



Three Things We Do to Help Prevent Alzheimer's



We all know that if we smoke, we increase the risk of Lung Cancer or Emphysema. We also know that if we eat fatty foods we increase the risk of Diabetes and Heart Disease. Heck, we even know that if we engage in dangerous activities, we increase the risk of falling off of a cliff or the parachute might not open. But do we know what increases the risk of developing Alzheimer's?

The quick answer is "no."

However, The Fisher Center for Alzheimer's Research Foundation has published their "7 Ways to Reduce Your Alzheimer's Risk". You can access the report at: <http://www.alzinfo.org/11/articles/prevention-and-wellness/7-ways-reduce-alzheimers-risk>. Here are the seven that they recognize – PLEASE NOTE: These findings suggest, but do not prove, that people can take steps to reduce their risk of Alzheimer's. Here are the seven risk factors:

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| 1. Diabetes | 2. High Blood Pressure | 3. Obesity |
| 4. Depression | 5. Being Sedentary | 6. Smoking |
| 7. Lack of Mental Stimulation | | |

In the theme of "The Magic of Three," Cynthia and I have identified three areas where we have changed our behavior and will (hopefully) prevent the onset of Alzheimer's. Because we don't smoke and do not have a high risk of Diabetes, we focused on the other areas. Here is what we have worked on to reduce our risk of Alzheimer's.

1. Obesity – We both watch what we eat. Cynthia has never eaten at fast food restaurants, preferring more for home-cooked meals. Being the cook of the house, Joe prepares low-fat foods, vegetables, and lean meats for the family. Since January 2011, Joe has lost over 25 pounds. In addition, Joe takes Cholesterol medication to keep his heart healthy. Please, have annual physicals and do what it takes to stay fit and at your optimal weight. And above all, EAT HEALTHY.
2. Being Sedentary – even before we moved to "sunny" Florida, we have been active with our exercise. We realized early on that "chasing after the young ones" was only a part of the solution. Dedicated and regular exercise programs lead to being more active and keeping the heart and mind healthy. Now that we are in Florida, we are able to take advantage of the wonderful year-round weather and exercise regularly. We realize that with our busy schedules it is not practical for us to spend hours a day at the gym, so we have identified our "favorite" types of exercise and focus on them. Joe can be seen running in the neighborhood three or four times a week and Cynthia has begun to exercise in the neighborhood pool, which is heated. Find an exercise plan that fits your life style and get active.
3. Mental Stimulation – Cynthia is able to get her mental stimulation from reading and doing her crafts, such as refurbishing furniture, which allows her to be creative and think "outside the box," continually challenging her brain. She also enjoys reading magazines and keeping up with current events. Joe enjoys crosswords puzzles; an activity that has been proven to stimulate the brain. He finds them on-line at USA Today and other newspapers; choosing the "master" skill level so that he challenges his brain. He also enjoys writing programs in SAS code to apply to his customer's business requirements.





These are just examples of how we try to stay young, fit, and keep our brains healthy. We understand that these strategies work for us and our lifestyles – there really isn't one size that fits all when keeping healthy. As mentioned above, scientists are still working diligently to find the cause, and CURE, for Alzheimer's, and certainly genetics may be one of the "risk factors" in a person's likelihood to develop the disease. What we feel safely to say is that "what's good for the heart is good for the brain."

Please share with us your strategy for reducing the risk of Alzheimer's and other health issues. We will post your suggestions on our website. Email us at cynthia@pp4alz.org and put the word "Strategies" in the subject.

Also, if you are interested in joining the fight against Alzheimer's by donating to our fund, you may do so at www.pp4alz.org. We have targeted our donations to go to The Fisher Center for Alzheimer's Research Foundation, located in New York. This organization, for which Cynthia is a National Spokesperson, supports the efforts of Dr. Paul Greengard, a leading Alzheimer's researcher at Rockefeller University.

Thank you for your continued support.

Visit us at www.pp4alz.org

