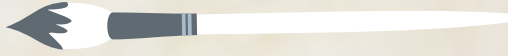


The NEURO TRANSMITTER

Newsletter of Kadlec Neurological Resource Center

ARTS, CRAFTS, SOCIALIZING MAY BUOY THE **AGING BRAIN**



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*PICTURED: Norma Peters, participant in KNRC's
Art Expressions group (photo by Kim Fetrow Photography)*

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Arts, Crafts, Socializing May Buoy the Aging Brain

Those participating in these activities or using computers half as likely to develop mild dementia, study found

WEDNESDAY, April 8, 2015 (HealthDay News) – Adults who pursue artistic, craft and social activities may stay mentally sharp longer, a new study suggests.

Researchers found that older adults involved in these activities or those who used a computer later in life were about half as likely to experience mild dementia over the next four years.

"Engaging in cognitively stimulating activities has beneficial long-term effects on cognitive [thinking] function," said study author Rosebud Roberts, chair of the division of epidemiology at the Mayo Clinic in Rochester, Minn.

The study could not show that these activities actually prevented declines in thinking, but it found the risk was lower among those participating in them. The findings were published in the April 8 online edition of the journal *Neurology*.

The researchers tracked 256 adults, aged 85 and older, over four years. Nearly half developed mild dementia during that time.

Aside from differences in sex and education, those who took part in artistic pursuits throughout midlife and late life were 73 percent less likely to experience mild dementia.

Similarly, those involved in crafts and social activities both in midlife and later life were about half as likely to experience mild dementia. So were those who used computers in later life, the investigators found.

It's possible that sharper adults are more likely to seek out these activities in the first place, but the findings still suggest the participation contributes to brain health, Roberts said.

"We found that if you were engaged in these activities in midlife, regardless of late life, or in both midlife and late life, your risk of cognitive [thinking] decline was reduced," she said. "In the few people who only began these activities in late life, there was also a benefit, but this was not statistically different from those who never participated in these activities."

Dr. Anton Porsteinsson, director of Alzheimer's Disease Care at the University of Rochester School of Medicine in New York, said the findings fit with past research showing that artistic and social activities appear to help protect against mental decline.

"It's hard to say what's the chicken and what's the egg, but there's emerging data that some kinds of creative, artistic activity may stimulate certain parts of your brain that are more vulnerable to damage through the aging process," he said.

The researchers also found risk factors linked to a higher risk of mental decline.

Those with depressive symptoms were almost twice as likely to develop mild cognitive impairment as those without symptoms. These symptoms may be part of the degenerative processes of the brain or a response to a person's awareness that their memory is failing, Roberts said, but the reason for the association between depression and dementia isn't clear.

CONTINUED ON PAGE 3

PICTURED: Norma Peters
(photo by Kim Fetrow Photography)





CHRONIC PAIN AND THE SUPPORT GROUP

By Anjan Sen, MD

Chronic pain (pain that has persisted longer than three months) is a fairly common condition. Estimates indicate more than 100 million people in this country suffer from chronic pain. A survey conducted locally about ten years ago indicated that 30% of people in our area suffered from chronic pain. Chronic pain has multiple causes, and people suffering from this condition have different problems.

Treatment of chronic pain is quite difficult, and multiple forms of treatment are used to try and help people suffering the pain. The person suffering pain looks normal making it difficult for people to understand what they are experiencing. There is no single treatment for chronic pain, therefore it has to be treated through multiple modalities. The combination of several treatments is often helpful.

People living with chronic disease often benefit from participating in support groups. In the support group, people realize that others have similar situations and many of them have found different ways of coping with their problems. People learn from each other and from the information provided – both of which help in the coping process.

For pain sufferers, support groups have been extremely helpful. The person with chronic pain can participate with his/her caregiver or family members.

We are making a change to the chronic pain support group. It will be offered twice a month. Since Fibromyalgia is a form of chronic pain, we are combining the two groups. It is hoped that this change will be a positive one for those living with Fibromyalgia and Chronic Pain, and that they will obtain the substantial benefits that regular participation in a support group can provide.



Anjan Sen, MD

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Further, those who developed high blood pressure (hypertension) in midlife were more than twice as likely to develop thinking problems, the study found. Having vascular diseases increased risk of mild dementia 13 percent, and having other chronic conditions increased the risk by 8 percent.

However, the study could only show an association between these risk factors and dementia, not a cause-and-effect.

"Hypertension and vascular diseases can have an effect on small blood vessels that supply the brain tissue, gradually reducing the transport of oxygen and fuel to those brain cells, and eventually resulting in death of larger and larger portions of the brain," said Dr. Vernon Williams, a neurologist and director of the Center for Sports Neurology and Pain Medicine at Kerlan-Jobe Orthopaedic Clinic in Los Angeles.

