

PREADVISE Bulletin Board

Newsletter for the SELECT men in PREADVISE

Volume 1, November 2004

Introducing our newsletter

Inside this issue:

The staff at PREADVISE would like to introduce you to the very first edition of the PREADVISE Newsletter "PREADVISE Bulletin Board." This newsletter was developed exclusively for the SELECT men who are taking part in PREADVISE. PREADVISE is now the largest-ever Alzheimer's disease prevention study, meaning that you are now participating in two largest-ever prevention studies. Studies like SELECT and PREADVISE can only be done because of the concern and dedication of men like you.

The purpose of this newsletter is to keep you informed of what is going on in the world of Alzheimer's research, and to present interesting, informative, and often timely

articles related to Alzheimer's disease, research, as well as other topics occasionally. At the same time, not wanting to bore you with all scientific stuff, we also want to make our little publication entertaining as well. So, in addition to the informative articles, each edition will include interesting and fun elements that will be recurring themes in future issues. For example, each issue will include "Quotes to remember" that will feature a quote pertaining to memory, from someone past or present. "Bad predictions" will feature someone's past prediction that didn't exactly quite work out as predicted. Each issue will also feature some "Totally useless trivia" about people and a variety of topics

(could possibly be of some use to some of you Jeopardy fans). And, "That name sounds familiar" will explore a well known name each issue. In addition, each issue will include a funny cartoon or two, and maybe even a brain teasing puzzle. Our plan is to publish two issues per year, in keeping with the frequency of the SELECT newsletter "Choice."

All of the staff at PREADVISE would like to convey a huge THANK YOU to each of you who are taking part in PREADVISE, and we hope you find something of interest in our newsletter. Our contact information is on the back page if you ever have any comments and/or suggestions. Sincerely, the PREADVISE staff.

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President Reagan's 1994 letter to the public

I have recently been told that I am one of the millions of Americans who will be afflicted with Alzheimer's disease. Upon learning this news, Nancy and I had to decide whether as private citizens we would keep this a private matter or whether we would make this news known in a public way.

In the past, Nancy suffered from breast cancer and I had my cancer sur-

geries. We found through our open disclosures we were able to raise public awareness. We were happy that as a result many more people underwent testing. They were treated in early stages and we were able to return to normal, healthy lives.

So now, we feel it is important to share it with you. In opening our hearts, we hope this might promote greater

awareness of this condition. Perhaps it will encourage a clearer understanding of the individuals and families who are affected by it.

At the moment I feel just fine. I intend to live the remainder of the years God gives me on this earth doing the things I have always done. I will continue to share life's journey with my beloved Nancy and my family. I plan to enjoy the great

Quotes to remember

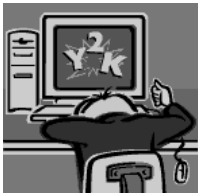
Memory: what wonders it performs in preserving and storing up things gone by—or rather, things that are.

Plutarch (circa 45–125 AD)
Greek author and Priest of the Delphic Oracle





Bad Predictions



"Discoveries which seem approaching their ultimate condition are telephony, photography, illumination and apparently labor-saving machinery in some of its fields, since the performance of some machines appears to have practically reached perfection...We cannot, indeed, well conceive of a greater activity of invention and a more rapid unfoldment of new processes than we have had before us in the nineteenth century...One by one each of the varied lines of invention will reach its ultimatum and gradually the activity of man in this direction decreases. While the twentieth century may be as active in the development of mechanism as the nineteenth has been, it seems unlikely to be more so, and in succeeding centuries, inventive activity must decline for want of fields in which to exercise itself."
- Charles Morris, the Marvelous Record of the Closing Century, 1899.



Reagan's letter continued

outdoors and stay in touch with my friends and supporters. Unfortunately, as Alzheimer's disease progresses, the family often bears a heavy burden. I only wish there was some way I could spare Nancy from this painful experience. When the time comes, I am confident that with your help she will face it with faith and courage.

In closing let me thank you, the American people, for giving me the great honor of allowing me to

serve as your president. When the Lord calls me home, whenever that may be, I will leave with the greatest love for this country of ours and eternal optimism for its future. I now begin the journey that will lead me into the sunset of my life. I know that for America there will always be a bright dawn ahead.

Thank you, my friends. May God always bless you. Sincerely, Ronald Reagan. ■

Totally useless trivia

There are 119 grooves on the edge of a quarter.

"The Star-Spangled Banner," written by Francis Scott Key, is ranked the most difficult national anthem on Earth to sing.

Each year, the average American consumes nearly two 14-ounce bottles of ketchup. Ketchup is found in 97 percent of U.S. households, beating out salt, pepper, and sugar.

