

Luci, a Quebec innovation to reduce the risk of Alzheimer's disease, receives major funding from the Public Health Agency of Canada

MONTREAL, January 31, 2022 – To conclude Alzheimer Awareness month, [Lucilab and its app Luci](#) are thrilled to receive a \$716,000 grant from the Public Health Agency of Canada as part of the [Dementia Strategic Fund: Awareness raising initiatives](#). Among the many project proposals received, fifteen initiatives, including three from Quebec, will share a total of more than \$9.5 million. This financial support will allow Lucilab to increase access to its program for cognitive decline prevention through the optimization of its technology platform and translation into English.

Luci: a recognized preventive solution for tackling a growing public health issue

More than 432,000 Canadians over the age of 65 had received a dementia diagnosis in Canada in 2016–2017, and it is expected that this figure will only increase as the population ages. (1) Not counting the human costs for those affected and their families, this increase will lead to direct spending estimated at \$16.6 billion for the health care system in 2031. (2) Currently, there is no treatment that can cure Alzheimer's disease. "At Lucilab, we firmly believe in the importance of prevention. Being granted this funding is not only a sign of confidence in our mission, but also a recognition of the potential of the Luci app to make a difference in the growing public health issue that is dementia," notes Marc-André Chagnon, president of Lucilab.

A more accessible program to reduce the risk of Alzheimer's disease

The grant will be used to increase access to the Luci app, an objective that will involve both optimizing of the technology platform and translating the program into English. "Our team is working to make the behavioural change intervention even more enjoyable, specific and effective. Ultimately, we hope that all Canadians who have modifiable risk factors for cognitive decline can access our services in both official languages. Our goal is to promote the adoption of healthy lifestyle habits in a sustainable way," adds Mr. Chagnon.

An approach based on healthy lifestyle habits that attracts considerable interest

As part of Canada's first national dementia strategy, the Dementia Strategic Fund aims to highlight behaviours that can help to prevent dementia, among other objectives. In fact, while up to 40% of cases are attributable to lifestyle, (3) about a quarter of Canadians are unaware of steps they can take to reduce the risk of developing a cognitive disorder. (4) The Luci program focuses on three protective factors: physical activity, healthy eating, and intellectual stimulation.

"Traditionally, disease prevention has been extremely difficult to do, but it is clear that people recognize more than ever the importance of acting early on, so that they can have a positive effect on their cognitive health in the future," explains Dr. Isabelle Lussier, director of research at Lucilab, who sees a shift in mindset happening. "We were looking for 120 volunteers to take part in the second study for our scientific validation process last fall. More than 2,500 people applied. This is a clear sign that there is a strong demand for a solution like Luci," she says.

Sources :

1. [Dementia Strategic Fund, 2021](#).
2. [Prevalence and Monetary Costs of Dementia in Canada, Alzheimer Society of Canada, 2016](#).
3. [Livingston et al. 2020](#).
4. [EKOS Dementia Survey, Final Report, Public Health Agency of Canada, 2020](#).

About Lucilab

Founded by the Chagnon family, Lucilab is a health technology company whose social mission is to reduce the risk of cognitive decline and Alzheimer's disease. A flagship project of Lucilab, Luci is a digital program that aims to provide science-based strategies and advice to promote the adoption and maintenance of healthy lifestyle habits that are recognized for their protective effect on the brain. The platform allows personalized and confidential video or chat sessions with a counsellor. Now available as a web application, Luci should soon be available on digital platforms.

- For more information, visit lucilandme.ca
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