



# National Consortium on Alcohol and NeuroDevelopment in Adolescence

UC San Diego ♦ SRI International ♦ Duke University  
Oregon Health & Science University ♦ University of Pittsburgh

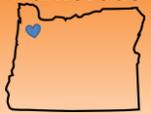
## 2017 Newsletter



### SHOUT OUT to NCANDA-Oregon Health and Science University (OHSU)

Dr. Bonnie Nagel is the Principal Investigator of NCANDA: Portland site, located at Oregon Health and Science University (OHSU). Dr. Nagel is a licensed clinical neuropsychologist, Director of the Developmental Brain Imaging Lab, and Vice Chair for Research in the Department of Psychiatry at OHSU. She has been the recipient of numerous national research grants, and her research focuses on understanding adolescent neurodevelopment and risk and resilience for mental illness, including addiction, during the adolescent years.

Find out more at [ncanda.org/ohsu.php](http://ncanda.org/ohsu.php)



### NCANDA Phase II: We're not done with you yet!

NCANDA is finishing up with its first phase of funding this summer, BUT that doesn't mean we're quite done with you! The NCANDA team submitted an application for the study to be funded for an additional 5 years! In the next phase of the study, we'll be incorporating technology to help collect data. These tools include wearable activity monitors (Fitbit) and phone assessments (mNCANDA app). Furthermore, new areas of



investigation will include brain changes related to stress, life events, and physical fitness. We'd like to give you all a shout out to show our appreciation for your continued involvement with our study. We wouldn't be able to do this without you! – NCANDA Team



### Fun Fact

Albert Einstein's brain was 15% wider than other brains that have been studied. His brain also lacked a groove that normally runs through the area of the brain used in math and spatial skills. "This



unusual brain anatomy may explain why Einstein thought the way he did," says Dr. Witelson.

[news.bbc.co.uk/2/hi/science/nature/371698.stm](http://news.bbc.co.uk/2/hi/science/nature/371698.stm)



### Earworms: Why That Song Gets Stuck in Your Head!



Earworms (aka stuck-song syndrome) are those pesky tunes that keep replaying in your head and just won't get out.

It's estimated that 90% of people experience an earworm at least once a week. Typically, songs that turn into earworms have fast tempos, simple melodies, and a unique compositional interval that adds an element of surprise and catchiness, making them more intriguing and easier to recall and reproduce. Some psychologists theorize that earworms might happen as a result of the brain trying to fill in gaps in the lyrics, rhythm, or scale of a song that you don't know in its entirety. If you want to get rid of an earworm, you can try listening to the song all the way through. This can help bridge the memory gap and stop the song from playing on a loop in your head. You can also try to distract yourself by playing another song, although you might just replace the old earworm with a new one. Studying earworms can give us important insights into the function of brain networks that are involved in processing memory, emotions, and spontaneous thoughts.



[www.apa.org/pubs/journals/releases/aca-aca0000090.pdf](http://www.apa.org/pubs/journals/releases/aca-aca0000090.pdf)

**Is the 5-Second Rule for Real?** Have you ever wondered if the "five-second rule" – the rule that it's safe to eat dropped food within five seconds of picking it up – is in fact true? Scientific studies of this rule have revealed that any food dropped on the floor is immediately contaminated with whatever dirt and bacteria it lands on. However, the extent and seriousness of the contamination depends more on the type of food and the type and number of the germs on the floor. You would typically have to ingest about 10,000 infectious bacteria to get sick, which is a higher number than what's picked up by food left on the floor for only five seconds. Regular and moderate exposure to ordinary germs may strengthen the immune system and reduce risks of asthma, allergies, and other chronic illnesses. But keep in mind that sometimes even very small doses of certain harmful organisms are enough to make you sick. Therefore, chances are that if you invoke the five-second rule, you won't get sick, but use common sense when deciding where to apply it. Don't eat anything that fell on a hospital floor or other surfaces that are likely to contain dangerous organisms – it's not worth it.



[www.drweil.com/diet-nutrition/food-safety/is-the-5-second-rule-for-real/](http://www.drweil.com/diet-nutrition/food-safety/is-the-5-second-rule-for-real/)

### Brain Games...

After reading the sentence, you are now aware that the the human brain often does not inform you that the the word 'the' has been repeated twice every time.



### Reminder

Please update us if your phone number, email, or address change.

"If the human brain were so simple that we could understand it, we would be so simple that we couldn't." – Emerson M.Pugh