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alzheimer's  association
Brain Matters

Late March E-Newsletter

March 24, 2009

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Non-medical Therapies for Alzheimer's Disease Get Scientific Backing



As a cure for Alzheimer's disease continues to elude scientists, non-drug treatments-including mental and physical exercise and even caregiver support- are emerging as the best proven medicine for the disease, according to many of the latest studies presented at the 25th Conference of the Alzheimer's Disease International, which opened Wednesday in Thessaloniki, Greece.

Although the impact of these approaches has been understood anecdotally for years, the arc of Alzheimer's disease research has finally reached a point where non-drug treatment studies have

• **Could Lowering Blood Pressure Help Stop Dementia?**

WEDNESDAY, March 17 (HealthDay News) -- In the ongoing struggle to find treatments -- and maybe one day even a cure -- for dementia, researchers are focusing their attention on high blood pressure, long a culprit for a variety of other ills and an ailment for which many drugs are already available.



This coming fall, the U.S. National Institutes of Health will start enrolling participants in the largest trial thus far to see if lowering blood pressure even below current recommendations can reduce not only the risk of age-related cognitive decline, but also the risk of cardiovascular and kidney diseases.

The Systolic Blood Pressure Intervention Trial (SPRINT) will involve 7,500 people aged 55 and over who will be followed for a minimum of four years. The NIH is investing \$114 million in the endeavor.

[Read the full story](#)

• **Alzheimer's Detection Low Among Blacks, Hispanics**



More than 5 million people are living with Alzheimer's disease and other memory-robbing illnesses. It's the seventh

leading cause of death in the United States. And according to a new report from the Alzheimer's

continued long enough to constitute evidence-based research. That means these approaches are proven tools for those working to help people with the debilitating illness, which affects 5.3 million people in the United States, 26 million people worldwide. An irreversible brain disorder, Alzheimer's robs people of their memory and eventually impairs most of their mental and physical functions.

The proof that these therapies really work may also be good economic news: Non-drug therapies can save money, for individual families as well as state and local governments, by delaying entrance into nursing homes for those suffering from dementia, experts say.

[Read the AARP article](#)

Quick Links...

- [Chapter Website](#)
 - [Become An Alzheimer's Advocate](#)
 - [Upcoming Events](#)
 - [Request A Care Consultation On-Line](#)
 - [Professional Conference on May 7, 2010](#)
-

Chapter Events

- [Events In Beaumont & Southeast Texas](#)
- [Events In East Texas \(Nacogdoches/Lufkin area\)](#)
- [Events In Gulf Coast Area \(Wharton, Sugar Land, etc\)](#)
- [Events in Greater Houston area](#)

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Association, African-Americans and Hispanics are far more likely to develop the illness but less likely to be diagnosed - particularly early on when medicine and treatment can have a direct impact on how they live with the disease. [Listen to this report](#) hosted by Michel Martin who speaks about Alzheimer's and race with Maria Carrillo, senior director of medical and scientific relations at the Alzheimer's Association.

[More about dementia and minorities](#)

• Participate Early Stage Programs

The Chapter offers a number of programs targeting those who are recently diagnosed as well as those in the early stages of Alzheimer's. Recruitment is underway for the last Early Stage series before the summer - [click here to learn more.](#)



The next **Out and About Program** is at 2:30P on April 17 - attending the Alley Theatre production of *Harvey*. This program is intended for those with early-stage Alzheimer's and for their caregivers. Tickets are \$5 - contact Kristen at 713-314-1313.

Click on the picture above to read Roger Bateman's Public Policy experience in Washington DC. Roger is a participant in our Early Stage programs.

• Professional Education Programs



Visit our website to learn about the programs offered. Two professional programs of interest:

April 9, 11:30 - 1, [Dementia and Documentation: The Legal & Ethical Implications of Limited Capacity](#) (\$10, \$15 with CEUs)

May 7, 8:30A - 4P, [Schlichting Professional Conference](#)

[Visit our Chapter-wide Calendar](#)



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