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

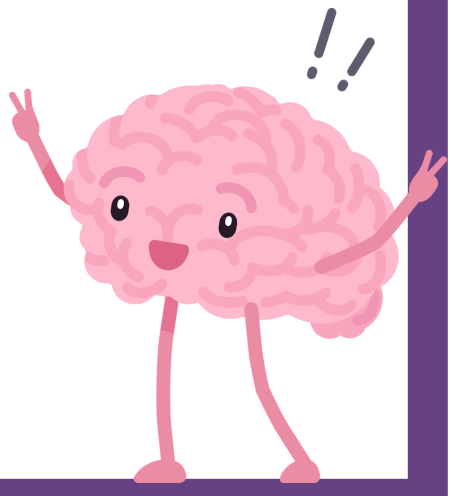
(312) 612-0316 | ABCLab@northwestern.edu

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

- **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?

- **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**

Brain Health Tip

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

These include:

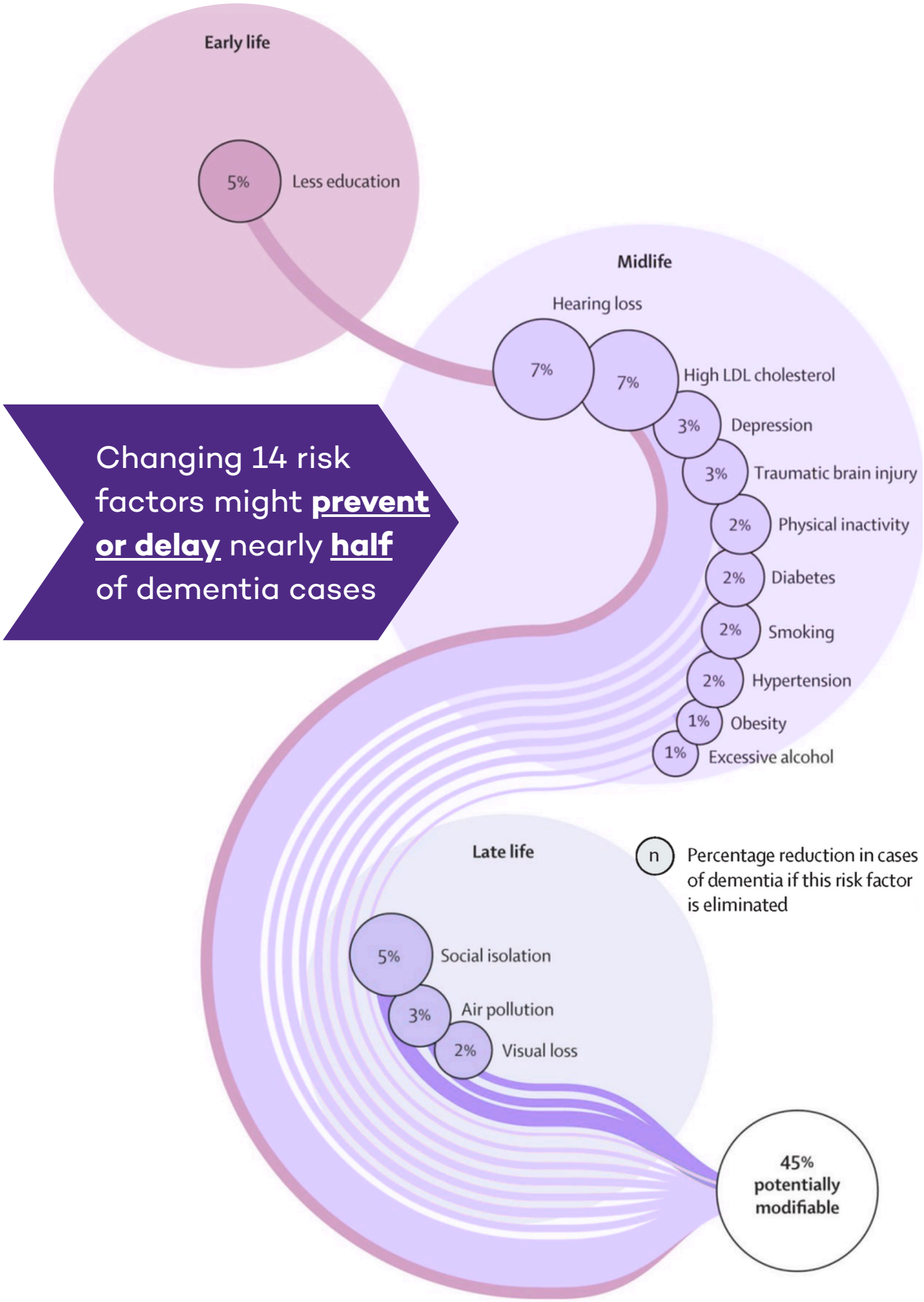
- Less education
- Hearing loss
- Vision loss
- Excessive alcohol consumption
- Hypertension
- Smoking
- Obesity
- Traumatic brain injury
- Depression
- Diabetes
- Physical inactivity
- Air pollution
- Social isolation
- High LDL cholesterol

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



Changing 14 risk factors might **prevent or delay** nearly **half** of dementia cases

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.**


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