

PREADVISE Bulletin Board

Newsletter for the SELECT men in PREADVISE

Volume 3, Issue 2 November 2006

Inside the human brain

The Three Main Players

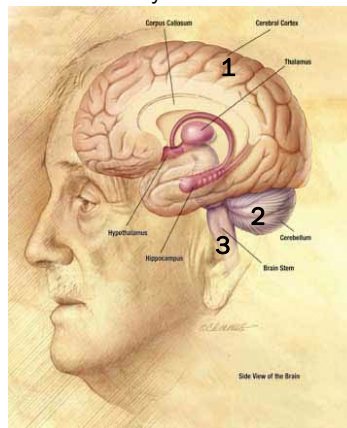
The cerebral hemispheres account for 85 percent of the brain's weight. The billions of neurons in the two hemispheres are connected by a thick bundle of nerves called the corpus callosum. Scientists now think that the two hemispheres differ not so much in what they focus on (the "logical versus artistic" notion), but how they process information. The left hemisphere appears to focus on the details (such as recognizing a particular face in a crowd). The right hemisphere focuses on the broad background (such as understanding the relative position of objects in a space). The cerebral hemispheres have an outer layer called the **cerebral cortex (1)**. This is where the brain processes sensory information received from the outside world, controls voluntary move-

ment, and regulates conscious thought and mental activity.

The **cerebellum (2)** takes up a little more than 10 percent of the brain. It's in charge of balance and coordination. The cerebellum also has two hemispheres. They are always receiving information from the eyes, ears, and muscles and joints about the body's movements and position. Once the cerebellum processes the information, it works through the rest of the brain and spinal cord to send out instructions to the body. The cerebellum's work allows us to walk smoothly, maintain our balance, and turn around without even thinking about it.

The **brain stem (3)** sits at the base of the brain. It connects the spinal cord with the rest of the brain. Even though it's the smallest of the three main play-

ers, its functions are crucial to survival. The brain stem controls the functions that happen automatically to keep us alive - our heart rate, blood pressure, and breathing. It also relays information between the brain and the spinal cord, which then sends out messages to the muscles, skin, and other organs. Sleep and dreaming are also controlled by the brain stem.



From ADEAR
Alzheimer's Disease Education & Referral Center: *Alzheimer's Disease: Unraveling the Mystery*

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猪 The Chinese Zodiac-continued from last issue

Dragon



1904 1916 1928
1940 1952 1964 1976
1988 2000 2012
Lucky Numbers: 3, 4, 5, 6,
15, 21, 34, 35, 36 & 45

Dragons are larger than life, befitting their mythological status in Chinese astrology. They will attract attention in any situation, even though it may not always be of a positive nature! Flamboyant, glamorous and strong-willed, the Dragon draws people to him or her like a mag-

net.

Full of energy, drive and ambition, Dragons are highly visible in society as politicians, film stars, pop stars and entrepreneurs - always in the forefront of their chosen fields.

However, prepare yourself for the Dragon's lack of consideration for others. He or she can be unfaithful or unreliable but you will doubtless be persuaded to give them a second chance, such is their attraction.

Snake



1905
1917 1929 1941 1953
1965 1977 1989 2001
2013
Lucky Numbers: 1, 2, 4, 6,
13, 24, 42 & 46

Snakes are often physically attractive but in addition they have a flair for creating just the right look for any occasion by judiciously applying a few individual and creative touches. They have a special gift for rec-

Continued on page 2

Quotes to remember

"Lord, keep my memory green."

Charles Dickens (1812-1870), English novelist

"Every Man's memory is his private literature."

Aldous Huxley (1894-1963), English novelist and essayist





Bad Predictions



"Between changed environmental factors and better drugs, coronary heart disease will be pretty well licked by 2000."

- Dr. Irvine Page of the Cleveland Clinic, 1966.



"There is no hope for the fanciful idea of reaching the moon, because of insurmountable barriers to escaping the earth's gravity."

