

## **Quotes from Experts, Study Authors, and Developers & Users of Speed Training**

“This study shows that simple brain training, done for just weeks, may help people stay mentally healthy for years longer. That’s a powerful idea — that practical, affordable tools could help delay dementia and help older adults keep their independence and quality of life.”

**Dr. Jay Bhattacharya**

**Director, NIH**

**[From NIH Press Release]**

“We now have a gold-standard study that tells us there's something that we can significantly do to reduce our risk for dementia. The fact that it's lasted and had an impact over 20 years is astonishing. You probably know that the cost of dementia every year is about \$400 billion. And if we could reduce that by 25%, it would be wonderful.”

**Dr. Marilyn Albert**

**ACTIVE Study Lead**

**Director of the Alzheimer's Disease Research Center**

**Johns Hopkins University**

**[Science Friday interview]**

“The idea that a behavioral, experimental intervention delivered 20-plus years ago can have an effect on the cognitive health of people over 20 years is kind of amazing.”

**Dr. Richard Jones**

**Professor of Neurology, Brown University**

**[Boston Globe Interview]**

“We developed speed training to make brains faster, because we knew that speed is fundamental to cognitive performance. ACTIVE has proven that across numerous studies, showing that speed training results in better mental health (depression, health-related quality of life, and greater confidence and control), better real-world function (functional independence, balance, gait, reaction time, driving) and now – lower risk for Alzheimer’s and dementia.”

**Dr. Karlene Ball**

**University Professor, University of Alabama, Birmingham**

**Co-inventor, speed training and Co-author ACTIVE**

“These results should usher in a new age, in which we recognize dementia as a preventable chronic condition that you can be proactive about.”

**Dr. Michael Merzenich**

**Kavli Laureate in Neuroscience**

**Professor Emeritus, UCSF**

**Chief Scientist BrainHQ**

**[From his column in Psychology Today]**

“What we reliably see with these kinds of exercises is they do improve cognitive function, memory, attention, speed — and they improve real-world function as well. They generalize to things like driving safety or reducing depressive symptoms or preserving independent activities of daily living, as well.”

**Dr. Henry Mahncke**

**CEO, BrainHQ**

**[from Deseret News Interview]**

“The findings reported here suggest that moderate cognitive training could delay the onset of dementia over subsequent years.”

**Richard Hodes, M.D.**

**Director of the National Institute on Aging**

**[From NIH Press Release]**

“It’s a really exciting result because it suggests that we really can develop cognitive training interventions that can affect people’s risk for getting dementia, which is a major worry in the population. That’s a really hopeful sign.”

**Dr. George Rebok**

**Professor Emeritus, Johns Hopkins**

**Co-author, ACTIVE Study**

“It’s really the first clear documentation in a randomized controlled trial that at least some form of cognitive training can lower the risk of dementia.”

**Dr. Thomas Wisniewski**

**Director of Cognitive Neurology, NYU Langone Health**

**[From NBC News Interview]**

“I’m skeptical but also somewhat impressed. It’s really quite rare for any computerized-game brain training study to show positive results — and to show effects on a diagnosis of Alzheimer’s disease 20 years later.”

**Dr. Andrew Budson**

**Associate Director of the Alzheimer’s Disease Research Center, Boston University**

**[From AARP News interview]**

“This study gives us real, tangible insights into how we might be able to protect the brain throughout the aging process.”

**Todd Haim**

**Senior Advisor on biomedical innovation at NIH’s National Institute on Aging**

**[From NY Post interview]**

“It’s super-exciting to see these effects are still holding 20 years out.”

**Dr. Jennifer O’Brien**

**Associate Professor and PACT Study Lead**

**University of South Florida**

**[From NPR’s Living Better Interview]**

"The 25% figure is amazing, but maybe even more so is the 20-year period. Oftentimes, studies find a certain activity or diet seems to lower the risk of dementia, but only during a follow-up period of five or maybe 10 years. Twenty years is serious," said

**Brett Arends**

**Financial and Health Analyst**

**[From Marketwatch opinion piece]**

“These results change what’s possible — now — for better brain health and Alzheimer’s prevention, by demonstrating a specific type of cognitive training reduces the incidence of dementia... No other type of intervention – physical exercise, diet, nor other brain training – has shown such evidence.”

**Dr. Henry Mahncke**

**CEO, BrainHQ**

“I was interested in taking care of my neurons...I think I've done over 1,300 days of BrainHQ exercises. These things are hard, but you do get better at it. It makes your brain work. I look at it like doing sit-ups.”

**George Kovach, 74**

**BrainHQ User**

**[From NPR’s All things Considered interview]**

*“It turned my life around. I found my brain was sharper than it had been when I was 17.. I can’t imagine where I’d be right now if I hadn’t taken it.*

**Phyllis Walter, 80**

**BrainHQ User**

**[From NBC Nightly News interview]**

"You feel like you're improving cognitively because you're making progress and you're able to pick these things up that are put to you, in literally milliseconds." "I just am very aware of my surroundings, and I feel like I take so much in, and I just attribute it to this, especially Double Decision."

**Joyce Grego, 71**

**BrainHQ User**

**[From Business Insider interview]**