



Preventing Alzheimer's with Cognitive Training

PACT

NEWSLETTER

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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.

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Meet the PACT Team

We appreciate everyone involved in our fight against Alzheimer's disease. In this issue, we want to introduce you to **Dr. Jennifer O'Brien** from the University of South Florida St. Petersburg Campus.



Dr. O'Brien is an Associate Professor of Psychology and a Co-Investigator for the PACT study. Dr. O'Brien has been researching dementia prevention for more than 12 years. "Disease treatments and preventions prescribed today are a result of clinical research and the human volunteers who participate. I am so appreciative of our community members who make this all possible. One of my favorite parts of my job is the time I get to spend in the St. Petersburg, Florida community connecting with such wonderful people." When she is not in the lab, she's having adventures with her husband and son. Thank you, Dr. O'Brien, for all that you do for PACT and we are extremely fortunate to have you on our team!

- The PACT Team

Add us on Facebook for more updates!
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Can Alzheimer's disease be detected by a blood test?

The PACT team was awarded funds to further investigate if Alzheimer's disease can be detected early through simple blood tests. The grant from the National Institute on Aging, part of the National Institutes of Health, expands the PACT study. The PACT study will now work with the National Centralized Repository for Alzheimer's disease and Related Dementias to analyze blood samples from study participants. Participants will now not only be contributing to our work on how to possibly prevent dementia, but also advancing efforts to develop blood tests for early detection of the disease. *Read more about it:*

[USF Health](#) – [Bay News 9](#) – [First Costal News](#)
[GSA Business Report Clemson](#) –

PACT Study Sites

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

Please contact your nearest study site by phone or email.

- **University of South Florida – Tampa, FL**
(813) 974-6703 USFtampaPACT@gmail.com
- **University of South Florida – St. Pete, FL**
(727) 873-4090 USFPACT@gmail.com
- **University of South Florida – Lakeland and Winter Haven, FL**
(863) 800-0835 USFlakelandPACT@gmail.com
- **University of South Florida – Sarasota**
(941) 500-4447 USFtampaPACT@gmail.com
- **University of Florida – Gainesville, FL**
(352) 294-8314 PACTUF@phhp.ufl.edu
- **Duke University – Durham, NC**
(919) 668-3154 PACTstudy@duke.edu
- **University of North Florida – Jacksonville, FL**
(904) 620-4263 PACTJax@unf.edu
- **Clemson University – Clemson, SC**
(864) 916-6220 PACT@Clemson.edu

Coming Soon: Greenville, SC

Questions and Answers

Question: *“What factors affect the BrainAQ score for each session?”*

Answer: Your BrainAQ score represents your overall gains from training with BrainHQ. BrainAQ is affected by how often you train, by how many levels you complete, and by how much you improve.

Question: *“How can the BrainAQ change between the end of one session and the beginning of the next?”*

Answer: If a couple of days have passed since you last trained, then your BrainAQ will decrease slowly but the more frequently you train, the higher your BrainAQ score. You can always increase your BrainAQ score by completing the exercises.

Question: *“Will being in this research benefit me?”*

Answer: We cannot promise any benefits to you or others from your taking part in this research. However, prior research results indicate that the possible benefits to you may include less risk of cognitive impairment or dementia, improved mental quickness and attention, better walking speed and balance, and/or improved driving safety. Prior research has found that BrainHQ exercises are associated with maintained health and well-being and protects against depression. Possible benefits to future generations include a potential intervention to prevent or delay cognitive impairment or dementia. Results from this study will contribute to our understanding if computerized training could be used to prevent or delay mild cognitive impairment or dementia. Results from PACT will also contribute to the development and clinical implementation of blood tests to detect Alzheimer’s disease.

Question: *“How was this training developed and what is the size of current studies?”*

Answer: BrainHQ represents the culmination of more than 30 years of research in the neurological sciences. BrainHQ was designed by an international team of neuroscientists, led by Dr. Michael Merzenich—a University of California San Francisco Professor and member of the National Academy of Sciences. Dr. Merzenich co-invented the cochlear implant and won the Kavli Prize for his life’s work showing that the brain can actively re-wire itself across the lifespan, no matter your age. BrainHQ has been used in 200+ studies, the majority of which were published by independent academic investigators with grants funded by the National Institutes of Health, the Department of Defense, or the Alzheimer’s Association. These studies have ranged from small pilot studies evaluating acceptability and feasibility in specific clinical indications to very large Phase III trials with hundreds to thousands of participants. PACT is a large phase III randomized trial that will include 7600 participants across the United States.

Question: *“Can I continue to complete brain training exercises?”*

Answer: Yes, you can continue to complete the study exercises after initial training and between the training phases of the study. While enrolled in the PACT study, you have continuous access to the training exercises. We may extend PACT study participation beyond three years if we receive funding to do so. We will keep you informed about such opportunities. Thank you for your commitment to the PACT study and to the fight against dementia such as Alzheimer’s disease.