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The Sydney Memory & Ageing Study (MAS)

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CHeBA Postdoctoral Research Fellow



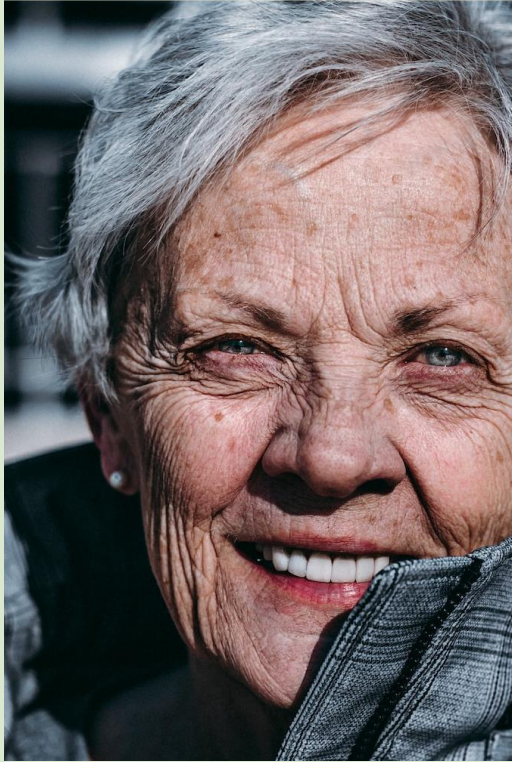
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In the Beginning...

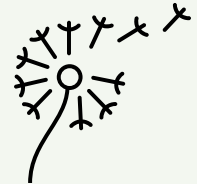
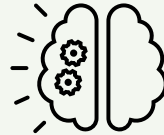


Nearly 20 years ago, the Sydney **Memory and Ageing Study (MAS)** began.

To better understand age-related thinking and memory.

Participant dedication fueled the study for over 15 years.

Today, we reflect on our journey and discoveries.



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“I believe the second half of one’s life is meant to be better than the first half.

The first half is finding out **how you do it**.

And the second half is **enjoying it**.”

- Frances Lear



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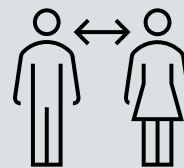
Inception of MAS



Thinking



Mental Health



Social Life



Physical Health

- Reached out to 8914 individuals
→ 1307 participants
- Aged 70-90 years old
- Recruited from Eastern Sydney

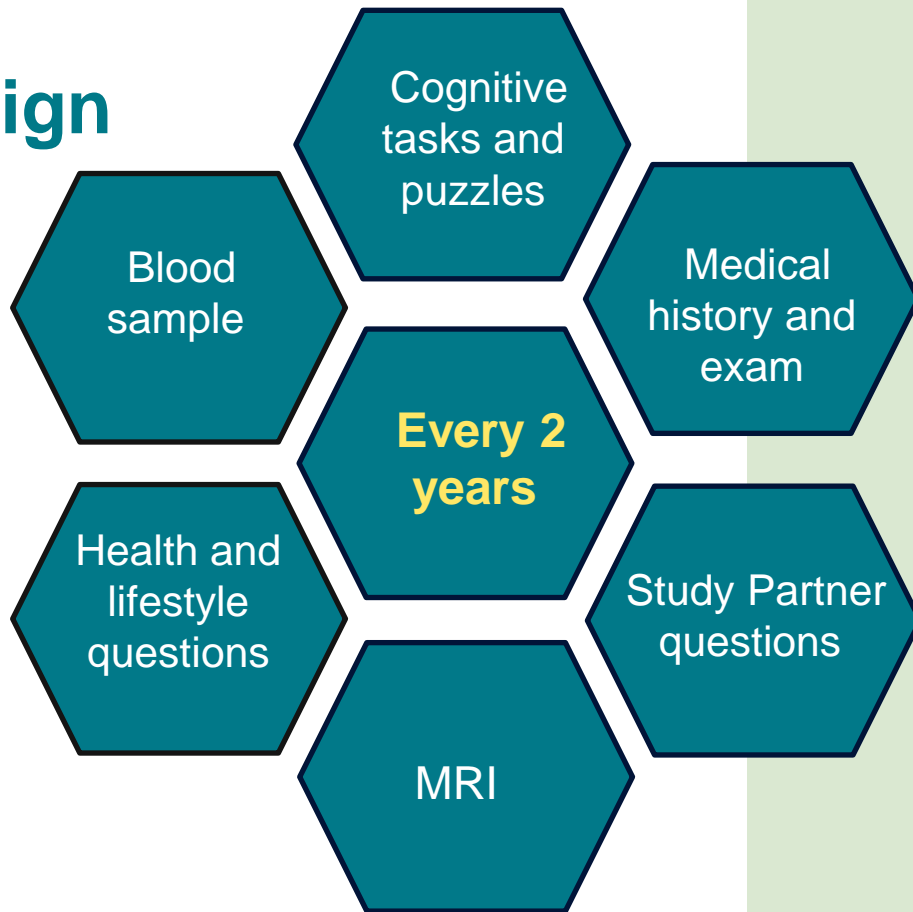
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MAS Study Design



