

## WHAT RESEARCHERS FOUND

# Brain Speed Training May Help Protect Brain Health for Years to Come

### Speed Training

Focused on helping the brain process visual information faster and more accurately.

### Booster Sessions

Extended training sessions were linked to the strongest long-term protective association.

### Long-Term Impact

Over 20 years, the trained booster group showed a lower dementia diagnosis risk.

A large long-term study found that older adults who completed a specific type of brain speed training, especially with additional booster sessions, had a lower risk of developing dementia over a 20-year follow-up period. Researchers say this type of training helps the brain process visual information faster and more accurately, supporting attention, response time, and long-term cognitive resilience.

### Appearing on NBC News:



### Research Highlights

#### Brain Speed Training & Long-Term Brain Health

A major study found that older adults who completed brain speed training with booster sessions had a 25% lower risk of dementia over 20 years, supporting faster visual processing and long-term cognitive resilience. BrainHQ is part of the RTM Platform **BrainHealthPlus**.