



Newsletter #17 – May 2023

Beginning with this newsletter, we will be shifting the emphasis to recent articles that talk to the issues of dementia.

From: Medical News Today

In Conversation: Investigating the power of music for dementia

Music can help people with dementia recover some aspects of their memory, feel calmer, and boost their mood—and evidence of this is growing each day. However, what is it about music that has such a profound effect on our brains? And is this effect long-lasting? Read more <https://www.medicalnewstoday.com/articles/in-conversation-investigating-the-power-of-music-for-dementia>.

Internet surfing may help protect against dementia among older adults

A study found that people whose daily internet use was between 0.1 and 2 hours showed the greatest reduction in risk of dementia.

<https://www.medicalnewstoday.com/articles/internet-use-may-help-prevent-dementia-protect-brain-health>

Can vitamin supplementation help prevent Alzheimer's?

This week, we reported on two fascinating new studies of the potential benefits of vitamin supplementation for the aging brain.

First, researchers have found that [vitamin B could slow the aging of neurons](#) and potentially reduce the risk of Alzheimer's disease.

Specifically, supplementing with [vitamin B3](#) could enhance the

production of a molecule called [NAD+](#), which plays a crucial role in energy production inside nerve cells. This finding could have significant implications for the prevention and treatment of Alzheimer's, not least because it highlights the importance of [healthy metabolism in the brain](#).

<https://www.medicalnewstoday.com/articles/alzheimers-vitamin-b-supplementation-could-slow-aging-of-neurons?>

Low levels of vitamin D in the brain linked to increased dementia risk

There is growing evidence for how your body relies on vitamin D to ward off [inflammation](#), [cancer](#), and [heart disease](#). Having enough of it in your blood is linked to a [lower risk of dying prematurely](#). But what about vitamin D and the brain? What is its role in cognition, or dementia, if any? As one researcher told *Medical News Today* this week, “we did not know if vitamin D was even present in the human brain.”

<https://www.medicalnewstoday.com/articles/dementia-risk-low-levels-vitamin-d-linked-to-poor-cognitive-function>.

From: Being Patient Newsletter

What Does Omega-3 Fish Oil Do for Brain Health and Dementia Risk?

Should you spend your money on Omega-3 fatty acids supplements like fish oil to improve your brain health or delay cognitive decline? Here's what the science says.

<https://www.beingpatient.com/omega-3-fish-oil-for-brain-health-dementia-risk>.

For Aging Adults, When Is It Time to Stop Driving?

Knowing when a person should stop driving can be tough, especially when they don't think there's any problem. Research fellow Amie Hayley tackles the question: How can you tell when it's time for an older adult to retire from the roads?

<https://www.beingpatient.com/aging-dementia-when-should-a-person-stop-driving>

94% of Dementia Caregivers Are Sleep-Deprived. What Can You Do About It?

You probably suspected it, but studies confirm it: The vast majority of dementia caregivers are suffering from sleep deprivation. That's bad news for all involved. Learn more about the study, plus expert-vetted tips to help caregivers get healthier sleep.

<https://www.beingpatient.com/caregiver-sleep-deprivation-study>.

From: National Institute on Ageing

MIND and Mediterranean diets linked to fewer signs of Alzheimer's brain pathology

The MIND and Mediterranean diets — both of which are rich in vegetables, fruits, whole grains, olive oil, beans, and fish — are associated with fewer signs of Alzheimer's disease in the brains of older adults. Green leafy vegetables in particular were associated with less Alzheimer's brain pathology.

<https://www.nia.nih.gov/news/mind-and-mediterranean-diets-linked-fewer-signs-alzheimers-brain-pathology>.

Basics of Alzheimer's Disease and Dementia

Alzheimer's disease is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks. It is the most common cause of dementia in older adults. While dementia is more common as people grow older, it is not a normal part of aging.

<https://www.nia.nih.gov/health/alzheimers/basics>.

Books we are reading

Travelers to Unimaginable Lands – Stories of Dementia, The Caregiver and the Human Brain – by Dasha Kiper

Note – If you have not had a chance to review our Resource Manual. It can be found at <https://www.adrcnyc.org/resource-manual.htm>. The manual provides a comprehensive guide to programs available throughout the region. There is also a link to download the Resource Manual in PDF format.