Past research has found that other factors that may protect against mental decline include exercise,

a healthy diet and engagement in group activities like book clubs, Bible studies and organized discussion groups, Roberts said. Participants in the study who exercised three to four times a week had lower risks of thinking impairment, but those results were not statistically significant, she added.

Williams said the study highlights important strategies for potentially improving neurologic health and function throughout life. The currently aging population is already at risk for mental decline, needing assistance and reduced quality of life, he added.

"We should look at this as another example of the importance of promoting neurologic health across the life span," Williams said. "It's not all doom and gloom. Optimistic and positive outcomes can be used to encourage and promote positive behavioral changes at every stage of life." ■

By Tara Haelle, HealthDay Reporter

PICTURED: KNRC's Art Expressions group (photo by Kim Fetrow Photography)



Could a Diet Help Shield You From Alzheimer's?

Scientists say the MIND eating plan significantly reduces risk of the brain disorder

FRIDAY, March 27, 2015 (HealthDay News) – Scientists say they've developed an anti-Alzheimer's diet.

While it couldn't prove cause-and-effect, the new study found that adults who rigorously followed the so-called MIND diet faced a 53 percent lower risk for Alzheimer's, the most common type of dementia. Those sticking to the diet just "moderately well" saw their Alzheimer's risk drop by roughly 35 percent.

"Often, people who eat healthier also participate in other healthy lifestyle behavior, but the MIND diet afforded protection [against Alzheimer's] whether or not other healthy behaviors or health conditions were present," said study author Martha Clare Morris, a nutritional epidemiologist at the Rush University Medical Center and the Rush Alzheimer's Disease Center in Chicago.

The eating plan emphasizes healthy grains, vegetables, beans, poultry and fish while also allowing for a limited amount of less healthy red meat, butter and sweets.

The MIND diet combines aspects of the better-known Mediterranean diet with certain features of the so-called DASH (Dietary Approaches to Stop Hypertension) diet, both of which call for high consumption of fruits, vegetables, and fish.

But while the MIND diet stresses the importance of plant-based foods, green leafy vegetables and blueberries, it does not push much consumption of fruit, fish, dairy or potatoes.

One expert said he was intrigued by the findings.

"The protective impact they found is significant and substantial enough to make you do a little bit of a double-take," said

Dr. Anton Porsteinsson, director of the Alzheimer's care, research and education program at the University of Rochester School of Medicine in New York.

"With a diet like this it seems that it's never too late to start," Porsteinsson said. "And that's a very important message."

Among the non-dietary factors Morris and colleagues accounted for were smoking history, exercise habits, educational background, mentally challenging activities (such as reading or doing crossword puzzles) and a history of obesity, depression, diabetes or heart disease.

The study results – published in the March issue of *Alzheimer's & Dementia* – suggest that the longer one follows the MIND diet, the greater the protection against Alzheimer's disease, Morris said.

Both the Mediterranean and DASH diets have been linked to a lower risk for heart disease, while some research has also identified protection against dementia.

But both diets are more stringent than the MIND diet, Morris said. The Mediterranean diet, for example, requires eating fish daily and three to four servings of both fruits and vegetables each day, she explained.

To explore how the MIND diet potentially affects Alzheimer's risk, investigators analyzed food questionnaires completed by more than 900 men and women between 58 and 98 years old. All were enrolled in the Rush Memory and Aging Project.

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The surveys, completed between 2004 and 2013, set out to quantify each respondent's intake of 144 food items the prior year. No dietary intervention was involved.

Participants were then tracked for an average of four to five years, during which time they underwent repetitive neuropsychological testing.

Out of 923 adults, 144 developed Alzheimer's during that time. Those whose food consumption conformed with the MIND diet were much less likely to develop the progressive brain disorder than their peers.

Tight adherence to the DASH or Mediterranean diets also was linked to reduced risk for Alzheimer's, but loosely following either of those diets resulted in little mental benefit, the researchers found.

Morris cautioned that "this is the first study to investigate the effect of the MIND diet on Alzheimer's disease," adding more research is

needed to verify the findings. Still, the study is "well-designed and well-executed," said Porsteinsson.

He said it's noteworthy that the MIND diet seems to retain some protective benefit even if it's not strictly adhered to.

"And it may also be easier for Americans to follow, because it includes foods that are more familiar, comfortable, and available," Porsteinsson concluded. ■

By Alan Mozes, HealthDay Reporter

To find out which foods are brain-healthy and which are not, go to: <https://www.rush.edu/news/diet-may-help-prevent-alzheimers>.

For more on preventing Alzheimer's disease, contact the U.S. National Institute on Aging at www.nia.nih.gov.

alzheimer's  association®

living with alzheimer's

for early-stage caregivers



an education program by the alzheimer's association

When someone is diagnosed with Alzheimer's, friends and family have many questions. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? As the disease progresses, new questions reflect growing needs for skills, programs and services. Join us for this series of programs that provide answers to the questions that arise in the early, middle, and late stages of the disease. Hear from those directly affected and learn what you need to know, what you need to plan, and what you can do at each point along the way.

