Online Brain-Training Games

**Pros**
- May be fun and engaging
- Target skills such as attention, memory, problem-solving
- Customizable appearance and level of difficulty

**Cons**
- Lack of scientific evidence supporting benefits
- Skills may not transfer to daily activities
- Prolonged use may cause physical strain


Infographic by Michael Escalante, VA Research Communications (June 2016) / Photo by Mitch Mirkin