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PACT Study Update – We are so grateful!

As of January 2025, an incredible **7,600 participants** have volunteered with the PACT Study across 10 different sites—an achievement worth celebrating! This milestone would not have been possible without the dedication of our study staff and the commitment of our amazing participants.

Reaching this goal over nearly four years has not been without its challenges. Together, we've navigated disruptions like COVID-19 and major hurricanes, yet we have continued to move forward. Here's what we've accomplished so far in the PACT Study:

- Collective Hours Spent Brain Training: **300,000 +**
- Number of Blood Samples Collected: **2,000 +**
- Number of 3-Year Visits Completed: **1,000 +**

As we continue supporting participants in brain training and welcome them back for the critical 3-year study visit, we want you to know that you are making a real difference in advancing research on cognitive aging and dementia prevention.

Thank you for being part of this journey!

Research Matters

Alzheimer's disease was originally described nearly 120 years ago and it wasn't named until 1910. In 2024, nearly 7 million people in the United States were diagnosed with this disease. In a few decades that number is expected to nearly double.

But we are not standing idly by as this disease impacts our loved ones and those in our communities. Instead, action is being taken. Since its discovery, science has pursued knowledge about this disease and related dementias and the impact they have on the brain. Today, research continues and allows us to: understand the disease, identify risk factors, develop prevention strategies, improve diagnosis, and enhance care and support.

The PACT Study is a clinical trial specifically contributing to the knowledge base for developing effective dementia prevention strategies. Participants in PACT are contributing to important science that has the potential to impact the lives of millions. Imagine how things could be different for so many people if together we discover that computerized brain training prevents or even delays the onset of Alzheimer's or related dementias. This work matters!

If you want to keep up with the breadth of research on Alzheimer's disease and related dementias check out this resource below:

- [Alzheimer's Disease Fact Sheet](#)



Common Questions

Why did you decide on 25 initial brain training sessions? Why do we only complete 10 sessions in year 1 and year 2?

Our prior research has shown that completing a minimum of 10-14 hours of training can lead to improvements that can last for years to come. Research also shows that additional sessions are beneficial. Booster sessions in 1 year and again after 2 years are helpful in order to maintain the gains you make from computerized training.

Can you tell me if my score this year was the same or how it changed? Am I doing better than I was last year?

Please ask your trainer how to review your progress in BrainHQ and they will be happy to show you. We plan to assess you again at the 3-year visit to determine how you have progressed over the study. This visit will take place three years after your visit 1. Between now and then, we ask you to complete 25 initial training sessions, 10 sessions at year 1, and 10 sessions after year 2. We know life does not always stick to our best laid plans and your brain training may get disrupted. Regardless of the number of training sessions you actually complete during the study, we need participants to be committed to remain in the study and complete the 3-year visit. This is vital to the success of the PACT trial. You are irreplaceable.

Is there content you would like to see featured in our next newsletter? Please send to MCOM-SAGEmarketing@usf.edu with subject line "**Newsletter Ideas**"

Stakeholder Spotlight

Hope springs eternal.

Nineteen years ago, Janet's life was forever changed when her mother was diagnosed with Alzheimer's. As her mother's health declined, a shift was needed. No longer were their weekly phone calls and yearly visits enough. Time was uncertain and Janet's mother needed more attention, more time, and less distance.



Janet moved her mom across states to Massachusetts and became a caregiver. As the disease progressed, she moved her into a nearby facility and they were able to spend time together several days a week. It was a twelve-year battle with Alzheimer's and, seven years ago, Janet had the heartbreaking honor of being with her mother for her last breath. Janet found comfort in this full circle moment witnessing her mother's last breath, just as her mother had celebrated Janet's first breath at birth.

When Janet's mom was diagnosed, there was no family history – no personal reference point. A whole new world was revealed to her and her family. She learned very quickly how Alzheimer's is about more than forgetting a few things. Janet quickly prioritized engaging with the community of caregivers, advocates, and researchers committed to Alzheimer's care and research. She attended caregiver support groups, talks on the latest in research, and raised money for the Alzheimer's Association as a part of their walk for the last fifteen years!

Even when she moved to North Carolina three years ago, her commitment to the cause did not waver. With her desire to do anything to help treat, cure, or prevent Alzheimer's, she was immediately curious when she saw a flyer for the PACT Study at her local library.

Janet is two and a half years into the PACT study, with her 3-year study visit scheduled for August 2025. She was a newbie to games on the computer and has looked forward to each session as an opportunity to exercise her brain. She has loved the support from the study staff at Duke as they have made her feel like she is important to the success of the study. From Janet's perspective, just participating in the study, knowing the goal is to reduce the risk of cognitive impairment and dementia such as Alzheimer's, feels like a worthwhile endeavor. It gives her hope.

As spring arrives and the daffodils bloom, Janet sees the symbol of hope in those yellow petals. She similarly feels that same hope when she sees the purple ribbon tied around the "T" in the PACT study logo. She has hope for what the science will uncover and hope that the tomorrow for so many people and families will be better.

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

For updates on the PACT study, visit www.PACTstudy.org or follow us on Facebook

Staff Spotlight



Grateful for this incredible team of researchers! Their talent, dedication, and hard work support our PACT study participants every day. Science is better because of their passion for research which drives innovation and discovery!