

About Memory

We've all forgotten a name, where we put our keys, or if we locked the front door. It's normal to forget things once in a while. However, forgetting how to make change, use the telephone, or find your way home may be signs of a more serious memory problem.

Jeanne's story:

Jeanne couldn't find her car keys. She looked on the hook just inside the front door. They weren't there. She searched in her purse. No luck. Finally, she found them on her desk. Yesterday, she forgot her neighbor's name. Her memory was playing tricks on her. She was starting to worry about it. She decided to see her doctor. After a complete check-up, her doctor said that Jeanne was fine. Her forgetfulness was just a normal part of getting older. The doctor suggested that Jeanne take a class, play cards with friends, or help out at the local school to sharpen her memory.

What is mild forgetfulness?

It is true that some of us get more forgetful as we age. It may take longer to learn new things, remember familiar names and words, or find our glasses. These are usually signs of mild forgetfulness, not serious memory problems. But, if you're worried about your forgetfulness, see your doctor. You also can do many things to help keep your memory sharp. Finding a hobby, spending time with friends, eating well, and exercising may help you stay alert and clear-headed.

Here are some ways to help your memory:

- Learn a new skill.
- Volunteer in your community, school, or place of worship.
- Spend time with friends and family whenever possible.
- Use memory tools such as calendars, to-do lists, and notes to yourself.

- Put your wallet or purse, keys, and glasses in the same place each day.
- Get lots of rest.
- Exercise and eat well.
- Don't drink a lot of alcohol.
- Get help if you feel depressed for weeks at a time.



What is a serious memory problem?

Serious memory problems affect your ability to carry out everyday life activities such as driving a car, shopping, or handling money. Signs of serious memory problems may include:

- Asking the same questions over and over again.
- Becoming lost in places you know well.
- Not being able to follow directions.
- Getting very confused about time, people, and places.
- Not taking care of yourself — eating poorly, not bathing, or being unsafe in your activities. ■

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Linking Headaches and Heart

New studies indicate that migraines can be dangerous warning signs for heart attacks. That's especially true for women who experienced migraine with aura, which is the most commonly visual or tingling sensation that comes on right before the migraine attack. A study of 27,840 women found that women over the age 45 who have migraine with aura (including sen-

sations like flashing lights, geometric patterns, or distorted vision) had a 1.7-fold increased risk of developing coronary heart disease. They also faced twice the risk of having a heart attack. "People with migraine should not lose perspective, however," said study author Tobias Kurth, M.D., assistant professor of preventive medicine at Brigham and Women's Hospital/

Harvard Medical School. "It is important to keep in mind that the biggest group of migraineurs — those without aura — do not have this increased risk." His advise for the 40 percent who have migraine with aura: Do as others do to reduce coronary risk, by eating better, exercising, and avoiding smoking and overeating.

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Quotes to remember

"Memory is the way of holding onto the things you love, the things you are, the things you never want to lose"

From the television series *The Wonder Years*



"It is not in the stars to hold our destiny, but in ourselves."
- William Shakespeare

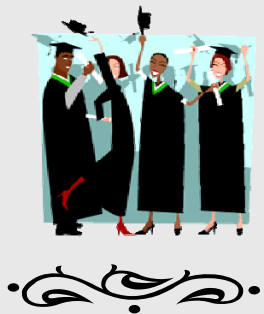
Bad Predictions



"A university education will be free to every man and woman [by the end of the 20th Century]. Several great national universities will have been established. Children will study a simple English grammar adapted to simplified English, and not copied after the Latin. Medical inspectors regularly visiting the public schools will furnish poor children free eyeglasses, free dentistry, and free medical attention of every kind."

- John Elfreth Watkins, Jr. "What May Happen in the Next Hundred Years" - 1900

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



"I was in darkness, but I took three steps and found myself in paradise. The first step was a good thought, the second, a good word; and the third, a good deed."
- Friedrich Nietzsche (1844 - 1900)

Linking Headaches and Heart (continued)

Early Warning Signs: Migraine attacks appear early in life and appear to affect as many as 2.1 million Americans, but many of them are not getting treatment with prescription drugs. Paul Winner, O.D., director of the Palm Beach Headache Center, estimated that 1 in 16 adolescents suffers from migraines - 6.3 percent of the total in his study. He said early identification and treatment of teens with migraines might prevent those headaches from evolving into chronic daily headaches.

