SAVE THE DATE FOR THE 7TH ANNUAL MIND MATTERS HEALTH FAIR

THIS IS NOT LIKE ANY OTHER HEALTH FAIR YOU HAVE EVER ATTENDED BEFORE:

INTERACTIVE BOOTHs AND ACTIVITIES AS WELL AS LUNCH CATERED BY CHEF OUITA MICHEl!

University of Kentucky’s (UK) Sanders-Brown Center on Aging Clinic will hold its 7th Annual Mind Matters Health Fair on May 18, 2015 from 10:00am-2:00pm at the Fayette County Extension Office: 1140 Red Mile Place, Lexington, KY. This year, the health fair will focus on healthy food for a healthy brain. The event will be loaded with hands-on activities that allow you to explore the incredible power of the brain and to learn about the latest research advances in areas of nutrition and healthy aging.

There will be interactive displays, health screenings, and presentations designed to help maximize brain health! We will also be offering free memory screenings with immediate results provided by an expert clinician. Lunch and refreshments as well as admission are absolutely free of charge (continued on page 4).

LATEST STUDIES REVEAL THAT MANY NUTRITIONAL AND HERBAL SUPPLEMENTS DO NOT CONTAIN ANY OF THE LABELED INGREDIENTS!

HOW COULD THIS BE TRUE? ISN’T THIS REGULATED BY THE FOOD & DRUG ADMINISTRATION (FDA)?

A recent newspaper article published in the Herald Leader, written by Mary Esch of the Associated Press, suggests that the supplement industry is in urgent need of reform. Four out of every five supplements tested contain none of the advertised herbs! This news is shocking as we expect to get what we pay for. The study, conducted by the Attorney General of New York State, used DNA (or genetic testing) on supplements to identify whether or not the products contained the labeled ingredients. The astounding results implicate products sold at many retailers including Wal-Mart, Target, Walgreens, and GNC as potentially fraudulent. The news came as a surprise to these retailers that are currently investigating their suppliers. While the FDA requires that companies prove (continued on page 4).
LOST IN TIME

LATEST RESEARCH SHOWS THAT PEOPLE WITH MEMORY PROBLEMS ARE MORE LIKELY TO LIVE IN THE PRESENT MOMENT

Some of our research participants at the Sanders-Brown Center on Aging Clinic have recently completed a survey on lifestyle factors that may affect brain health, such as nutrition, physical exercise, and social engagement. The information derived from this survey has already led to several international abstracts and conference presentations. It is because of our wonderful research participants that we are able to keep doing this important work, for whom we are forever thankful.

One recent finding, Purpose in Life, approaches issues and analysis of the meaning of life. There are 10 questions in this survey, several items focus on experiences in daily life (present/in-the-moment), and several questions focus on goal setting and planning for future activities. We were surprised to see how these questions were answered differently by participants with normal memory in comparison to those that have mild memory problems.

On average, participants with normal memory express that they do enjoy making plans for the future and working toward accomplishing their goals. However, on average, people with memory problems express that setting goals is a waste of time and they have already accomplished all there is to do in life. These are important findings as they tell us more about the way people with memory and thinking concerns find meaning in focusing on the present and find ways to maximize their well-being in the current time.

Where do we go from here? First, we can start by valuing the perspective of our friends, neighbors, and family members who have memory problems and meeting them where they are in their life. If they are more interested in focusing on the present moment then we should find ways to enhance those moments by doing activities that they enjoy. You could try volunteering together at a local hospital, nursing home, or service agency. You could also try getting involved in supporting charity organizations or helping out in research studies. Focus on the importance of this every day, not just the days you are doing these things together.

If you need help with this or any other related issues, please call the Center on Aging at 859-323-5550 and ask to speak with Robin or Marie, our family support specialists.

BRAIN TEASERS FOR BRAIN HEALTH!

WORD SCRAMBLE & DATE TEASER: please answer the questions below and place the numbered clues in the appropriate spaces to solve the puzzle.

Things related to brain health:

cseixree – – – – – – – – 1

ciyttvai – – – – – – 4

enlngira – – – – – – 6

What date was America discovered? 2 3

When was the Empire state building completed? – – 5

Puzzle question: What you should do to fight for your brain health and help defeat Alzheimer’s disease?