The Red Sea got its name from the occasionally extensive blooms of algae that, upon dying, turn the sea's normally intense blue-green waters to red.

On his deathbed, writer Joel Chandler Harris (1856-1931), creator of the "Uncle Remus" stories, was asked whether he was feeling better. His last words were, "I am about the extent of a tenth of a gnat's eyebrow better."

Battling Alzheimer's Disease

Excerpted from the Spring 2004 issue of UK's award winning publication *Odyssey: An interview with Dr. Markesbery*.

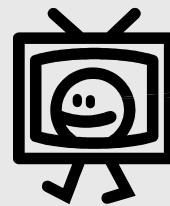
The risk of developing Alzheimer's increases with age. One out of every 10 persons 65 years and older is a victim of Alzheimer's disease, although some victims may be in their 40s and 50s. Approximately 20 percent of Americans between the ages of 75 and 84, and almost half of those 85 years and older suffer

from Alzheimer's disease.

Other risk factors under study are traumatic head injury, low education attainment, early low linguistic skills, high-fat and high-caloric intake, and genetics. What scientists are now calling "incipient" Alzheimer's—the earliest onset of the disease regardless of age—has

Did you know?

When talk show host Jay Leno was in fifth grade, his teacher wrote the following on his report card: "If Jay spent as much time studying as he does trying to be a comedian, he'd be a big star."



In 1996, measuring 6 feet 6 inches, "Sir" Charles Barkley was the shortest basketball player ever to lead the NBA in rebounding.

The U.S. interstate highway system requires that one mile in every five must be straight. These sections can be used as airstrips in a time of war or other emergencies.

been clearly shown to be genetic in origin. Three genes, Markesbery explains, account for less than 2 percent of cases of those with early-onset Alzheimer's disease. People in all of these at-risk categories may benefit from a study Markesbery is currently heading up. Funded by a \$5 million grant from the National

Institute on Aging, the study will pair vitamin E with selenium, an essential trace element found in all cells and tissues in the body. Selenium is found in water and food—seafood, meats and Brazil nuts, for example. Vitamin E is found in a wide range of foods, especially vegetables, vegetable oils, nuts, and egg yolks. This current project, which is called PREADVISE (Prevention of Alzheimer's Disease by Vitamin E and Selenium), will link up with SELECT (Selenium and Vitamin E Cancer Prevention Trial), a large National Cancer

Institute-sponsored study looking at the effects of these two substances in preventing prostate cancer.

The five-year PREADVISE study will examine a subgroup of 5,000 or more of the more than 32,000 men being recruited nationally for SELECT. "Like prostate cancer, Alzheimer's disease usually occurs later in life, so this study presents a unique opportunity to assess the impact of selenium and vitamin E on the beginnings of dementia," Markesbery says.

Interesting Town Names

- Burnt Corn, Alabama
- Nonesuch, Kentucky
- Fifty-Six, Arkansas
- Romance, Missouri
- Surprise, Indiana
- Diagonal, Iowa
- Waterproof, Louisiana
- Hell, Michigan
- Enough, Missouri
- Porkey, Pennsylvania
- Uncertain, Texas
- War, West Virginia
- Unalaska, Alaska

Interesting Fact

How do houseflies manage to land on the ceiling upside down?

Think about this one...When the fly is heading for the ceiling, it's flying right side up. When it lands on the ceiling it is upside down. At some point along the way it has to flip over. But when? And where? And how?

Scientists dispelled the prevalent theory that the fly performed a fighter pilot-like barrel roll just prior to landing by capturing this momentous event on film.

Freeze frames, from the high-speed cameras scientists used, proved that flies do not flip, but flop, as they land upon the ceiling. Prior to impact, the fly extends its forward legs over its head, makes contact, and uses the momentum it has gathered in flight to hoist the remainder of its body to the ceiling. Thus, the fly proves to be more of an acrobat, than a fighter pilot practicing his maneuvers.

Once the fly reunites all six feet on the ceiling, it keeps things dizzyingly exciting by gracefully tiptoeing across the ceiling, securing itself by using sticky pads found under the two claws attached to each of its feet. It is because of these sticky pads and the hairs on the legs that the fly is such a carrier of disease germs.

Did you know? The entire life of a house fly is spent within a few hundred feet of the area where it was born.

Stem Cell Research *Stem Cells: Scientific Progress and Future Research Directions.*

Since 1998, when human pluripotent stem cells were first isolated, research on stem cells has received much public attention, both because of its extraordinary promise and because of relevant legal and ethical issues. Underlying this recent public scrutiny are decades of painstaking work by scientists in many fields, who have been deciphering so many of the most funda-

mental questions about life with the goal of improving health.

