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alzheimer's  association  
*Brain Matters*

August E-Newsletter

August 11, 2009

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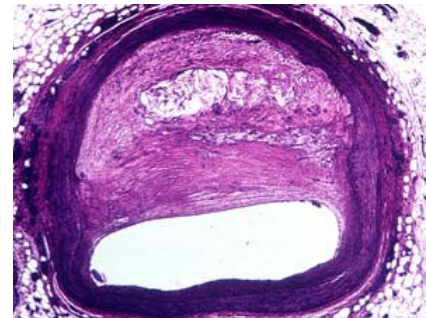
[Seven Acres Holds Lou Lewis Symposium for Professionals](#)

**Close caregiver relationship may slow Alzheimer's decline**



• **Midlife Cholesterol Linked To Dementia**

Attention 40-year-olds: This may be the time to start thinking about maintaining your brain. One action item: Check your cholesterol.



Recent studies suggest that high cholesterol levels in midlife raise the risk of Alzheimer's and dementia in later life.

"What's good for the heart is good for the mind," says researcher Rachel Whitmer of Kaiser Permanente. Her study, published in the journal *Dementia and Geriatric Cognitive Disorders*, found that even borderline-high cholesterol levels (200 to 239 milligrams per deciliter) in middle age raised the risk of late-life dementia by about 50 percent.

[Learn more - click here and on image.](#)

• **Get Involved with Memory Walk**



Nationally presented by  
**Genworth Financial** 

Click on the links below to get involved...

[Form A Team](#)

[Volunteer For Memory Walk](#)

## Study believed first to document potential impact of emotional closeness on course of disease

A study led by Johns Hopkins and Utah State University researchers suggests that a particularly close relationship with caregivers may give people with Alzheimer's disease a marked edge over those without one in retaining mind and brain function over time. The beneficial effect of emotional intimacy that the researchers saw among participants was on par with some drugs used to treat the disease.

A report on the study, believed to be the first to show that the patient-caregiver relationship may directly influence progression of Alzheimer's disease, is published in the September 2009 The Journals of Gerontology Series B: Psychological Sciences and Social Sciences and currently available online.

"We've shown that the benefits of having a close caregiver, especially a spouse, may mean the difference between someone with AD staying at home or going to a

## [Become A Memory Walk Sponsor](#)

(Gold level sponsorships and above received before August 12th will be included in our updated Memory Walk brochure

## • Upcoming Community Events



1. **August 17, 10am**  
[Reconnect: Communication with Persons with Dementia](#)  
*Temple Baptist Church*  
406 E Main St, **Clute**, 77531  
Info - call Katie 713-314-1383
2. **August 19, 7pm**  
[Maintain Your Brain](#)  
*Parker Williams Library*  
10851 Scarsdale Blvd. **Houston**  
Co-hosted by Houston Wellness Group -  
[RSVP](#)
3. **August 27, 7 PM**  
[Update on Alzheimer's Disease](#)  
*Houston Museum of Natural Science*  
Wortham IMAX Theater  
One Hermann Drive, **Houston**  
Registration 6:30P  
In collaboration with Baylor, and featuring Rachelle Doody, MD PhD  
*Free & Open to the Community*  
[Register on line](#)
4. **August 27 or September 3**  
[Early Stage Peer Group Screening](#)  
**Houston**  
*Contact Teri Miller at 713.314.1353, [teri.miller@alz.org](mailto:teri.miller@alz.org)*

## [Upcoming Events](#)

## • Education Survey Request

nursing facility," says Constantine Lyketsos, M.D., M.H.S., the Elizabeth Plank Althouse Professor in Alzheimer's Disease Research and director of the Johns Hopkins Memory and Alzheimer's Treatment Center.



[Read about caregiver support and dementia progression...](#)

**Please help us provide the programs you want.**

We're asking you to answer a few simple questions. We'll use your answers to help determine the direction of our upcoming educational programs. Please click on one of the two surveys below.

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### Quick Links...

- [Chapter Website](#)
- [Attend The Dynamo & Support Alzheimer's](#)
- [Become An Alzheimer's Advocate](#)
- [Upcoming Events](#)
- [Request A Care Consultation On-Line](#)
- [Visit Judy The Alzheimer's Mascot's Facebook Page](#)

[Survey for Professionals seeking CEUs](#)

[Survey for Community Education Programs](#)

Thank you for your help!!!

- **Seven Acres Holds Lou Lewis Symposium for Professionals**

The free Lou Lewis Symposium, will be held at Seven Acres on Wednesday, September 2, 2009. This year's speaker is William Matteson, Ph.D. Author of the [Caregivers Bible: Managing Behavior Problems in the Elderly](#). This program is limited to health care professionals. To attend, call 713-778-5707 or 713-778-5746, or drop an email to [achalk@sevenacres.org](mailto:achalk@sevenacres.org).

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### Chapter Events

- [Events In Beaumont & Southeast Texas](#)
- [Events In East Texas \(Nacogdoches/Lufkin area\)](#)
- [Events In Gulf Coast Area \(Wharton, Sugar Land, etc\)](#)
- [Run In The Chevron Houston Marathon And Support Alz January 17](#)

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