

What is involved (cont'd)?

MRI SCANS

When you enroll, we will perform an MRI scan of your brain. You will do another MRI scan at the end of your participation in the study.

STUDY VISITS

You will come in for follow up study visits about every 3 months for a year and a half. We will do some memory tests, questionnaires, blood draws, and might do cognitive training at those visits.

AT HOME TRAINING

You will do cognitive training through crosswords (done on a computer) or you will do health education at home. The study staff will review these with you at your in-person visits and will check in on your progress over the phone.



To learn more about the COGIT-2 Trial,
please contact our local study coordinator:

HANSON RESEARCH LAB

206-897-6797

hansonlab@uw.edu



Learn More / Resources

<https://depts.washington.edu/mbwc/adrc/page/participate>

COGIT-2 TRIAL

We are asking people with
memory loss to join our
COGIT-2 Trial.

UW Medicine

What is the COGIT-2 Trial?

Dr. Hanson at the University of Washington is currently enrolling people for a NIH funded study testing if cognitive training can improve cognitive performance in participants with memory loss.

You may be eligible if:

- You are age 55 to 89
- You or your loved ones have noticed some problems with your memory
- You are not currently doing crosswords or other cognitive training methods like Brain HQ or Lumosity more than once per week

Participants may receive:

- Memory and cognitive performance monitoring by experts in the field
- Free access to a computerized cognitive training platform
- Free research MRI scan of the brain
- Compensation for their time

What is this research about?

This study will evaluate the effects of crossword puzzles training and health education for improvement in everyday cognitive performance over an 18-month period.

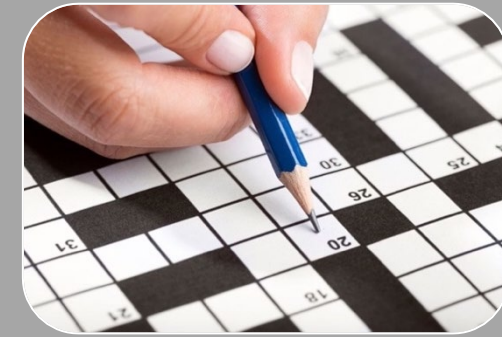
If you join the study, you will be assigned to 1 of 3 treatment conditions: crossword puzzles 4 times per week, crossword puzzles once per week, or health education. During the study you will need to come to in-person study visits approximately every 3 months for cognitive testing, questionnaires, blood draws, and MRI scans.

About the Researcher



Angela Hanson, MD

Dr. Hanson is the Principal Investigator of the study. She is a geriatrician based out of the Memory and Brain Wellness Center at Harborview Hospital. Dr. Hanson is interested in understanding the links between diet and cognition. She is also the Principal Investigator for the Evoke+ study, Metformin in Alzheimer's dementia Prevention (MAP) study, and the Lipid MRI Study.



Participating in the COGIT-2 Trial

What is involved?

The COGIT-2 Trial is a nation-wide study. All of our visits will take place at UW's South Lake Union Campus or at UW's Harborview Medical Center Campus in our Alzheimer's Disease Research Center (ADRC).

PRE-SCREENING PHONE CALL

We will ask you some questions about your health to make sure you are safe to be in the study and to see if you would be a good fit.

SCREENING VISITS

If you pass our pre-screening questions, we will have you come to an in-person screening visit. We will go over the study with you and do some tests of your memory and other assessments to see if you qualify for the study.