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Latest News on Brain Aging

Modern science theorizes that a big part of the reason why our bodies “age” has to do with our DNA. Specifically, a portion of it, the telomere (which acts like a protective cap on the ends of DNA strands), shortens over time – eventually leading to degradation of that chromosome. Dutch scientists have found that depression and anxiety lead to more rapid shortening of the telomere. The good news is that appropriate treatment seems to reverse the process.

Meditation Impacts Brain Aging

Meditation provides many emotional and physiological benefits – and now researchers are saying that it may slow down the aging of the brain. A study of brain imaging at the University of California, Los Angeles, showed that people who have practiced meditation for a significant amount of time (averaging 20 years) experienced much less loss of grey matter compared to non-meditators. Ohmmm!

Use a Computer – Keep Your Brain Nimble

Cognitive impairment usually precedes the development of dementia or Alzheimer’s disease. Several activities have been observed to reduce cognitive impairment: engaging in arts and crafts, socializing and using a computer. As long as these activities are employed in day-to-day life by midlife (or later years for computers), a person could see a 50-75% drop in their risk of cognitive impairment. Women tended to enjoy the greater benefits!

Emotional Health Affects Your Brain

Mental or emotional health appears to have an effect on brain aging – specifically, a positive effect if one enjoys positive psychological factors, such as having a purpose in life. The research was conducted by clinicians at the Rush Alzheimer's Disease Center of Rush University Medical Center in Chicago. The key to “having a purpose in life” was to engage in activities which motivate you, be it volunteering or learning new things, etc. It can be different for each person!

Your pharmacist will be happy to help you learn some new things. They have access to lots of information to help you age gracefully – happy and healthy!