



University of Kentucky's Sanders-Brown Center on Aging

PREADVISE Bulletin Board

Newsletter for the SELECT men in PREADVISE

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A primer on Alzheimer's disease

Alzheimer's disease is an age-related and irreversible brain disorder that develops gradually and results in memory loss, behavior and personality changes, and a decline in other cognitive abilities, such as thinking, decision-making, and language skills. These losses are related to the breakdown of the connections between certain nerve cells in the brain and the eventual death of many of these cells. AD is one of a group of disorders, termed dementias, that are characterized by cognitive and behavioral problems. The course of this disease varies from person to person, as does the rate of decline. On average, patients with AD live for 8 to 10 years after they are diagnosed, though the disease can last for up to 20 years. AD

advances progressively, from mild forgetfulness to a severe loss of mental function. In most people with AD, symptoms first appear after age 60. Although the risk of developing AD increases with age, AD and dementia symptoms are not part of normal aging. AD and other dementing disorders are caused by diseases that affect the brain. The increasing number of people with AD and the costs associated with the disease mean that AD puts a heavy economic burden on society. The annual national direct and indirect costs of caring for people with AD are estimated to be as high as \$100 billion (Ernst and Hay, 1994; Ernst et al., 1997; Huang et al., 1988). AD's impact is seen not only in the numbers who develop the

disease and the cost to society, but also in its effects on people with the disease, their families, friends and caregivers. Slightly more than half of AD patients receive care at home, while the remainder are cared for in a variety of health care institutions. During their years of care-giving, these spouses, relatives, and friends experience emotional, physical, and financial stress. They watch their loved ones become more and more forgetful, frustrated, and confused. Eventually, the person with AD will not even recognize his or her nearest and dearest relatives and friends. ■

Excerpted from the [2003 Progress Report on Alzheimer's Disease](#) published by the U.S. Department of Health and Human Services.

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What is the Chinese Zodiac? 猪

The Chinese have named years after animals for thousands of years.

In fact, the Chinese zodiac system is extremely complex, based on an ancient agricultural calendar.

In addition to the twelve animals, there are the elements (Water, Wood, Fire, Earth and Metal), hours (12 two hour periods), directions, stones, months and seasons.

The Twelve Animals

The origin of the twelve animals, which are honored with a year each, is rich in legends and myths. A commonly held belief is that the Buddha decided to invite all the animals of the earth to visit him on New Years Day.

However, despite preparing for the biggest party since the disembarkation of Noah's Ark, only 12 animals arrived. They were the Rat, the Ox, the Tiger, the Hare, the

Dragon, the Snake, the Horse, the Sheep, the Monkey, the Rooster, the Dog, and the Pig.

The Buddha decided to honor his guests by awarding each a year of its own. The system is influenced by Yin (female) and Yang (male) cosmic force which is said to be an interpretation of universal harmony and balance. The animals are as follows:

Continued on page 2

Quotes to remember

Of memory, which makes so large a part of the excellence of the human soul, and which has so much influence upon all its other powers.

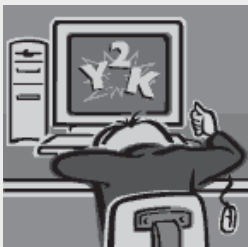
Samuel Johnson, Rambler #41 (August 7, 1750)



"We don't know a millionth of one percent about anything."
- Thomas Edison

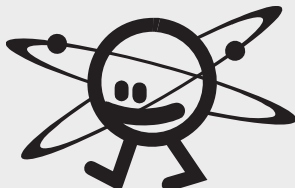


Bad Predictions



"There is no likelihood man can ever tap the power of the atom... Nature has introduced a few foolproof devices into the great majority of elements that constitute the bulk of the world, and they have no energy to give up in the process of disintegration."

- Robert Andrews Millikan, winner of the 1923 Nobel Prize for Physics.



From the book **Bad Predictions** by Laura Lee



Fact: Only about 1.6 percent of the water on Earth is fresh. Most of it is locked — unusable for living things — in snow and the ice at the poles, and on the peaks of the highest mountains.



"Not life, but good life, is to be chiefly valued."

- Socrates

Chinese Zodiac *continued from page 1*

Rat

1900 1912 1924 1936
1948 1960 1972 1984
1996 2008

Lucky Numbers: 1, 4, 5, 10, 11, 14, 41, 45, 51, and 54

Rats are charming creatures, contrary to their reputation in the animal kingdom. Amusing and intelligent, they love socializing and attract a wide circle of friends. However, these relationships can be short-lived, since Rats adore gossip.

