



Closing the Gap *Between* Cognitive Healthspan and Human Lifespan

Our Mission

The Precision Aging® Network (PAN) brings together a team of established scientists and community partners in a nationwide effort to help discover the best ways to optimize brain health across the lifespan and extend our cognitive healthspan.

PAN's method is novel, creating a framework for a precision medicine approach to predict individual brain health risks and discover personalized solutions to maximize our own individual cognitive healthspan.

PAN seeks your help to answer critical questions.

- What impacts healthy brain function as we age?
- How can optimal brain function be maintained across our entire lives?
- For you as an individual, how can we predict, prevent, or slow unwanted changes in cognition?

In September 2021, the National Institutes of Health, National Institute on Aging, awarded \$60 million to the University of Arizona and the PAN team to launch the [Precision Aging® Network](#).

Get Involved

PAN has partnered with MindCrowd, a web-based tool which we are using to establish the largest, most diverse lifespan study on cognition in the USA. MindCrowd currently includes 300,000 participants across the United States and grows daily, and we want to involve at least 1 million people just like you.

MindCrowd is the gateway to the current PAN projects and more opportunities to help us find the best ways to optimize brain health across the lifespan.

Who can be involved?

Anyone 18 years of age and older can be involved! We are especially interested in people age 50 and older, so encourage your family and friends to learn more, too.

How do I learn more?

The first step is to visit www.MindCrowd.org and from there, MindCrowd participants will learn more about PAN and other projects.

The Team

Dr. Carol A. Barnes, Regents Professor of Psychology, Neurology and Neuroscience, and the Director of the Evelyn F. McKnight Brain Institute at the University of Arizona is the Principal Investigator of PAN.

This Network is centered at the University of Arizona but involves collaboration with the Phoenix-based Translational Genomics Research Institute (TGen) and seven additional research Universities (University of Miami, Johns Hopkins University, Emory University, Georgia Tech, Georgia State, Arizona State University, Baylor College of Medicine).