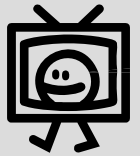
Source: *Neurology Now*, May/June 2006 ■

Diamonds are rare: an average of 350 tons of ore must be mined and processed to find an uncut diamond large enough to cut a single one-carat polished diamond. Of all the diamonds mined, only 20 percent are even suitable for jewelry.



Film director Alfred Hitchcock was fascinated with the power of the single-word film title, and used it 16 times:

- Blackmail
- Murder!
- Sabotage
- Rebecca
- Suspicion
- Saboteur
- Lifeboat
- Spellbound
- Notorious
- Rope
- Vertigo
- Psycho
- Marnie
- Topaz
- Frenzy
- Champagne



Totally Useless Trivia

It took three years of constant printing to complete Johann Gutenberg's famous Bible, which appeared in 1455 in two volumes, and had 1,284 pages. He reportedly printed 200 Bibles, of which 47 still exist.

Arthur Conan Doyle, author of the Sherlock Holmes stories, was an ophthalmologist by profession.

Electric eels are not really eels but a kind of fish. Although they look like eels, their internal organs are arranged differently.

Apache chief Geronimo's Indian name, *Goyathlay*, in English means "one who yawns." The Mexicans gave him the name Geronimo, which in Spanish means "Jerome." The number 4 is the only number, in the English

language, that has the same number of letters in its name as its meaning.

The only U.S. president born on the Fourth of July was Calvin Coolidge. The three presidents who've died on the Fourth of July were Thomas Jefferson and John Adams (both died in 1826), and James Monroe in 1831.



Alzheimer's Disease Centers (ADCs)

The Sanders-Brown Center on Aging at the University of Kentucky, is one of several Alzheimer's Disease Centers (ADCs) across the country. Researchers at NIA-funded Alzheimer's Disease Centers are working to translate research advances into improved diagnosis and care for Alzheimer's disease (AD) patients while, at the same time, focusing on the program's long-term goal--finding a way to cure and possibly prevent AD.

Areas of investigation range from the basic

mechanisms of AD to managing the symptoms and helping families cope with the effects of the disease. Center staff conduct basic, clinical, and behavioral research and train scientists and health care providers who are new to AD research.

Although each center has its own unique area of emphasis, a common goal of the ADCs is to enhance research on AD by providing a network for sharing new ideas as well as research results. Collaborative studies draw upon the expertise of sci-

entists from many different disciplines. Some ADCs have satellite facilities, which offer diagnostic and treatment services and research opportunities in underserved, rural, and minority communities.

For patients and families affected by AD, the ADCs offer: diagnosis and medical management (costs may vary--centers may accept Medicare, Medicaid, and private insurance),

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information about the disease, services, and resources. Opportunities exist for volunteers to participate in drug trials, support groups, clinical research projects, and other special programs for volunteers and their families.

Two national AD resources are listed at the end of the following list. The National Alzheimer's Coordinating Center coordinates data collection and fosters collaborative research among the ADCs. The National Cell Repository for Alzheimer's Disease maintains a database of family histories

and medical records and provides genetic researchers with cell lines and/or DNA samples.

States with ADCs:

- [Alabama](#) (1)
- [Arizona](#) (1)
- [Arkansas](#) (1)
- [California](#) (7)
- [Florida](#) (1)
- [Georgia](#) (1)
- [Illinois](#) (2)
- [Indiana](#) (1)
- [Kentucky](#) (1)
- [Maryland](#) (1)
- [Massachusetts](#) (2)
- [Michigan](#) (1)
- [Minnesota](#) (1)
- [Missouri](#) (1)

- [New York](#) (3)
- [North Carolina](#) (1)
- [Oregon](#) (1)
- [Pennsylvania](#) (2)
- [Texas](#) (1)
- [Washington](#) (1)

- [National Alzheimer's Coordinating Center \(NACC\)](#)
- [National Cell Repository for Alzheimer's Disease](#) ■

Source: National Institute on Aging (NIA)

"Clothes make the man. Naked people have little or no influence on society."
- Mark Twain (1835 - 1910)

Taking Medicines Safely

People age 65 and older take more prescription and over-the-counter medicines than any other age group. Older people as a group tend to have more long-term, chronic illnesses such as arthritis, diabetes, high blood pressure, and heart disease. Because they may have a number of health problems or issues at the same time, it is common for older people to take many different drugs. To avoid risk, and get the best results from your

medicines, here are some tips on how to take medicines safely and manage them wisely. Medicines can enter the body in many different ways. As drugs make their way through the body, many steps happen along the way. Understanding how medicines work in your body can help you learn why it is important to use medicines safely and effectively. There are two types of medications: drugs your doctor prescribes for you, called pre-

scription drugs, and those you can get without a doctor's prescription, called over-the-counter drugs. It is important to realize that over-the-counter products include many different substances such as vitamins and minerals, herbal and dietary supplements, laxatives, cold medicines, and antacids. If your doctor prescribes a medication for your condition, make sure that you find out as much about it as you can, and that you learn to take it properly. ■

