized brain training programs outside of the PACT study. Thank you for your commitment to the fight against dementia such as Alzheimer's disease.

Happy New Year!

## *Inside This Issue*

### Page 2

- Meet two of the PACT Study Co-Investigators
- USF Student Volunteers

### Page 3

- PACT Study Updates
- Q & A
- Alzheimer's Research Update

## Meet two of the PACT Study Co-Investigators

**Dr. Aryn Harrison Bush** began her



professional academic career at the University of South Florida in 2006. She is a Research Assistant Professor in the Department of Communication Sciences and Disorders and a courtesy faculty

member in the School of Aging Studies. She serves as a faculty Co-Investigator in the Neurophysiology of Aging and Cognitive Aging Laboratories. Her research interests center on optimal aging, brain health, and early-stage cognitive impairment. Dr. Bush is interested in preventive and therapeutic techniques geared toward the promotion of brain health and cognition in cognitively healthy older adults, individuals with mild cognitive impairment (MCI) and individuals with early-stage Alzheimer's disease. She is also interested elucidating the relationship between hearing and cognition in older adults.

Driven by her love of people and commitment to using her research to positively impact the lives of older adults, Dr. Bush has partnered with Reliance Medical Centers as the Vice President of Science/Translation and the Director of Brain Health and Cognition. She is committed to translating innovative science into practice in primary care. In addition, Dr. Bush serves as Director of the Reliance-USF Optimal Aging and Brain Health Research Laboratory. Through this unique partnership, older adults in primary care and the surrounding community are guaranteed the direct delivery of innovative and evidence-based diagnostics, preventives, and therapeutics that will positively impact physical health, independence, and quality of life.

**Dr. Elizabeth Hudak** is a Research Assistant Professor in the Department of Psychiatry and Behavioral Neurosciences at the University of South Florida (USF). Dr. Hudak obtained her Bachelor degrees in psychology and gerontology from USF in 2006 and her



doctoral degree in aging studies from USF in 2012. As a Gerontologist, Dr. Hudak serves as a faculty Co-Investigator in the USF Cognitive Aging Laboratory.

Dr. Hudak's research interests focus on examining the effectiveness of treatments to enhance older adults' everyday function. She is also interested in examining treatments to reduce postoperative cognitive decline, which can occur among older adults after undergoing anesthesia.

Dr. Hudak has a diverse background in conducting clinical research trials. Her early research career focused on high quality FDA studies examining investigational devices, implants, and medications among older adults undergoing orthopedic surgeries.

Dr. Hudak's research has contributed to understanding the effects of aging on health and everyday functional performance. These contributions can help researchers and clinicians better treat the older adults to improve overall health and quality of life.

**USF Student Volunteers:** We have welcomed three new student volunteers to the USF Cognitive Aging Lab – Angela Patel, Camila Dominguez, and Samantha Lagasse. You may be contacted by one of them in the future regarding your PACT Study participation.

## Preventing Alzheimer's With Cognitive Training

### Update on PACT Study Progress

We will be initiating annual booster training again after the holidays. We plan to contact you in February or March to update you on the study and start your annual booster training, if due.

Our study team is always available to answer any questions at any time.

**Please call or email if you have questions!**

**Tampa** (813) 974-6703, usftampapact@gmail.com

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**Grand Rapids** (616) 234-0952, msupact@gmail.com

**USF Spanish** (813) 600-5237, usfpactspanish@gmail.com

**MSU Spanish** (616) 426-9150, msupact@gmail.com

### PACT Study Q&A

**Question:** What are the expectations for computerized training after my initial 25 sessions?

**Answer:** In one year, we will ask you to complete another 10 sessions (about 10 hours) of training, and in two years, we will ask you to complete 10 more sessions of training. So, in total you are asked to complete up to 45 hours of computerized training exercises across two years.

**Question:** I am in the booster training phase of this study and have completed the goal of ten sessions of training. I am still receiving progress checks from PACT staff. Do I need to keep training?

**Answer:** Thank you for reaching the goal of 10 sessions of training exercises! We monitor your progress over an 8-week period and then send a congratulatory message with instructions for the coming year. Please feel free to continue training *if you wish to do so*.

**Please know that your continued participation in PACT is invaluable as you are irreplaceable!**

### ALZHEIMER'S RESEARCH UPDATE

(COURTESY OF ALZ.ORG)

#### New research says Alzheimer's and other dementias will hit minorities hardest

According to research from the Centers for Disease Control and Prevention (CDC), the prevalence of Alzheimer's disease or a related dementia will increase 178% among all Americans aged 65 years and older by 2060. Dementia is predicted to double from 1.6% of the population in 2014 to 3.3% by 2060, when 13.9 million Americans are projected to have the disease. The highest numbers will be among Latinos, African Americans and other ethnic groups because these groups will experience the highest rates of population growth in the coming years. The PACT study aims to reverse this trend. You are vital to these efforts!