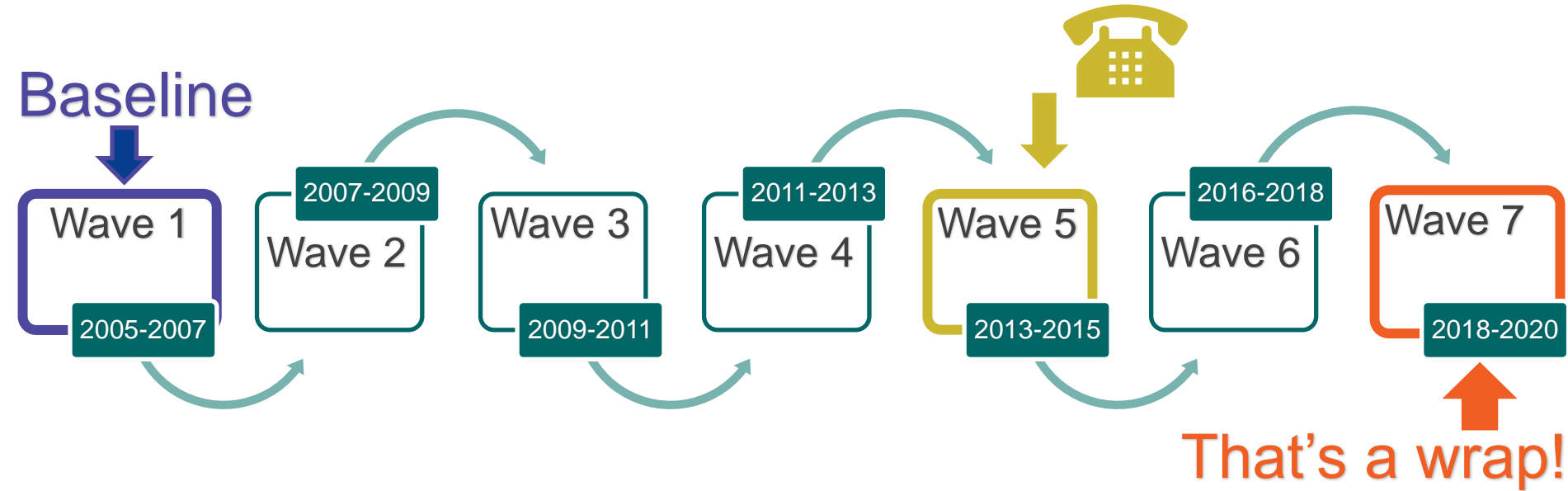
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Journey Through Time