Balance Problems

As people grow older, they may have difficulty with their balance. Roughly 9 percent of adults who are 65 and older report having problems with balance. Having good balance means being able to control and maintain your body's position, whether you are moving or remaining still. An intact sense of balance helps you walk without staggering, get up from a chair without falling, and climb stairs without tripping. Good balance is important to help you get around, stay independent, and carry out daily activities. Many people experience problems

with their sense of balance as they get older. Disturbances of the inner ear are the main cause. People feel unsteady, or as if they are moving, spinning, or floating. Vertigo, the feeling that you, or the things around, you are spinning, is also a common symptom. Experts believe that more than 40% of Americans will experience dizziness that is serious enough to go to a doctor. Balance disorders are one reason older people fall. Falls and fall-related injuries, such as hip fracture, can have a serious impact on an older

person's life. If you are prone to falling, it could limit your activities, or make it impossible to live independently. Many people often become more isolated after a fall. According to the Centers for Disease Control and Prevention, more than one-third of adults ages 65 years and older fall each year. Among older adults, falls are the leading cause of injury deaths. There are many ways to treat balance disorders. Treatments vary depending on the cause. See your doctor if you are experiencing dizziness, vertigo, or other problems with your balance. ■

Interesting Fact

What is a Busker? A Busker is a street performer. They owe their origins to the jesters and traveling minstrels who entertained Egyptian Pharaohs, and Middle Age Lords in years gone by.

To define what a Busker actually does, or is, takes some explaining. Literally defined as a person who entertains in public places for money, a Busker has no required set of skills. They can juggle, eat fire, play music, or ride a unicycle; among many other things. As appreciation for a Busker's performance, spectators are supposed to put coins in the performer-provided hat.

You can find Buskers in places all around the world, but not all areas welcome these street performers. Laws tend to lump Buskers together as either panhandlers or vendors. Panhandlers cannot be taxed, and are illegal, so these Buskers face prosecution if caught. Vendors sell goods, which is what a Busker's performance is termed, and they need a permit for tax purposes. This method has its drawbacks, as Buskers seldom make large profits in the first place. Often times they must be invited to perform at a location to avoid legal hassles. Whether making balloon art or using slapstick comedy to draw a crowd, the Busker is a unique performer that has been part of human culture for centuries.



"I appreciate your confidence, Peterson, but I'd ditch the Superman outfit and just go with a power tie."




Save Time and Money When You Cook

You do not have to spend a lot of time in the kitchen or a lot of money to eat well.

- Buy foods that are easy to prepare, like pasta and tomato sauce, dried rice and beans, or canned tuna packed in water.
- Plan ahead and cook enough food to have leftovers. Casseroles, meat loaf, and whole cooked chicken can feed your family for several days. (Be sure to freeze or refrigerate leftovers right away to keep them safe to eat.)
- Buy fresh fruits and vegetables that are in season. Buy only as much as you will use, so they will not go bad.
- Buy frozen or canned vegetables (no salt added) and canned fruit packed in juice. They are not as good for you as fresh produce, but will not go bad.
- Try canned beans like kidney, butter, pinto, or black beans. They are loaded with protein, cost less than meat, and make quick and easy additions to your meals.

If your local store does not have the foods you want, or their prices are too high, go to another store or your local farmers' market. Share a ride or the cost of a taxi with friends.

What grows when it eats, but dies when it drinks?

Answer, bottom of page 2



"I read that drinking a little wine is healthy. So I'm making up for the last couple of months."



The Name Sounds Familiar

Sakichi Toyoda created Japan's first power loom, which became the cornerstone of the Japanese textile machinery industry. To sell the looms, Toyoda built a company called Toyoda Shoten in the seaside city of Nagoya.

In 1935, his son, Kiichiro, expanded the family business to include automobiles. The first vehicle to be marketed by the fledgling automaker was the Model GI truck in 1935. But the road to automobile success was to be long. Auto manufacturing stopped at the plant during World War II. After the war, while United States automakers were experiencing booming sales, Japanese industry was slowly rebuilding. The automakers of Tokyo laughed at the idea of cars being built at Toyoda's loom works, located in the Japanese equivalent of the boondocks, but the Toyoda

family was not deterred. They worked with nearby supplier plants to produce the car as efficiently as possible.

