



**Alzheimer Research Update: The New York Times, August 29, 2010, "Years Later, No Magic Bullet Against Alzheimer's" by Gina Kolata**

In a front page story, the Sunday *New York Times* reported that a National Institutes of Health panel of 15 medical researchers who had "no vested interests in Alzheimer's research" reported that there is basically no scientifically proved evidence on any way to either prevent or halt the progression of Alzheimer's Disease.

Studies were reviewed on the impact of exercise, mental stimulation, diet, social engagement, nutritional supplements, anti-inflammatory drugs, drugs that lower cholesterol or blood pressure — none showed a high level, or even a moderate level, of evidence that they decreased the risk of Alzheimer's Disease. Studies on the use of the "Mediterranean" diet, higher education levels, cognitive engagement and physical activity show only a low level of evidence on decreasing the risks. And studies on the use of Ginkgo biloba show a high level of evidence that taking this food supplement *does not affect the risk at all*.

The panel did state that there is a moderate level of evidence that individuals with a E4 gene variant of the ApoE gene, and that women who take the combination of estrogen and progestin therapy, do have an increased risk of getting Alzheimer's.

On August 9, 2010, Gina Kolata wrote, in "Spinal-Fluid Test is Found to Predict Alzheimer's," "Researchers report that a spinal fluid test can be 100 percent accurate in identifying patients with significant memory loss who are on their way to developing Alzheimer's Disease".

So we now have a test with 100% accuracy in predicting who will get Alzheimer's without good evidence on either how to treat it, or how to prevent or reduce the risk of getting this devastating disease.

At this time, the best way to help someone with Alzheimer's Disease is to provide good nutrition, a calm and supportive environment and a predictable routine to manage the symptoms of poor memory, weight loss, agitation, confusion, incontinence and impaired judgment.

**Call for Help**

It is often difficult for families to recognize Alzheimer's Disease. And once it is diagnosed, most individuals and families need help in coping with the consequences of this disease.

If your family or one of your clients, needs help call **Jill Hyatt at 414 963-2600**. She can arrange for an in-person meeting with one of our care managers. They have worked with hundreds of families over many years, and can provide valuable insight and help with the many problems of Alzheimer's. If help is needed in the home, our caregivers are thoroughly trained in helping people with Alzheimer's and other dementias. Having professionally trained and supervised assistance in the home can make a significant difference for most families.

**414.963.2600 [www.elderselectstaff.com](http://www.elderselectstaff.com)  
4485 North Oakland Avenue, Milwaukee, WI 53211  
1800 East Main Street, Waukesha, WI 53186**

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