- University of Chicago astronomer Dr. F. R. Moulton, 1932.



A car traveling at a constant speed of 60 miles per hour would take longer than 48 million years to reach the nearest star (other than our Sun), Proxima Centauri. This is about 685,000 average human life-times.

猪

ognizing potential where few other people would, and helping to fulfill it to great effect. This trait helps Snakes to succeed in business. Snakes have a subtle way of leading people into thinking that they are supremely knowledgeable in whatever field suits their purpose at the time. However, they would not stoop to telling downright lies.

Often romantic, snakes are attentive to the changing moods and appearance of their nearest and dearest, although they will quickly become morose if this attention is not reciprocated.

Horse

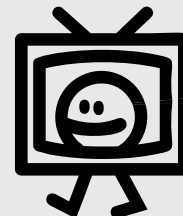


1906 1918 1930 1942
1954 1966 1978 1990
2002 2014
Lucky Numbers: 1, 3, 4, 8, 13, 14, 41 & 43

Horses are popular, friendly creatures but can have a fiery, rebellious latent tendency. They are physically energetic, strong and enduring, and will invariably work hard at any job. However, they may be over-enthusiastic and single-minded about a pet project and behave somewhat impetuously and pig-headed. Horse people are prone to falling hopelessly in love and become blind to the world outside.

Award-winning actor Ernest Borgnine's real name is Ermes Effron Borgnine.

The letter "F" in Academy Award-winning actor F. Murray Abraham's name abbreviates "Fahrid."



Totally Useless Trivia

The optimum depth of water in a birdbath, says the Audubon Society of America, is two and a half inches. Less water makes it difficult for birds to take a bath; more makes them afraid.

Months that begin with a Sunday will always have a "Friday the 13th."

In England a quarter penny was originally known as a fourthing - when coins were cut into pieces to make change. Farthing is a corruption of fourthing.

James McNeill Whistler's best known painting, often called "Whistler's Mother," is actually titled "Arrangement in Black and Gray: The Artist's Mother."

The only active diamond mine in the United States is in Arkansas

The letter "W" is the only letter in the alphabet that doesn't have just one syllable - it has three.

The musical term "honky tonk" comes from black

slang for "gin mill" - later it was used to describe spirited music that thrived in such places in the 1930s.

The woolly mammoth, extinct since the Ice Age, had tusks almost 16 feet long.



The Chinese Zodiac - continued...

Sheep

1907 1919 1931
1943 1955 1967 1979
1991 2003 2015
Lucky Numbers: 3, 4, 5, 12, 34, 45 & 54



Sheep are gentle, selfless creatures - you will find many of them in the caring professions. They are often artistic but tend to follow an established tradition rather than create an original style. Consequently, they make skilled craftspeople. In fact, in all spheres of life Sheep people,

like the animals they are named after, are followers rather than leaders. They often lack a sense of direction and therefore can become lost and confused in life if they do not receive strong but kindly guidance. Left to their own devices, Sheep can be irresponsible and impractical. Sheep people can be great peacemakers, able to defuse an explosive situation with their considerable tact and diplomacy. They value security above all else.

Monkey

1908 1920
1932 1944
1956 1968 1980 1992
2004 2016



Lucky Numbers: 3, 4, 5, 7, 16, 23, 34, 45 & 54
Monkeys are multi-talented people, being quick of wit and highly adaptable. However, in view of their light-hearted natures and great sense of humor, their worth can be underestimated by other people who refuse to take

Interesting Facts

them seriously. If valued and encouraged, Monkeys can be extremely successful in business with their adeptness at making deals. Although delightful company, Monkeys can be unreliable and less than honest, even double-dealing in personal relationships. Therefore, the Monkey may find his or her associations short-lived and unfulfilled. In fact, Monkeys tend to have many different relationships in their lives before establishing a deep and lasting liaison. Monkeys are often gifted story-tellers, being drawn to the world of fantasy.