In the last several decades, investments in basic research have yielded extensive knowledge about the many and complex processes involved in the development of an organism, including the control of cellular development. But many questions remain. How does a single cell—the fertilized

egg—give rise to a complex, multi-cellular organism? The question represents a fundamental challenge in developmental biology.

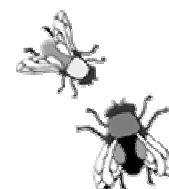
Researchers are now seeking to understand in greater detail the genetic factors that regulate cell differentiation in early development. Put simply, stem cells are self-renewing, unspecialized cells that can give rise to

multiple types of all specialized cells of the body. The process by which dividing, unspecialized cells are equipped to perform specific functions—muscle contraction or nerve cell communication, for example—is called differentiation, and is fundamental to the development of the mature organism. It is now known that stem cells, in various forms, can be obtained from the em-

bryo, the fetus, and the adult.

How and whether stem cells derived from any of these sources can be manipulated to replace cells in diseased tissues, used to screen drugs and toxins, or studied to better understand normal development depends on knowing more about their basic properties. In this respect, stem cell research is in many ways

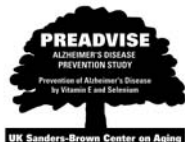
no different than many other areas of modern biology; it is advancing because new tools and new knowledge are providing the opportunities for new insights. Like all fields of scientific inquiry, research on stem cells raises as many questions as it answers.



University of Kentucky's Sanders-Brown Center on Aging

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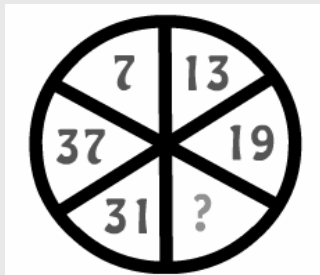
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We're on the web:

www.mc.uky.edu/preadvise

Solve this puzzle; what is the missing number?



Answer, bottom of page 2



"I, too, am making 7 figures. Unfortunately the first 3 of those figures are zeros."



Sanders-Brown Center on Aging

The Sanders-Brown Center on Aging at the University of Kentucky is responsible for research, education and service programs in aging. Faculty and researchers from many disciplines work together to explore the aging process and its implications for society. The University officially initiated its aging program in 1963 with the formation of a Council on Aging. In 1972, as a result of a grant from the Eleanor and John Y. Brown Jr. Foundation, funding was obtained for the construction of the current Sanders-Brown Research Building and, with additional funding from the state, a program in biomedical research was implemented within the University of Kentucky Chandler Medical Center. In 1979, the University emerged as a national leader in efforts to improve the quality of life for the elderly through research and education.

Currently located in a four-story building, as well as several annex facilities, the Center supports 32 fully-equipped research laboratories. More than 150 individuals comprise the staff of the Center. With the recent addition of more than 30,000 square feet to the existing Sanders-Brown building, the Center now has a building that is able to accommodate the recent dramatic growth, increase the opportunity for communication among researchers, and further facilitate the operation of the Center's numerous education and service programs.

The Center is directed by William R. Markesbery, M.D., (Professor of Pathology and Neurology).

The Sanders-Brown name comes from the names of two of its benefactors, Colonel Harlan Sanders, founder of the Kentucky Fried Chicken fast food chain, and former Kentucky Governor, and subsequent owner of Kentucky Fried Chicken, John Y. Brown, Jr.

The name sounds familiar

James Bond, known to his friends as Jim, was a Philadelphia ornithologist and the author of a book called *Birds of the West Indies*.

While the bird-watching book may not have been a bestseller, it did catch the attention of an Englishman named Ian Fleming. At the time, Fleming was living in Jamaica and writing a book of his own. It was the story of an as yet unnamed British secret agent who had the code name 007.

One day, as Fleming was sitting at breakfast looking through his favorite non-fiction title, he found the perfect name for his hero: Bond, James Bond. Interestingly, the name Bond was not chosen because it was strong, exotic, or even memorable. As Fleming later

wrote, "It struck me that this name, brief, unromantic and yet very masculine, was just what I needed." Jim Bond didn't know about his fictional namesake until the early 1960s when he read an interview in which Fleming explained the origin of his character's name.

In 1961, Bond's wife, Mary, wrote to Fleming and half jokingly threatened to sue him for defamation of character. Fleming replied, "I must confess that your husband has every reason to sue me.... In return, I can only offer your James Bond unlimited use of the name Ian Fleming for any purpose he may think fit."



"It is the mark of an educated mind to be able to entertain a thought without accepting it."

- **Aristotle (384 BC - 322 BC)**



"No, I didn't download you. I gave birth to you!"

