

IMPACT

**Identify Mechanisms to Preserve Agility in
Cognition and Thinking**

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Brain Health Tip:

Creative Experiences

A ccording to an international study published in *Nature Communications*, having creative experiences can slow brain aging.

Researchers compared the brains of experts in dance, music, visual art, and a strategy-based video game to the brains of non-experts matched for sex, education level, and geographic location. They found that the experts had younger brains than the non-experts. Additionally, experts who were more skilled had even younger brains. The researchers concluded that creative experiences help protect your brain from the effects of aging.



Creative experiences include **music, dance, visual art,** and even **strategy-based video games.**





To learn more about the creative experiences study, scan the QR code below:



The study also found that training in creative experiences is beneficial. After training for a strategy-based video game 5-10 hours per week for 3-4 weeks (a total of 30 hours), participants showed younger brain age measures and performed better on cognitive tests than before training. The researchers did not see either effect with participants who trained in a non-strategy-based video game.

Therefore, even 5-10 hours of creative experiences a week can help slow your brain aging. Creative experiences include dance, music, visual art, and even video games that require creativity and adaptive problem-solving. Find a creative experience you enjoy!

Introducing:

The Simpson Querrey Brain Health Institute

Northwestern University has launched the [Simpson Querrey Brain Health Institute \(SQ-Brain\)](#), made possible by \$25 million in philanthropic funding from trustee [Kimberly K. Querrey](#). She said that she is [inspired to invest in “longer, healthier lives”](#) and help build “a future where more people can age with their independence and dignity intact.”

[Farzaneh A. Sorond, MD, PhD](#), the [Principal Investigator](#) for the [ABC Lab and IMPACT study](#), will lead SQ-Brain as the

SQ-Brain’s mission is to ensure “our brains last as long as our bodies”.

[founding director](#). Dr. Sorond will draw on more than a decade of research into the vascular roots of brain health to help preserve cognitive function for people at every age. As medicine improves, [“brain health must keep pace”](#) [with people living longer lives](#), she said; SQ-Brain’s mission is to ensure “our brains last as long as our bodies.”

To learn more about the
launch of [SQ-Brain](#),
scan the QR code below:



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Learn more about our study
and how you can get involved on
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