

Preventing Alzheimer's with Cognitive Training

PACT

NEWSLETTER



Spring 2023 | Vol. 9 | 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.

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Meet the PACT Team

Brandon McCray is a Communication and Marketing Specialist at the USF Cognitive Aging Lab. He joined the PACT team in January 2023 and holds a B.S in Communication and Digital Media Studies from Florida State University.



He looks forward to learning more about the older population, engaging with the community, and marketing to minorities. In his free time, he enjoys traveling with family, watching sports, and producing music.

Welcome, Brandon! We are excited to have you on the PACT Team.

In the News: Snack Attack

A new study presented at the Alzheimer's Association International Conference (AAIC) discussed the impact that ultraprocessed foods may have on cognition. So, what are "ultraprocessed" foods? They are generally defined as foods with little or no whole ingredients like fruits, vegetables, or meats, have added fats, sugars, salt, flavorings, or colorings, and have gone through multiple processes to change their taste, texture or appearance. Some examples include cereal bars, hot dogs, frozen meals, instant noodles, and soda.

Dr. Gomes Goncalves and Dr. Claudio Suemoto studied the diets of 11,000 Brazilian adults and conducted tests that measured thinking skills across eight years. Study participants who consumed more than 20% of daily calories from ultraprocessed foods had a faster decline in cognitive scores such as, memory, verbal fluency, and the ability to plan and execute goals than those who consumed fewer ultraprocessed foods.

The take-away message is that eating a variety of whole foods while minimizing intake of ultraprocessed foods may preserve brain function and overall health. To check out the full article, click [here](#).

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, 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@php.ufl.edu
- **University of Florida – downtown Jacksonville, FL**
(904) 244-4695 PACTUFJAX@jax.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 – Seneca, SC**
(864) 916-6220 PACT@Clemson.edu
- **Clemson University – Greenville, SC**
(864) 916-6220 PACT@Clemson.edu

For more PACT study updates:



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Question: *“Can I work on training exercises for less than 1 hour?”*

Answer: If you are having difficulty spending 1 hour completing the exercises, then you can complete training in shorter time periods. You could, for example, split the 1-hour session into 3, 20-minute sessions, 4 to 6 times a week. As another example, you may work on the exercises 20 minutes daily. We encourage you to complete training at least 2-3 hours a week. Remember too that you can take breaks whenever you want to.

Question: *“How do I know if I’m improving from the training?”*

Answer: You should not expect to immediately notice any improvements. But as you complete your brain games, you may notice that you are faster, sharper and more capable. Even if you don’t notice changes, research suggests that over time you will benefit by completing the exercise. Potential benefits may be reduced risk of cognitive impairment or dementia. You may also benefit by improved mental quickness, better attention, faster walking speed, improved balance, and maintained driving abilities.

Question: *“Why don’t I have access to all BrainHQ areas?”*

Answer: Because you are in a research study, these other program areas are not available. All our exercises are attention focused. Our research shows that exercises targeting attention are most effective in reducing the risk of dementia. We are focusing on the exercises with the strongest evidence in this study.

Do you have a question you’d like to have answered in the next newsletter? Please send your question to bcscoglab@usf.edu with the subject line **Newsletter Q&A**.

Courtesy of the Alzheimer’s Association

- About 6.7 million Americans age 65 and older are living with Alzheimer’s disease.
- If we do not find a way to delay, prevent, or cure Alzheimer’s, this number is expected to increase to 12.7 million by 2050.
- Older Black Americans are about twice as likely to have Alzheimer’s or other dementias as older Whites.
- Older Hispanic persons are about one and one-half times as likely to have Alzheimer’s or other dementias as older Whites.
- In 2023, Alzheimer’s and other dementias will cost the U.S. \$345 billion.
- By 2050, these costs may rise to nearly \$1 trillion.
- Over 11 million Americans provide unpaid care for people with Alzheimer’s or other dementias.
- In 2022, unpaid caregivers provided approximately 18 billion hours of care valued at \$339.5 billion.
- About 30% of caregivers are age 65 or older.
- Approximately two-thirds of caregivers are women.
- Over one-third of dementia caregivers are daughters.
- Between 2020 and 2030, 1.2 million additional direct care workers will be needed to care for people living with dementia.
- Compared with caregivers of people without dementia, twice as many caregivers of those with dementia indicate substantial emotional, financial and physical difficulties.