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alzheimer's  association  
*Brain Matters*

September E-Newsletter

September 9, 2009

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• **Infections May Lead To Faster Memory Loss In Alzheimer's Disease**

ScienceDaily (Sep. 8, 2009) - Getting a cold, stomach bug or other infection may lead to increased memory loss in people with Alzheimer's disease, according to research published in the September 8, 2009, print issue of *Neurology*®, the medical journal of the American Academy of Neurology.



The study found that people who had respiratory, gastrointestinal or other infections or even bumps and bruises from a fall were more likely to have high blood levels of tumor necrosis factor- $\alpha$ , a protein involved in the inflammatory process, and were also more likely to experience memory loss or other types of cognitive decline than people who did not have infections and who had low levels of the protein.

[Read more...](#)

• **Walk To End Alzheimer's This Saturday in Katy**

**World Alzheimer's Day - September 21**



Every year on September 21, Alzheimer associations across the globe unite to recognize World Alzheimer's Day. This year, our Chapter is hosting several programs on World Alzheimer's Day. We hope you'll attend a program in



Nationally presented by  
Genworth Financial 

The season's first [Memory Walk](#) is this Saturday in Katy.  
**THE FACTS**

your area. We're hosting programs in [Houston](#), [Nacogdoches](#), and [Beaumont](#).

In each community we're hosting a program followed by a commemoration ceremony. Click on the location above for details.

In Houston, the Chapter is hosting a Town Hall Meeting featuring elected officials. We're seeking input to the State Plan on Alzheimer's Disease being developed through the State of Texas Department of Health Services, with help from the Texas Council on Alzheimer's Disease and the the five Texas Alzheimer's Association Chapters. The Houston & Southeast Texas Chapter is leading the effort to develop the Alzheimer's Research Goal for the plan. We're seeking input focused on that part of the plan. Please join us to provide input for the state plan:

**What:** Town Hall Meeting and World Alzheimer's Ceremony  
**When:** September 21, 6:30 - 8P  
**Where:** Rice University, Herring Hall Auditorium

**When:**  
Saturday, September 12  
8am

**Where:**  
LaCenterra at Cinco Ranch  
23501 Cinco Ranch Boulevard  
Katy TX 77494

**What:**  
5K (3 mile) walk for the whole family  
bring your kids and dogs

**Upcoming Walks:**  
[Orange, at Shangri La - September 19 at 9am](#)  
[Center, at Courthouse Square - September 26 at 9am.](#)

**VOLUNTEER TO HELP AT A WALK**

• **Legal Series Begins September 15**



The Chapter is offering a Legal Series on Alzheimer's & Dementia, running from September 15th - October 6th. Programs begin at 6:30P. A fee of \$20 per session or \$50 for entire 4 session series will be charged. All programs will be presented at the Alzheimer's Association Chapter Office, 2242 W. Holcombe Blvd., Houston, TX 77030. For info & registration, call Katie at 713-314-1383.

**Schedule: September 15th**  
**Taking Action: Preparing for Incapacity**  
*Presenter: Christina Leshner, JD, LBSW*  
Learn how to obtain legal documents necessary for decision making on behalf of a person with dementia.

**September 22nd**  
**Maneuvering Through the Financial Maze**  
*Presenter: Nancy Stone, JD, MPH*  
Gain an overview of financial options to families,

Quick Links...

- [Chapter Website](#)
- [Community Education Survey](#)
- [Become An Alzheimer's Advocate](#)
- [Upcoming Events](#)
- [Request A Care](#)

- [Consultation On-Line](#)
- [Caregiver Conference - Empowered For the Journey](#)

including Medicare & Medicaid

**September 29th**

**Long Term Care Planning & Placement**

*Panelists: Fran Floersheimer LBSW, GS, Alzheimer's Assn., Christina Leshner, JD, LBSW, Attorney at Law, & Doug Reuschel, CMC, LBSW, LNFA, Sundance Care Specialists*

Panel will discuss methods for the selection of care facility and the related concerns and issues.

**October 6th**

**VA Benefits Overview**

*Presenter: Patrick Wehrly, Texas Veterans Coalition*  
Participants will be provided an overview of benefits available to eligible veterans and their families.

**Upcoming Events**

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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](#)

## • **Link Between NFL Players and Alzheimer's Disease**



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## Memory Walks...

- [Katy Memory Walk - Sept 12](#)
- [Orange Mini-Walk at Shangri La - Sept 19](#)
- [Center Memory Walk - Sept 26](#)
- [Lufkin Memory Walk - Oct 3](#)

Until recently, the best medical definition for concussion was a jarring blow to the head that temporarily stunned the senses, occasionally leading to unconsciousness. It has been considered an invisible injury, impossible to test -- no MRI, no CT scan can detect it.

Recent studies using tissue from retired NFL athletes culled posthumously have found stunning results. Far from innocuous, invisible injuries, concussions confer tremendous brain damage. That damage has a name: chronic traumatic encephalopathy (CTE). CTE has thus far been found in the brains of six out of six former NFL players.

"What's been surprising is that it's so extensive," said Dr. Ann McKee, a neuropathologist at the Veterans Administration Hospital in Bedford, Massachusetts and Boston University's Center for the Study of Traumatic Encephalopathy (CSTE). "It's throughout the brain, not just on the superficial aspects of the brain, but it's deep inside."

CSTE studies reveal brown tangles flecked throughout the brain tissue of former NFL players who died young -

[richard.elbein@alz.org](mailto:richard.elbein@alz.org)

<http://www.alztex.org>

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- 713.314.1313

- some as early as their 30s or 40s. McKee, who also studies Alzheimer's disease, says the tangles closely resemble what might be found in the brain of an 80-year-old with dementia.

[Commentator Frank DeFord's thoughts...](#)

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