When the company began exporting its car, they changed the spelling of the name to Toyota. They're not laughing any more. Today Toyota is Japan's biggest manufacturer and the world's second largest automaker, behind only General Motors. Recently, Toyota moved into 1st place worldwide, at least for now.



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



"If it weren't for electricity, we'd all be watching television by candlelight."
- George Gobel

"There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."
- Albert Einstein



"You said to just be sure to wash behind my ears. You didn't say anything about washing the rest of me."



Advice for Today

Aging and Your Eyes

Are you holding the newspaper farther away from your eyes than you used to? Join the crowd—age can bring changes that affect your eyesight. Some changes are more serious than others, but no matter what the problem, there are things you can do to protect your vision. The key is to have regular eye exams so you can find problems early.

Five Steps to Protect Your Eyesight

- Have your eyes checked every 1 or 2 years by an eye care professional. This can be an ophthalmologist or optometrist. He or she should put drops in your eyes to enlarge (dilate) your pupils. This is the only way to find some eye diseases, such as diabetic retinopathy, that have no early signs or symptoms. If you wear glasses, they should be checked too.
- Find out if you are at high risk for eye disease. Are you over age 65? Are you African-American and over age 40? Do you or people in your family have diabetes or eye disease? If so, you need to have a dilated eye exam.
- Have regular physical exams to check for diseases like diabetes and high blood pressure. These diseases can cause eye problems if not treated.
- See an eye care professional right away if you suddenly cannot see, or everything looks dim, or if you see flashes of light. Also see an eye care professional if you have eye pain, fluid coming from the eye, double vision, redness, or swelling of your eye or eyelid.
- Wear sunglasses that block ultraviolet (UV) radiation, and a hat with a wide brim when outside. This will protect your eyes from too much sunlight, which can raise your risk of getting cataracts.



Common Eye Problems

The following common eye complaints can be treated easily. Sometimes they can be signs of more serious problems. Some eye problems do not threaten your eyesight. Others are more serious diseases and can lead to blindness.

- **Presbyopia** (prez-bee-OH-pee-uh) is a slow loss of ability to see close objects or small print. It is a normal process that happens as you get older. Holding the newspaper at arm's length is a sign of presbyopia. You might also get headaches or tired eyes when you read or do other close work. Reading glasses usually fix the problem.
- **Floaters** are tiny specks or “cobwebs” that seem to float across your eyes. You might notice them in well-lit rooms or outdoors on a bright day. Floaters can be a normal part of aging. Sometimes they are a sign of a more serious eye problem such as retinal detachment. If you see many new floaters and/or flashes of light **see your eye care professional right away**. This is considered a medical emergency.
- **Tearing** (or having too many tears) can come from being sensitive to light, wind, or temperature changes. Protecting your eyes, by wearing sunglasses for example, may solve the problem. Sometimes, tearing may mean a more serious eye problem, such as an infection or a blocked tear duct. Your eye care professional can treat both of these conditions.
- **Eyelid problems** can come from different diseases or conditions. Common eyelid problems include red and swollen eyelids, itching, tearing, being sensitive to light, and crusting of eyelashes during sleep. This condition is called blepharitis (ble-fa-RI-tis) and may be treated with warm compresses. Other less common eyelid problems, such as growths, can be treated with medicine or surgery.



PREADVISE

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PREADVISE Update

Currently, more than 7200 SELECT men have chosen to join PREADVISE. We appreciate each of you, and your efforts to help us to defeat this mind robbing disease that affects so many people. Please ask your SELECT nurse about a special item from us, as our way of saying thank you for your participation.

Solve this puzzle:
What is the missing number?

3	2	9	1
5	6	2	2
1	8	2	4
4	5	?	1

Answer on bottom of page 2

Vocabulary Builder

concomitant

Pronunciation: /kon-KOM-it-ant/
n : existing concurrently with something else
"Illness is concomitant with poor nutrition."

desuetude

Pronunciation: /DES-wih-tood/
n : unused or abandoned
"After many years of desuetude, manual typewriters are gaining in popularity among writers."

predicate

Pronunciation: /PRED-uh-kayt/v : to base
"She won the debate even though her argument was predicated on false information."



Fold in half, staple, and place
mailing label here