

IMPACT

(Identify Mechanisms to Preserve Agility in
Cognition and Thinking)

STU00220054

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Spring 2025 Newsletter

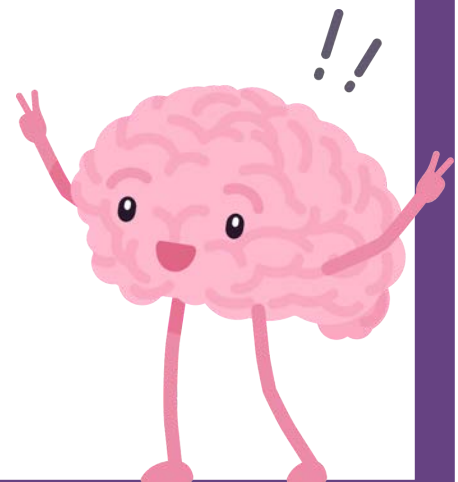
From the **ABC Lab** at
Northwestern Memorial Hospital

(312) 612-0316 | ABCLab@northwestern.edu

Welcome to the first issue of the
quarterly IMPACT Study Newsletter
from the ABC Lab!

Here, we will share our progress and ways you
can stay involved in the study. Expect news
on what we are learning and tips on what you
can do to better your brain health.

Join the Study!
Together, We
Can Keep
Our Brains
Healthy!



Recruitment Update

560

PARTICIPANTS

2,000

GOAL

- **Become an IMPACT study participant** & help advance our understanding of brain health.
- **Refer others** to become IMPACT study participants. They should:
 - Be over the age of 50
 - Have had a brain MRI
 - Call, text or email:
 - **(312) 612-0316**
 - **ABCLab@northwestern.edu**

- **Attend one study visit now,** and one in **2 years.**
- Each visit is 5 hours long.
- **Minimally invasive tests:**
 - Blood draw, MRI, ultrasound, walking test, memory and thinking games
- Get compensated up to \$650 for your time!

**Want to
Make
an
IMPACT
with
Us?**

Brain Health Tip

The Lancet Commission estimated that **14 factors** could cause 45% of worldwide dementia.

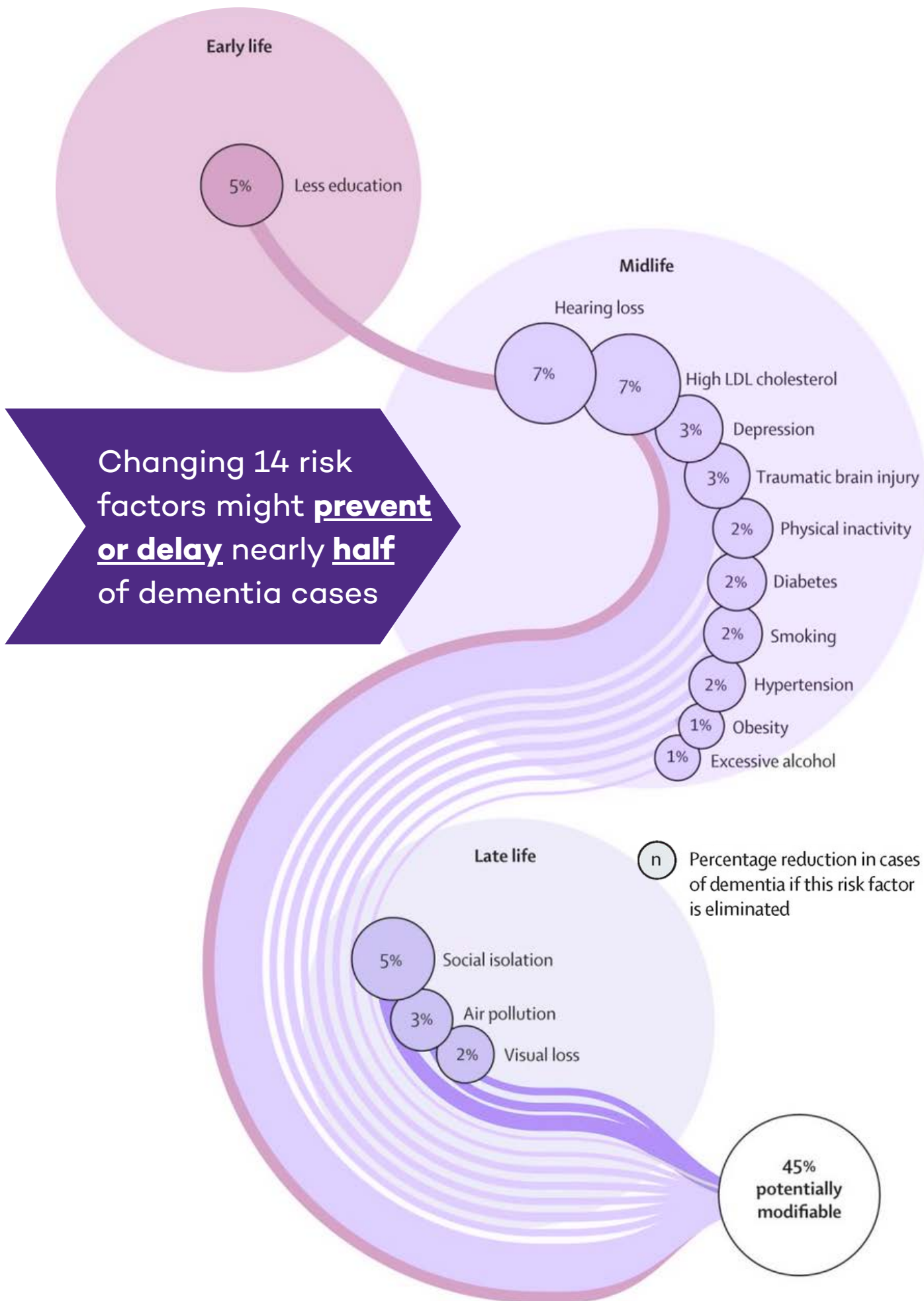
These include:

- Less education
- Hearing loss
- Vision loss
- Excessive alcohol consumption
- Hypertension
- Smoking
- Obesity
- Traumatic brain injury
- Depression
- Diabetes
- Physical inactivity
- Air pollution
- Social isolation
- High LDL cholesterol

Diet is also an important factor. It has a key role in reducing the risk of chronic diseases that in turn affect dementia risk.

In our upcoming Newsletters, we will share specific steps to reduce dementia risk at all ages and keep you updated on the most recent dementia prevention research.

Kivipelto, et al. Lancet, 2024. Volume 404, Issue 10452
Livingston, et al. The Lancet Commission, 2024. Volume 404, Issue 10452



Meet our Recruitment Team

Keion

Studied
Neuroscience
at the University
of Michigan



Brigid

Studied Biology,
Health, &
Society at the
University of
Michigan



Isabella

Studied Neuroscience
and Medicine,
Health, & Society
at Vanderbilt
University



Alan

Studied
Psychology
and English at the
University of Iowa



Rayan

Studied
Neuroscience
and Behavioral
Biology at Emory
University



Vivian

Studied History and
Creative Writing
& Literature at
the University
of Michigan





We'd love your feedback!

If you have any feedback
on your visit(s) or this
newsletter, please email

ABCLab@northwestern.edu

or call **[\(312\) 612-0316](tel:(312)612-0316)**.

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