Although they can be quick to anger, Rat people are able to conceal their

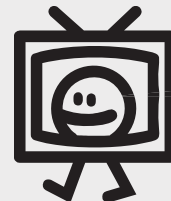
negative feelings beneath a calm, cool exterior.

Rats are acquisitive, salt-ing away their money in an effort to feel secure. They are ambitious and persistent, often being successful in business enterprises. However, in this context as in their personal lives, Rats need constant communication and support. They thrive on a frenzy of activity in a variety of fields, in both work and recreational spheres.

Continued bottom of page....

Did you know?

Actor Jamie Farr, who played Klingon on *M*A*S*H*, was the only member of the television show cast who actually served as a soldier in the



Ko-rean

Totally useless trivia

The North Atlantic Deep Water Current is an oceanic "river" that carries twenty times more water than all the rivers of the world put together.

Forty-six percent of the world's water is in the Pacific Ocean. The Atlantic has 23.9 percent; the Indian, 20.3; the Arctic, 3.7 percent

A hibernating woodchuck breathes only ten times per hour. An active wood-

chuck breathes 2,100 times an hour.

The venom of the king cobra is so deadly that one gram of it can kill 150 people. Just to handle the substance can put one in a coma

Natural gas has no smell. The odor is artificially added so that people will be able to identify leaks and take measures to stop them.

The first lightweight lug-

gage designed for air travel was conceived by aviation pioneer Amelia Earhart.

Mussels can thrive in polluted water because of an inborn ability to purify bacteria, fungi, and viruses.

The largest snowflake on record measured 8 inches in width.

The smell of a skunk can be detected by a human a mile away.



Chinese Zodiac *continued?*



Ox

1901 1913 1925 1937
1949 1961 1973 1985
1997 2009

Lucky Numbers: 1, 3, 5, 12, 15, 33, 35, 51 & 53

Ox people are placid and stable, utterly reliable and tenacious. They are true survivors, doggedly plodding through life's obstacles and pitfalls to achieve their chosen aims.

Ox people are careful

about who they take into their confidence, but once you have earned their trust, you will enjoy their sympathy, sound advice and willingness to give constructive help when the situation arises. Although tolerant and easy-going, it is dangerous to push the Ox too far: he or she makes a formidable and long-lived enemy.

No strangers to domesticity, Ox people make excel-

lent parents and caring, loyal partners. You may find them looking after the elderly, large numbers of children, or the sick.

Tiger

1902 1914 1926 1938
1950 1962 1974 1986
1998 2010

Lucky Numbers: 4, 5, 7, 9, 13, 34, 44, 45 & 54

Tiger people are powerful and courageous in line with their animal counter-





parts. Together with their capacity for original, creative thought, Tigers are natural leaders. However, while occupying their elevated positions in society, Tiger people can be selfish and stubborn, exercising an unwillingness to take heed of or trust others beneath them. They have a rebellious streak and tend to resent their elders or anyone in a position of authority above them.

Tigers can be wild creatures, lacking in stability and prone to restlessness. Quick to become bored, they thrive on vari-

ety and constant challenge. Tigers are not easily tamed; they value their freedom and independence too much.

Hare

1903 1915 1927 1939
1951 1963 1975 1987
1999 2011
Lucky Numbers: 1, 3, 5, 9, 15, 19 and 35

Hares are sensitive and intuitive creatures that love the company of others, seeking the warmth and security of a one-to-one relationship. They make responsive companions; tactful, respectful and sympathetic.

Hares will do anything to keep the peace: they will back off at the first sign of trouble.

Naturally reserved, Hares may withdraw into the safety of their own private, untouchable world. They are highly cautious and seek the tranquility and security of a real home above all things. Often lucky financially, Hares have an uncanny sense for picking a winner and make good gamblers, disciplined as they are by their innate caution. ■ **To be continued in the next issue...**



Causes of dementia

Causes of Dementia

Dementia is the loss of cognitive functioning - thinking, remembering, and reasoning - to such an extent that it interferes with a person's daily life and activities. It is not a disease itself, but a group of symptoms that often accompanies a disease or condition. Some dementias are treatable or curable; others are less responsive to treatment.