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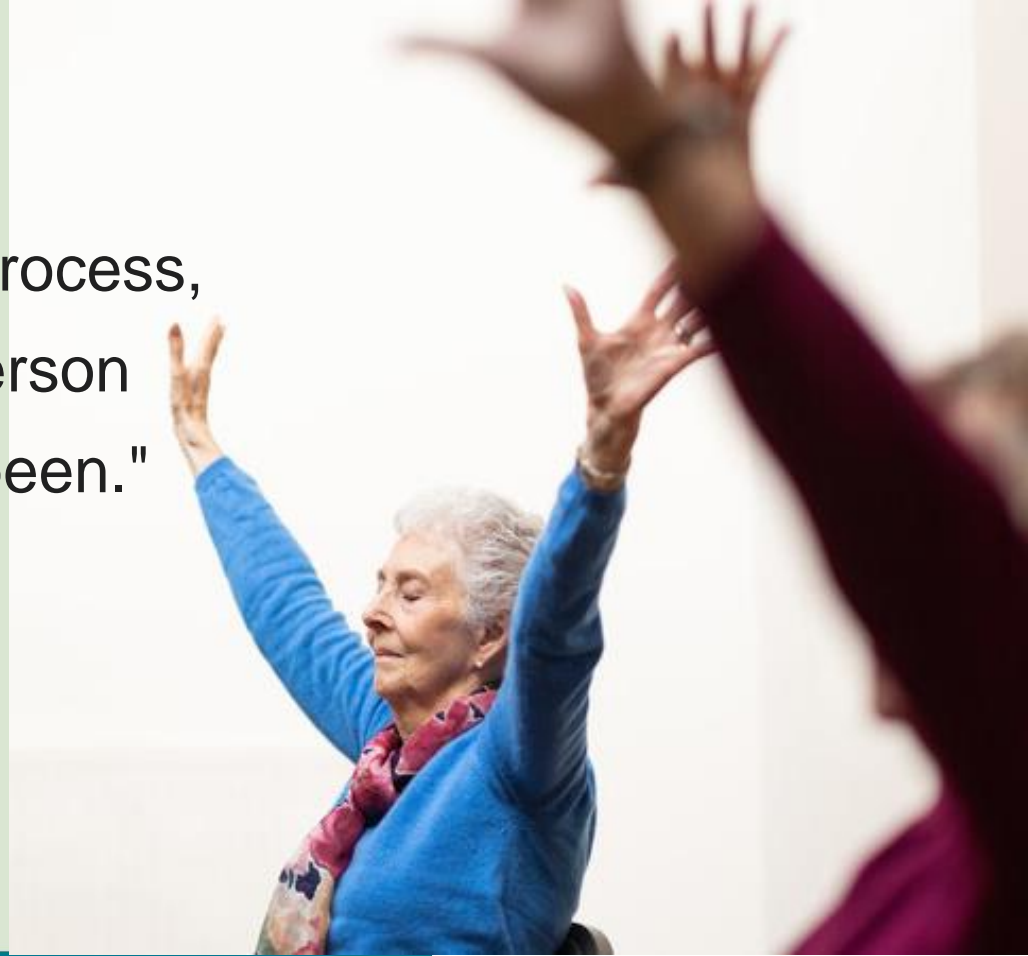


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"Aging is an extraordinary process,
where you become the person
you always should have been."

- David Bowie



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What You Have Done



15 years strong



Incredible commitment



Global impact



149,658 pages of questionnaires



167,335 number of hours testing



2,406 blood donations collected



1,230 MRIs completed

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What You Have Said

“It’s nice to help other people, if I can, if the results are going to help other people that’s what I want. You know, I’ve been helping people all my life, one way and another”

- MAS Participant



Your stories matter



Mutual rewards



Hope for the future

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What We Have Done



Policy impact



Prolific research



Global reach



New insights



211 scientific publications



13 publications just in 2023



51 PhD theses completed



41 MAS employees over the years

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2022 WHO Blueprint for Dementia Research

Research themes

Summarizing current state and research gaps



Dementia epidemiology and economics



Dementia disease mechanisms and models



Dementia diagnosis



Drug development and clinical trials for dementia



Dementia care and support



Dementia risk reduction

15 strategic goals

Actions and timebound milestones address research gaps



- 1 High-quality epidemiological data
- 2 Economic impact of dementia
- 3 Understanding underlying diseases
- 4 Models of diseases
- 5 Development of biomarkers
- 6 Development of clinical assessment of cognition and function
- 7 Diagnosis during prodromal stages
- 8 Development of novel therapies
- 9 Improving clinical trials
- 10 Legislative and regulatory environments
- 11 Tools and methodologies for interventions
- 12 Models across the continuum of care
- 13 Methodologies and approaches for risk reduction research
- 14 Understanding risk factors
- 15 Risk reduction interventions

Drivers of dementia research



Empowerment and engagement of people with lived experience



Diversity and equity



Funding



Access to science, data and material



Capacity building for research



Technology



Knowledge translation and exchange



Regulatory environments

The blueprint was drafted by the following collaborators from the Centre of Healthy Brain Ageing, University of New South Wales and University of Sydney, Sydney, Australia: Perminder S. Sachdev; Adam Bentvelzen; Nady Braidy; Henry Brodaty; Nicole Kochan; Ben Lam; Darren Lipnicki; Lee-Fay Low; Karen Mather; Louise Mewton; Katya Numbers; Anne Poljak; Suraj Samtani; Wei Wen.



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"You don't stop playing
because you grow old, you
grow old because you stop
playing."

- George Bernard Shaw



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Three Take Away Messages from MAS

Power of:

1. Purpose
2. Social Connections
3. Staying Active



What We Have Learned – The Power of Purpose



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What We Have Learned – The Power of Connection



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What We Have Learned – The Power of Movement



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"Let us grow old gracefully, gracefully,
as if growing old were the most natural thing in
the world,
and the most beautiful!"
- Anne Lamott.



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What We Are Doing Next



MEMORY & AGEING STUDY 2

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Thank you



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