

# Behavior affects memory

Maureen E. Daly/CNS

Many people dread the onset of weakness and senility associated with aging.

Now there is encouraging news that behavior in midlife can ward off the confusion and memory loss associated with aging and Alzheimer's Disease.

"There are three things we recommend to delay or slow the progress of Alzheimer's: exercise, cognitive stimulation and socialization," said Brigid Reynolds, nurse practitioner at the memory disorders clinic at Georgetown University Hospital in Washington.

Reynolds is working as a researcher in the Healthy Aging and Memory Study sponsored by the Alzheimer's Disease Cooperative Study, a group of 35 academic centers dedicated to research associated with Alzheimer's.

Reynolds said there is no definitive advice on how to prevent Alzheimer's "because there are not

yet any completed, randomized, controlled, clinical trials pertaining to prevention." But, she said, "Vitamin E has been proven to be effective in slowing the progress of Alzheimer's, some would say perhaps in prevention."

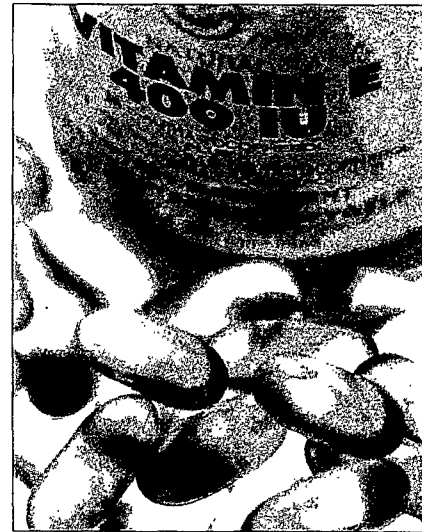
While researchers look for ways to prevent or cure Alzheimer's, Reynolds said that the way to delay or slow the disease is by "staying involved — mentally, physically and socially."

In the mid-1980s, "the thinking was that if you lived to be old enough you would get Alzheimer's and dementia," said David A. Snowdon, a professor of epidemiology at the University of Kentucky and the leader of the Nun Study, an ongoing research project on aging involving 678 U.S. members of the School Sisters of Notre Dame.

"Now we know that Alzheimer's is not inevitable," he said.

As described in his best-selling book *Aging With Grace: What the Nun Study Teaches Us About Leading Longer, Healthier and More Meaningful Lives* (Bantam Books, 2001), Snowdon's findings on the prevention of Alzheimer's include: stroke prevention may be key to avoiding Alzheimer's symptoms; there appears to be a link between depression and Alzheimer's; linguistic ability in early life seems to protect against Alzheimer's; and, lack of folic acid appears to be related to Alzheimer's.

Baby Boomers and those younger can make investments today that will pay off in a better quality of older life, Snowdon said. People "need to invest in good mental and physical shape" and "in social mutual funds of friends and family," he said,



adding that "the spiritual side is very related" to well-being and longevity.

"People who are hopeful and happy when they have stresses can come back to a happy balanced state," he said.

## Birthingright Can Help!

Auburn ♥ Brockport ♥ Geneseo ♥ Ithaca  
 Ontario ♥ Rochester ♥ Victor ♥ Seneca Falls  
 Free & Confidential ♥ Self-Administered Pregnancy Test  
 Friendship and Support ♥ Help Finding Resources  
 ♥ Providing positive alternatives to abortion in the world since 1968  
**24 HOUR TOLL FREE HOTLINE**  
**1-800-550-4900**  
 www.birthingright.org

*"It is the right of every pregnant woman to give birth  
 and the right of every child to be born."*