Rooster

1909 1921 1933
1945 1957 1969
1981 1993
2005 2017
Lucky Numbers: 1, 5, 6,
12, 15, 16, 24 & 51



Roosters are diligent, efficient and deeply committed, often working long and hard to achieve their chosen goals. However, they are prone to taking on more work than they can cope with and experiencing bitter disappointment when they fail. Roosters like to work on their own in their own

way and strongly react against any outside interference. They can be overbearing and bossy in their frustration with less-capable colleagues or partners. Roosters have a reputation for being forthright, but their honesty to the point of bluntness can cause them to lose friends. Inclined to the eccentric, Roosters adore adventure and make intrepid explorers of the world at large.

Dog

1910 1922 1934
1946 1958 1970 1982
1994 2006 2018
Dogs are blessed with many of the finer traits of



human nature. They are faithful and reliable, just like their animal counterparts, hard-working and anxious to give of their best. However, dogs can be rather conservative, reluctant to embrace new ideas and to develop. They can also be slow to learn, thus trying the patience of other signs. Dogs need close contact with other people. They are sympathetic, supportive, forgiving and discreet in human relationships. However, if a Dog takes a dislike to you, he or she can be highly critical and

sarcastic. Unfortunately, some suffer from a lack of belief in themselves.

Pig

1911 1923 1935 1947
1959 1971 1983 1995
2007 2019
Lucky Numbers: 1, 3, 4, 5,
8, 16, 18, 34, 41, & 48



Pig people set a worthy example to the other signs. They are caring of others, particularly their families which are of paramount importance in their lives. They have an unshakeable faith in human nature and are staggeringly tolerant of the weaknesses of others.

Pigs are highly industrious, taking great pains to carry out any task thoroughly and properly. They take great pride in their endeavors. Almost fanatically efficient and tidy, Pig people want to succeed only on the basis of their own merits and hard labor. The Pig may have few friends but they will be of the lifelong variety.



The University of Kentucky's Sanders-Brown Center on Aging is the home of the PREAD-VICE study.

Sanders-Brown is one of the original ten Alzheimer's Disease Research Centers, one of 19 national Geriatric Education Centers, one of five Commonwealth of Kentucky Centers of Excellence, and has received one of only four Commonwealth of Kentucky endowed chairs. The Center also receives strong support from local volunteers who participate in its programs. More than 3500 community volunteers have agreed to participate in research projects.



The first paper money notes printed in the United States were in denominations of 1 cent, 5 cents, 25 cents, and 50 cents. The U.S. Department of the Treasury first issued paper U.S. currency in 1862 to make up for the shortage of coins and to finance the Civil War.

"Glory is fleeting, but obscurity is forever."
- Napoléon Bonaparte



What is Dementia

The term "dementia" describes a group of symptoms that are caused by changes in brain function. Dementia symptoms may include asking the same questions repeatedly; becoming lost in familiar places; being unable to follow directions; getting disoriented about time, people, and places; and neglecting personal safety, hygiene, and nutrition. People with dementia lose their abilities at different rates. Dementia is caused by many conditions. Some

conditions that cause dementia can be reversed, and others cannot. The two most common forms of dementia in older people are Alzheimer's disease and multi-infarct dementia (sometimes called vascular dementia). These types of dementia are irreversible, which means they cannot be cured. Reversible conditions with symptoms of dementia can be caused by a high fever, dehydration, vitamin deficiency and poor nutrition, bad reactions to medicines, problems

with the thyroid gland or a minor head injury. Medical conditions like these can be serious and should be treated by a doctor as soon as possible. Sometimes older people have emotional problems that can be mistaken for dementia. Feeling sad, lonely, worried, or bored may be more common for older people facing retirement or coping with the death of a spouse, relative, or friend. Adapting to these changes leaves

some people feeling confused or forgetful. Emotional problems can be eased by supportive friends and family, or by professional help from a doctor or counselor.



