



June 2<sup>nd</sup>, 2012

## Diabetes Drug May Help Reverse Alzheimer's

Exciting Canadian research has found that a drug, originally developed to treat diabetes, may actually reverse the memory loss of Alzheimer's Disease! It appears the drug is capable of blocking the toxic effects of amyloid protein, thought to cause brain cell death. The research is very preliminary, but the study team believes they could be starting clinical trials in about five years.

### Caring for Alzheimer's Caregivers

Caregivers for patients with Alzheimer's face a special set of challenges that other chronic conditions don't typically create.

Safety can be a huge concern – especially if the patient is prone to wandering, has issues with judgement or perception (ability to see, hear, feel temperature) or experiences suspicion and fear.

### Prevent Your Risk for Alzheimer's

The overall risk of developing Alzheimer's Disease is less than 15% but your ability to learn and recall new information after the age of 50 does start to decline.

There are some measures you can take to reduce your risk of developing Alzheimer's:

- Exercise
- Puzzles
- Dancing
- Maintaining social circles.

Rumours abound about what is best, but what truly seems to be best is a combination of these activities and specifically challenging yourself in the areas that are most difficult for you.

Alzheimer's results from a loss of brain neurons and these activities help to grow new ones.

### Risk Management

Not all memory problems are caused by Alzheimer's – sometimes memory and recall naturally diminish with age or other conditions, such as dementia. Don't be alarmed, but do take steps to manage it for happier golden years.

### Tips to help include:

- Develop routines (such as always placing your keys in a specific place),
- Take the time to pay more attention to what you are doing
- Avoid distractions or multi-tasking
- Get sufficient sleep

No one should face Alzheimer's alone.

Support for coping with these challenges is out there: visit [www.alz.org](http://www.alz.org).