## ADVANCE YOUR NURSING CAREER AND YOUR EDUCATION

Nazareth College Department of Nursing

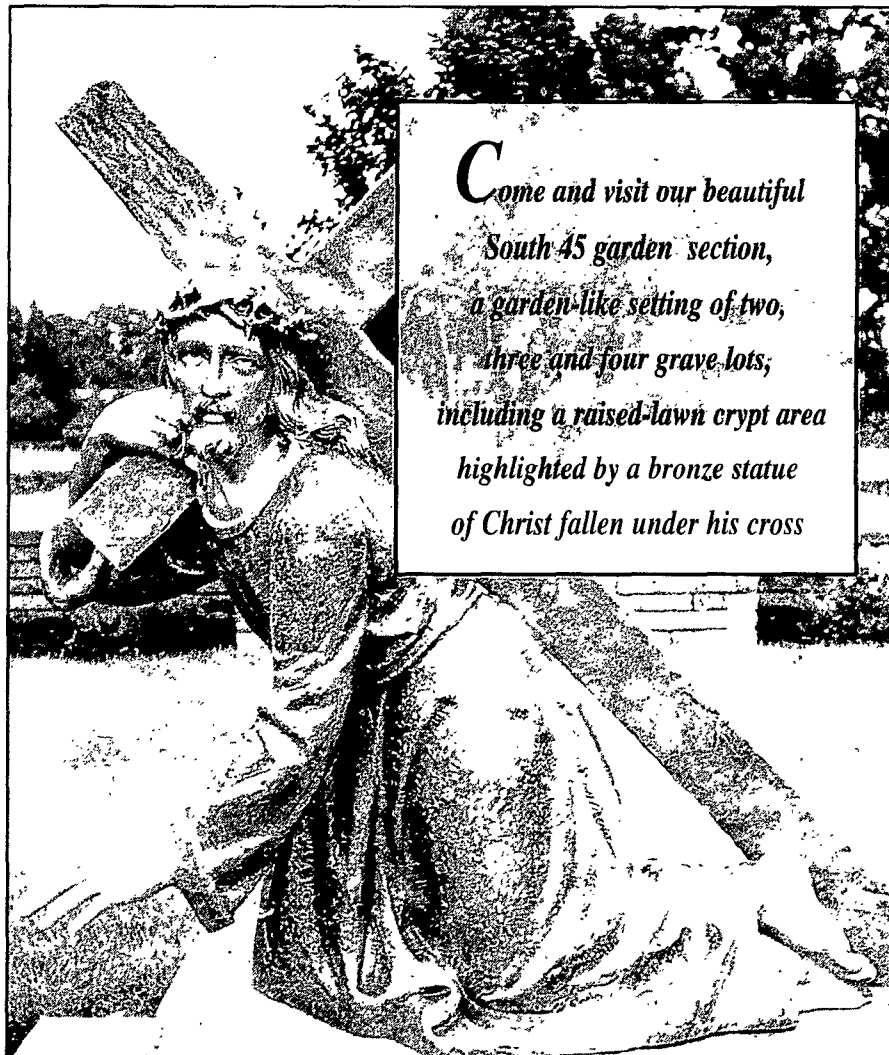
Provides five distinct Nursing Programs

1. A licensure-qualifying Bachelor's program
2. LPN to Bachelor of Science degree
3. RN to Bachelor of Science (Fast Track Available)
4. Gerontological Nurse Practitioner masters program
5. Advanced Certificate GNP Program for master's-educated nurses

Small classes with individualized attention  
 Courses offered full and part-time both day and evening

**CALL TODAY FOR MORE INFORMATION...**

**(585) 389-2709**  
 or [www.naz.edu](http://www.naz.edu)



*Come and visit our beautiful  
 South 45 garden section,  
 a garden-like setting of two,  
 three and four grave lots;  
 including a raised-lawn crypt area  
 highlighted by a bronze statue  
 of Christ fallen under his cross*

### MONTHLY MEMORIAL MASS

Open to the Public - 8:30 am • Third Saturday Each Month

November through April - All Souls Chapel

May through October - All Saints Mausoleum Chapel

### BEREAVEMENT SUPPORT GROUP FOLLOWING MASS

9:30 am till 10:30 am, Cemetery Office Building

**Holy Sepulchre Cemetery**

2461 Lake Avenue Rochester, NY • 585-458-4110 • [www.holysepulchre.org](http://www.holysepulchre.org)