"Nurse, get on the internet, go to SURGERY.COM, scroll down and click on the 'Are you totally lost?' icon."

Understanding social engagement. Evidence from studies of animals, nursing home residents, and community-dwelling older people has suggested a link between social engagement and cognitive performance. Older adults who have a rich social network and participate in many social activities tend to have reduced cognitive decline and decreased risk of dementia. In the NIA-funded Chicago Health and Aging Project, a high level of social engagement was associated with a significant reduction in cognitive decline. More research is needed to understand why social ties may have a protective effect. For example, is it simply because lifestyles that involve much social interaction and diverse social activities are cognitively challenging? Or, do these lifestyles contribute in some other way to brain reserve?

What Causes Alzheimer's Disease (AD)?

Scientists do not yet fully understand what causes AD. There probably is not one single cause, but several factors that affect each person differently. **Age** is the most important known risk factor for AD. The number of people with the disease doubles every 5 years beyond age 65. **Family history** is another risk factor. Scientists believe that **genetics** may play a role in many AD cases. For example, early-onset familial AD, a rare form of AD that usually occurs between the ages of 30 and 60, is inherited. The more common form of AD is known as late-onset. It occurs later in life, and no obvious inheritance pattern is seen in most families. However,

several risk factor genes may interact with each other and with non-genetic factors to cause the disease. The only risk factor gene identified so far for late-onset AD is a gene that makes one form of a protein called **apolipoprotein E (ApoE)**. Everyone has ApoE, which helps carry cholesterol in the blood. Only about 15 percent of people have the form that increases the risk of AD. It is likely that other genes also may increase the risk of AD or protect against AD, but they remain to be discovered. Scientists still need to learn more about what causes AD. In addition to genetics and ApoE, they are studying **education, diet, and environment** to learn what role they might play in the development of this disease. Scientists are

finding increasing evidence that some of the **risk factors for heart disease and stroke**, such as high blood pressure, high cholesterol, and low levels of the vitamin folate, may also increase the risk of AD. Evidence for **physical, mental, and social activities** as protective factors against AD is also increasing.

Scientists think that up to 4.5 million Americans suffer from AD. The disease usually begins after age 60, and risk goes up with age. While younger people also may get AD, it is much less common. About 5 percent of men and women ages 65 to 74 have AD, and nearly half of those age 85 and older may have the disease. It is important to note, however, that AD is *not* a normal part of aging.

The Name Sounds Familiar

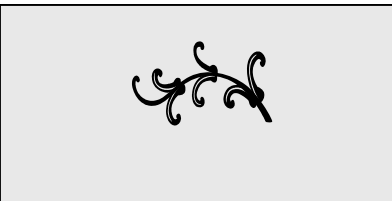
Mary Elizabeth Sawyer once owned a little lamb. It followed her to school one day, which was against the rules. So she hid the lamb under her shawl, under her desk, but everywhere that Mary went the lamb was sure to go. When it followed her to spelling class, it was discovered and thrown out by the teacher. It made the other children laugh and play to see the lamb at school, and it made one of the children, named Rawlston, write a rhyme.

Rawlston, sadly, died shortly after the incident, but Mary's Little Lamb and Rawlston's poem about it live on. Sawyer, who by then had the married name of Tyler, went on to sell pieces of wool from the little lamb at 10 cents each to raise money for the Old South Church in Boston. ■

William Russell Frisbee, in 1871, founded the Frisbee Pie Company in Bridgeport, Connecticut. Back in 1920, Frisbee pies became popular with students at Yale University. They discovered that not only could you eat the pie, but you could also play with the tin afterward. It was another 30 years before the Wham-O Toy Company, fresh from its success with the hula hoop, would try to market a flying saucer toy. Wham-O called its toy the Pluto Platter. In 1959, a company executive heard about the game they played at Yale and decided to change the product's name. Frisbee is remembered today, not for his pies, but for the aerodynamic properties of his pie tins. ■



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

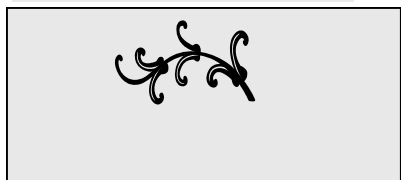


What object has keys that open no locks, space but no room, and you can enter but not go in?