Treatable Causes of Dementia

- medication side ef-

fects

- depression
- vitamin B12 deficiency
- chronic alcoholism
- certain tumors or infections of the brain, blood clots pressing on the brain, metabolic imbalances, including thyroid, kidney, or liver disorders

Other Causes of Dementia

- Alzheimer's disease
- vascular dementia
- Fronto-temporal

dementia, including:

- Fronto-temporal dementia with parkinsonism linked to chromosome 17 (FTDP-17)
- Pick's disease
- supranuclear palsy
- Cortico-basal degeneration



Interesting Town Names

- Camel Hump, Wyoming
- Nothing, Arizona
- Dunmovin, California
- Imalone, Wisconsin
- No Name, Colorado
- Satan's Kingdom, Vermont
- Two Egg, Florida
- Sweet Lips, Tennessee
- Kickapoo, Illinois
- Hopeulikit, Georgia
- Hot Coffee, Mississippi

Egg on your face (uh, head)

Before the invention of mass-marketed hair care products, households were pretty much on their own concocting family shampoos and conditioners. This suggestion was published in "The New England Economical House-keeper and Family Receipt Book" in 1847: "Perhaps the best of all shampoos is the yolk of an egg beaten up with

a pint of soft warm water. Apply at once and rinse off with castile or other hard white soap." ■



"If you smile when no one else is around, you really mean it."
- Andy Rooney



Interesting Fact

Grizzly bears, black bears, hummingbirds, and other animals hibernate in the winter because a long, chilly season of little food and warmth is no picnic for these animals. Unlike the warm seasons of spring and summer that provide an unlimited amount of food for these critters, the winter season only provides a cold, frozen ground where food is extremely scarce.

In addition, the wintry days are frigid and short while the hours in the dark night seem to drag on for a chilly eternity. Searching for grub often leaves the stomachs of these animals empty because by the end of their search their bodies end up burning more calories than the animals get back from the food when and if any is found. So instead of starving or freezing to death, these animals decide to pack it all in for the long haul and hibernate during the winter months.

Hibernation helps these animals survive in the roughest and toughest conditions. By hibernating, an animal decreases its body's energy needs to a bare minimum. Hibernation is a process of lowering an animal's body temperature and slowing down its heartbeat into order to conserve energy during times of scarcity and stress.

Animals hibernate in different ways. While squirrels can wake up every four days to grab a bite to eat and take a trip to the bathroom, black bears can stay dormant, or inactive, for up to seven months with no food, water, or visits to the bathroom.



"I like to take things slow. So I'd like to have our second date 3 years from now."

"The mind is not a vessel to be filled, but a fire to be kindled."
- Plutarch

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PREADVISE update

The number of PREADVISE participants is now more than 5200. Many thanks to each of you who are participating in our important study.

P.S. Please remember to take your supplements, and remember that your SELECT nurse looks forward to seeing you at your next visit.

Solve this puzzle:
What is the missing slice?



Answer on bottom of page 2

Vocabulary Builder

inalienable

Pronunciation: /in-AYL-ye-na-bel/adj : incapable of being withdrawn, surrendered, or transferred

"The Declaration of Independence states that everyone is endowed with certain inalienable rights"

circumspection

Pronunciation: /SUR-kum-spect-shun/n : cautious observation and thought

"Fearing the consequences, she handled each problem with increased circumspection."

vituperative

Pronunciation: /vi-TU-per-at-iv/
adj : marked by or showing harsh and severe censure

"He became vituperative upon discovering the extent of the damage to the car."

We're on the web:

www.mc.uky.edu/preadvise

How would you rearrange the letters in the words "new door" to make one word? Only one word is correct.



Answer, bottom of page 2

The name sounds familiar

Baby Ruth was the daughter of Grover Cleveland, the first child to be born in the White House. In the 1920s, a marginally successful confection called Kandy Kake changed its name to Baby Ruth, in honor of the White House kid. It soon became the best-selling candy in America. Many people erroneously believe that the candy bar was named for baseball great Babe Ruth. It was not. In fact, Ruth once tried to market his own brand of candy, and the Curtiss Candy Company took him to court. Babe Ruth was forbidden to use his own name on the candy to avoid confusion with Baby Ruth. ■

From the book **The Name's Familiar** by Laura Lee



Gabriel Daniel Fahrenheit was born in 1686 in Danzig, Poland, and was raised in

Holland and England. After failing as a merchant, he developed an interest in meteorology. Among his contributions were a pumping device for draining the Dutch polders; a hygrometer, for measuring atmospheric humidity; and a thermometer that used mercury instead of alcohol.

Of course, a thermometer really does no good unless there are numbers on it, so he developed a temperature scale, too. On his scale, 32 degrees is the freezing point of water, and 212 degrees is the boiling point. This scale is called Fahrenheit. Later a Swede from Stockholm would suggest a more logical scale, with a temperature range of 0-100. His name was Anders Celsius. ■

From the book **The Name's Familiar** by Laura Lee



"I used to work in a fire hydrant factory. You couldn't park anywhere near the place."
- Steven Wright

"There are many ways of going forward, but only one way of standing still."
- Franklin D. Roosevelt



"Your qualifications are top notch. However, you don't mention any experience in digging or chewing up things."



"You must've really been tired last night. You put the diaper on the dog."

