

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

John Poland is a Research Assistant with Clemson University's Institute for Engaged Aging. He joined Clemson's PACT team in February 2023, and holds a B.S. in Biology from Western Kentucky University.



John works at Clemson's University Center located in Greenville, South Carolina. Kimberly Scoles, Clemson's PACT Research Manager, says that "John is a great addition to our PACT study team! He is particularly adept at building rapport with participants early on in their visits and maintaining that thoughtful connection with them during progress checks. His efforts contribute positively to PACT participant retention."

In his spare time, John enjoys working out, writing, and spending time with his cat, Calypso.

Benefits of Exercise

A new study presented at the Alzheimer's Association International Conference (AAIC) suggests that regular exercise, ranging from light stretching to intense aerobic workouts, can help slow memory and thinking decline in older adults at risk of dementia.

Dr. Laura Baker at the Wake Forest University School of Medicine studied 296 sedentary individuals with memory problems. Study participants were split into two groups, one engaging in moderate to high-intensity aerobic exercises and the other in less strenuous stretching, balance, and range-of-motion exercises while teamed up with a trainer. Both groups maintained memory and thinking scores over 12 months. This finding surprised researchers who expected more cognitive protection from the high-intensity exercise group.

The study's findings highlight the importance of regular exercise, particularly when supported by supervision and social interaction, as a potential way to prevent or slow cognitive decline in older adults at risk of dementia. 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
- **Roskamp Institute – 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: *“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?”*

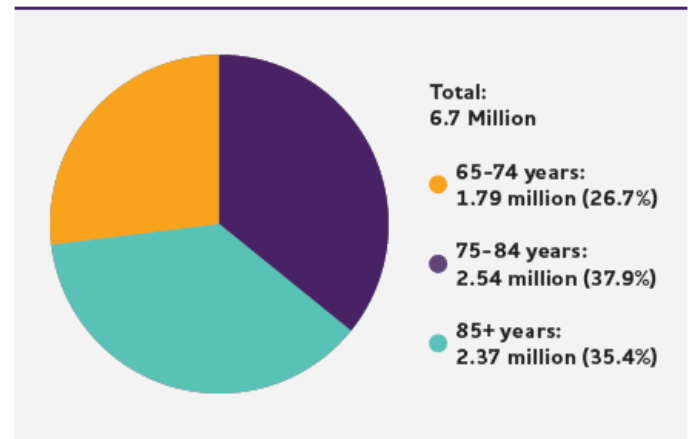
Answer: Thank you for reaching the goal of 10 sessions of training exercises! We monitor your progress over an 8-week period and then send a congratulatory message with instructions for the coming year. Please feel free to continue training if you wish to do so.

Question: *“Can I continue playing games after the initial training?”*

Answer: Between training phases, you will have continued access to your BrainHQ training account. You may continue to complete 1 hour of training exercises each week, if desired.

Courtesy of the Alzheimer’s Association

Number and Ages of People 65 or Older with Alzheimer’s Dementia, 2023*



*Percentages do not total 100 due to rounding.

Created from data from Rajan et al.^{A2, 222}

- Of the total U.S. population, about 1 in 9 people (10.8%) age 65 and older has Alzheimer's disease.
- About 73% of individuals living with Alzheimer’s disease were 75 years or older in 2023.
- By 2060, the projected number of people age 65 and older in the U.S. with Alzheimer’s disease is 13.8 million people.
- People younger than 65 can also develop dementia. While prevalence studies of younger-onset dementia in the United States are limited, researchers believe about 200,000 people aged 30-64 years have younger-onset dementia.

Do you have a question you’d like to have answered in the next newsletter?

Please send your question to bcs-coglab@usf.edu with the subject line **Newsletter Q&A**.