Answer, bottom of page 2



"You should check your e-mails more often. I fired you over three weeks ago."



"If an animal does something, we call it instinct; if we do the same thing for the same reason, we call it intelligence."

- Will Cuppy



"I would refrain from catching frisbees in your mouth for awhile."





Advice for Today

Scientists are working to develop new drugs that someday may slow, reverse, or prevent the damage caused by Alzheimer's disease and other dementias. In the meantime, people who have no dementia symptoms can try to keep their memory sharp.

Some suggestions include developing interests or hobbies and staying involved in activities that stimulate both the mind and body. Giving careful attention to physical fitness and exercise also may go a long way toward keeping a healthy state of mind. Limiting the use of alcoholic beverages is important, because heavy drinking over time can cause permanent brain damage.

Many people find it useful to plan tasks; make "things to do" lists and use notes, calendars, and other memory aids. They also may remember things better by mentally connecting them to other meaningful things, such as a familiar name, song, or lines from a poem.

Stress, anxiety, or depression can make a person more forgetful. Forgetfulness caused by these emotions usually is temporary and goes away when the feelings fade. However, if these feelings last for a long period of time, getting help from a professional is important. Treatment may include counseling or medication, or a combination of both.

Some physical and mental changes occur with age in healthy people. However, much pain and suffering can be avoided if older people, their families, and their doctors recognize dementia as a disease, not part of normal aging.

Resources

The Alzheimer's Disease Education and Referral (ADEAR) Center is a service of the National Institute on Aging, part of the Federal Government's National Institutes of Health. The Center provides information to health professionals, patients and their families, and the public. Contact:

ADEAR Center

P.O. Box 8250
Silver Spring, MD 20907 8250
1-800-438-4380

www.alzheimers.org

The Alzheimer's Association is a nonprofit organization supporting AD research and offering information and support services to people with AD and their families. Contact:

Alzheimer's Association

225 N. Michigan Avenue, Suite 1700
Chicago, IL 60601-7633
1-800-272-3900

www.alz.org

Information about community resources is available from State and Area Agencies on Aging. Contact:

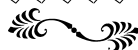
Eldercare Locator

1-800-677-1116

www.eldercare.gov

For more information on health and aging, contact:

National Institute on Aging Information Center



University of Kentucky's Sanders-Brown Center on Aging

101 Sanders-Brown Bldg.
800 South Limestone Street
University of Kentucky
Lexington, KY 40536

Phone: 866 846-1412
Fax: 866 846-1412
E-mail: preadvise@lsv.uky.edu

PREADVISE update

PREADVISE continues to enroll participants and more than 5700 SELECT participants have so far chosen to take part in this important study. The PREADVISE staff sincerely appreciates your decision to be part of our study. Beginning next issue, look for even more health related articles!

Your SELECT nurse looks forward to seeing you at your next visit!

Solve this puzzle:
What is the missing letter?



Answer on bottom of page 2



Vocabulary Builder

impugn

Pronunciation: /IM-PUNE/

v : to attack the integrity or credibility of : express doubts

"She feared that her dishonest actions impugned not only her reputation, but the reputations of her staff."

acrimonious

Pronunciation: /ak-ri-MOW-nee-us/

adj : full of bitterness and spite

"The bipartisan meeting turned acrimonious after somebody mentioned the President's latest proposal."

evanescent

Pronunciation: /ev-uh-NES-int/

adj : passing very quickly; transitory, ephemeral

"The evanescent nature of time has plagued philosophers from time-immemorial."

We're on the web:

www.mc.uky.edu/preadvise

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