1  4  6  5  3  5  2  5  5  2

Answer: Call: 323-1331, and Sarah will help you find a clinical research activity right for you!
How much & what type of exercise is best for brain health? Explore our latest research findings!

We have long been touting the benefits of exercise for brain health for the prevention of Alzheimer’s disease and related disorders. Exercise increases the body’s circulation of brain-derived neurotrophic factor (BDNF). BDNF is produced by the liver and is, in essence, a Miracle-Gro for the brain. It allows new nerve cells to be born in the memory areas of the brain. This data has led to the development of multiple clinical trials to demonstrate these effects and the Sanders-Brown Center on Aging has been selected to be involved in such research.

The questions we most commonly get: What type of exercise should we do? How much exercise is needed for brain health benefits? We have recently looked at these questions in a study based on information provided by our research volunteers, and the findings are fascinating!

While all exercise is helpful, we have found a dose-response profile for exercise that is similar to what we see for most medicines. This pattern is called an inverted u-shape dose-response curve. This means that too much or too strenuous exercise is just as unhelpful as little to no low impact exercise in stimulating brain health. This discovery which is being presented at the American Academy of Neurology this spring in Washington, D.C. found that moderate-intensity aerobic exercise activities such as brisk walking, swimming, or other non-strenuous sports activities were most associated with normal brain function on annual memory and thinking tests.

Simply walking briskly 30 minutes a day may be more effective for brain health than any medicine, nutritional supplement, or other daily activity. The take home message here is that you don’t have to do strenuous physical activity to make a difference for your brain health. As our data shows, the old adage, “everything in moderation” holds true in regards to physical activity. So get out once a day and start walking for your brain’s health!

Clinical trials for the prevention and treatment of AD

The participation from volunteers in our healthy brain aging research program is incredibly important and has led to many extremely important scientific and medical discoveries related to healthy brain aging and Alzheimer’s disease. Just as important, participation in clinical trials of experimental medicines, nutritional supplements, and lifestyle changes including diet and exercise. The Sanders-Brown Center on Aging Clinic leads the field in these activities, and the contributions from our research volunteers keeps the field moving forward.

Participation in clinical trials has led to discoveries that are moving us closer to a cure for Alzheimer’s disease. For those who have not engaged in clinical trials, we encourage this. Participation in clinical trials is voluntary, and our staff can help decide if a research study and which study is right for each person.

Volunteers to participate in studies are needed for several studies. One such study is a National Institute of Health funded trial for people with normal memory who are not taking cholesterol lowering medicines. Also, a national A4 prevention trial (www.a4study.org) for people with normal memory who are at high risk for developing Alzheimer’s disease.

If you would like more information on these or other research opportunities, please call us at 859-323-1331.

***The End of Alzheimer's starts with you***
What’s really in these nutritional supplements? (cont. from page 1)

that their products are safe and properly labelled, supplements are exempt from the FDA’s strict approval process for prescription drugs. This is an industry that lies in a gray-zone of questionable regulation. The non-profit American Botanical Council estimated that the 2013 sales of supplements in the US was $6 billion. Considering the size of this market, promoting such products is clearly a financially lucrative endeavor.

So if the supplements do not contain the ingredients that are advertised, what do they contain? The report identified a myriad of fillers in most products including wheat, rice, beans, and even common houseplants! This raises concerns for people with allergies or other interactions with such fillers.

David Schardt, a nutritionist at the Center for Science in the Public Interest, is urging the FDA to tighten oversight of this industry. Until that time, “caveat emptor” or “buyer beware” is the best advice!

“Mind Matters” Health Fair (cont. from page 1)

This year our program will focus on nutrition with exhibitors including local farmers and community agencies that focus on healthy eating. Our exhibitors will also include scientists from Sanders-Brown Center on Aging Clinic, a variety of local and statewide resources for older adults, as well as information for anyone who is interested in boosting their brain health! Chef Ouita Michel will be returning again this year for a live cooking demonstration and catered lunch that is absolutely free of charge.

All are welcome to attend and bring friends and family with you. Brain health is for everyone, young, and old alike!

No RSVP is needed, but if you have questions about the event or need directions, please call the center at (859) 323-5550.

WHEN: MAY 18, 2015, 10:00 AM-2:00 PM
WHERE: FAYETTE COUNTY EXTENSION OFFICE
1140 RED MILE PLACE, LEXINGTON, KY

See map above or call us at (859) 323-5550 for directions!