



# Aging Research News



THE OFFICIAL NEWSLETTER FOR RESEARCH VOLUNTEERS OF THE ADULT VOLUNTEER POOL

DEPARTMENT OF PSYCHOLOGY  
UNIVERSITY OF TORONTO

FALL - WINTER 2018-19

27TH EDITION

## Thank you to all of our research volunteers!

We would like to extend our thanks to all of our volunteers and to share with you some information about the studies you may have recently participated in. Since our humble beginnings at the start of the century, the Adult Volunteer Pool volunteer program has now grown to include over 5000 active volunteers who have participated in close to 400 different studies. Your time and commitment has been an invaluable contribution to the progress of our research.

Over the past several years, our research has focused on various aspects of cognition (e.g., memory, learning), social attitudes, and more recently, neuropsychology as people grow older. On many occasions, you have asked us about our research and the results that we have obtained. While it has often been too early for us to answer those questions definitively, we have tried to summarize some of our results in this newsletter (see reverse). We hope that this newsletter will provide you with a better understanding of our research and our department's contribution to the field of psychology, and that you will find it to be as interesting as we do.

We are continuously looking for new volunteers to participate. If you have any friends or family between the ages of 50 and 80 who would be interested in becoming research volunteers, please have them contact us. Please also call us if you have recently moved, changed phone numbers, or believe your personal information has changed. Once again, we would like to thank you and hope you enjoy this edition of our newsletter.

### Directions to the Psychology Department

- To 100 St. George St. from the St. George subway station:

Exit through the St. George St. exit (not the Bedford Rd. exit). Turn left and walk south on St. George St. past Bloor St. and Harbord St. The building will be on your right.

*Aging Research News* is designed to keep our volunteers up to date on news and research at the University of Toronto. Questions or comments can be addressed to:

**Department of Psychology**  
**c/o Adult Volunteer Pool**  
**University of Toronto**  
**100 St. George Street, Room 4020**  
**Toronto, ON, M5S 3G3**

**Tel:** (416) 978-0905

**E-mail:** [adultpool@psych.utoronto.ca](mailto:adultpool@psych.utoronto.ca)

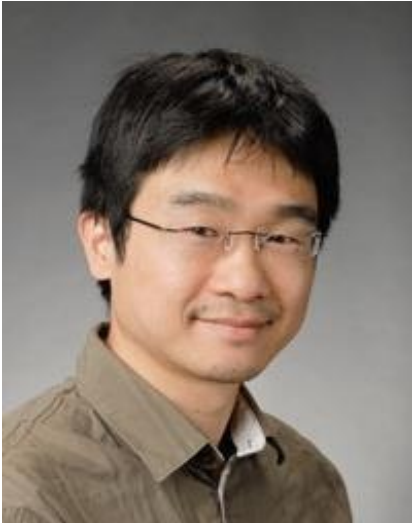
**Web:** [www.psych.utoronto.ca/users/adultpool](http://www.psych.utoronto.ca/users/adultpool)

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# FACULTY PROFILE

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## Dr. Andy Lee: Lee MTL Lab



As we grow older, our brains undergo a multitude of changes. One part of the brain that is known to be particularly susceptible to age-related changes and has also been implicated in certain types of dementia such as Alzheimer's disease is the medial temporal lobe, a group of highly interconnected structures of which one is the hippocampus. Traditionally, the medial temporal lobe has been thought to be involved in memory processing exclusively and that cell loss to this region leads to a selective memory impairment. There is much evidence to suggest, however, that this understanding is too simplistic and that the medial temporal lobe also contributes to many other processes including decision-making and perception. The goal of our research group is to understand the functions of the medial temporal lobe and how changes to the medial temporal lobe, for

example due to aging, brain injury or disease, can change every day behaviour. To achieve this, we use a number of different approaches including behavioural tests that are designed to place different demands on memory, decision making and perception, and brain scanning (for example MRI) to examine brain activity and structure. It is our hope that a more accurate view of medial temporal lobe function will lead to an improved understanding of age-related changes in cognition, and open up new avenues for the diagnosis and treatment of disorders such as Alzheimer's disease.

### Do you have any feedback on your experience with us today?

If you have any questions or concerns about your participation in today's experiment, please contact the Adult Volunteer Pool by phone or email (see front), or visit our website at

[www.psych.utoronto.ca/users/adultpool](http://www.psych.utoronto.ca/users/adultpool)

