



Newsletter From Your Parish Nurse



Greetings!

I'm always looking for subjects for my monthly newsletter. This month I came across an article by Dr. Kosik, which addresses an Alzheimer's Prevention Plan. The first sentence..."If someone told you that there was a pill with no side effects and strong evidence showing that it helps prevent Alzheimer's disease, would you take it? Of course you would!"

Dr. Kenneth Kosik is a well known neuroscientist who has researched Alzheimer's for 25 years. He has developed a plan that he uses for himself and suggests that we might benefit from incorporating these six steps into our daily routine:

Step One: Make Exercise Exciting - Scientific evidence indicates that exercise raises levels of brain-derived neurotrophic factors and promotes the growth of new cells. Dr. Kosik really makes an effort to use various types of exercises so he won't be bored. He suggests that dancing is good exercise and fun to do.

Step Two: Keep Your Eating Plan Simple - Research has shown that people who consume more than four daily servings of vegetables have a 40% lower rate of cognitive decline than those who get less than one serving each day. Since Dr. Kosik is not a vegetable lover, he experiments with spices to make the food more tolerable.

Step Three: Guard Your Sleep - During the day, harmful waste products accumulate in the brain. These wastes include the amyloid proteins that are linked to Alzheimer's. Regardless of your age, you need a good night's sleep. Sleeping less than six hours or more than nine hours is linked to cardio vascular disease, another Alzheimer's risk factor. Dr. Kosik often takes a 10 minute nap between 2 & 4 p.m.

Step Four: Don't Be A Loner - Have regular social interaction. If you're lonely, any form of social interaction is better than none. Pets are sometimes better listeners than spouses!

Step Five: Stay Calm - People who are often stressed are more likely to experience brain shrinkage. Dr. Kosik goes for long walks, but even watching funny movies might help in relieving stress.

Step Six: Push Yourself Intellectually - So called "brain workouts" help prevent Alzheimer's. Push your mental abilities - do math problems in your head. Dr. Kosik reads novels, practices his foreign language skills, or memorizes a poem.

Looks like we can all benefit from these suggestions.

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