Thursday, May 28, 2015 | 1 to 5 p.m.

**Kadlec Healthplex Sycamore Room
1268 Lee Blvd., Richland, WA**

**Presented without charge and open to the public
For information or to register, call (509) 943-8455
or visit www.kadlec.org/knrc**

This workshop is co-sponsored by

alzheimer's  association®
the compassion to care, the leadership to conquer™

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Good Heart Health May Help Stave Off Dementia, Study Says

Poorer cardiac function linked to doubled odds for mental decline

TUESDAY, March 10, 2015 (HealthDay News) – Good heart health may help protect you against Alzheimer's disease and other types of dementia, a new study suggests.

Vanderbilt University researchers analyzed data from just over 1,000 people who were followed for 11 years. During that time, 32 participants developed dementia, including 26 with Alzheimer's.

People with poorer heart function were two to three times more likely to develop dementia than those with healthy hearts, according to the study recently published online in the journal *Circulation*.

"Heart function could prove to be a major risk factor for dementia and Alzheimer's disease," principal investigator Angela Jefferson, director of the Vanderbilt Memory and Alzheimer's Center, said in a university news release.

"A very encouraging aspect of our findings is that heart health is a modifiable risk. You may not be able to change your genetics or family history, but you can engage in a heart healthy lifestyle through diet and exercise at any point in your lifetime," she added.

"For the average adult, the brain accounts for 2 percent of overall body weight but receives as much as 15 percent of blood leaving the heart," Jefferson said.


The brain is resilient and effectively regulates blood flow to support brain tissue and activity, she said. "But as we age, our vessels tend to

be less healthy. They become less adaptable to blood flow changes, and those changes may affect brain health and function," she explained.

The study findings could aid efforts to help prevent Alzheimer's and other types of dementia, she suggested, while acknowledging that good heart health isn't guaranteed to prevent mental decline.

"At present, there is no proven method for preventing dementia or Alzheimer's disease. But leading a heart healthy lifestyle could help," Jefferson said in the news release.

Heart healthy habits include managing stress, exercising regularly, not smoking, and eating well-balanced, nutritious meals, according to the American Heart Association. ■



OFFICE & LIBRARY HOURS

Monday-Thursday 9:00 AM-5:00 PM
Friday..... 9:00 AM-4:00 PM

All groups meet at Kadlec Healthplex (1268 Lee Blvd, Richland) except where noted otherwise.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 MINDFULNESS 2:30 PM	2
3	4	5 MS SUPPORT 2:00 PM	6 POST POLIO 1:00 PM TBI SUPPORT 3:00 PM	7	8 CHRONIC PAIN 1:00 PM MINDFULNESS 2:30 PM	9 VISIT US AT SAFE KIDS SATURDAY
10	11 PARKINSON'S TELECONNECTION 2:00 PM	12	13 ART EXPRESSIONS 10:00 AM	14 MTHFR BASICS SUPPORT GROUP 1:30 PM	15 MINDFULNESS 2:30 PM	16 VISIT US AT KIDZ DIG RIGZ
17	18 PARKINSON'S 1:30 PM	19 CAREGIVERS 1:00 PM STROKE 3:00 PM	20 CONCUSSION SUMMIT (see page 8) 6:30 PM	21 PARKINSON'S SUPPER CLUB 4:30 PM ALZ/DEM/ CAREGIVERS 5:30 PM	22 CHRONIC PAIN 1:00 PM MINDFULNESS 2:30 PM	23
24/31	25 MEMORIAL DAY KNRC CLOSED	26 ALZ/DEM CAREGIVERS 5:30 PM	27 ALS 12:00 PM	28 EARLY STAGE MEMORY LOSS (see page 5) 1:00 PM	29 MINDFULNESS 2:30 PM	30

AMYOTROPHIC LATERAL SCLEROSIS (ALS)
WED, MAY 27 @ 12:00 PM | Location: Maple Room

ART EXPRESSIONS
WED, MAY 13 @ 10:00 AM | Location: Oak Room
Please RSVP by calling (509) 943-8455 for this group as there is only space and supplies for eight attendees.

CAREGIVERS
Caregivers (for all caregivers)
TUE, MAY 19 @ 1:00 PM | Location: Oak Room

Caregivers (for men only)
Memorial Day – Group not meeting

Caregivers (for Dementia/Alzheimer's caregivers)
MAY 21 & 26 @ 5:30 PM
Both of these groups meet at Callaway Gardens
5505 West Skagit Court, Kennewick
Light meal served, RSVP is requested (509) 783-5433

CHRONIC FATIGUE IMMUNE DEFICIENCY SYNDROME/FIBROMYALGIA
This group will no longer meet as it is being combined with the Chronic Pain support group. (See page 3)

CHRONIC PAIN
FRI, MAY 8, 22 @ 1:00 PM | Location: Maple Room

MINDFULNESS
FRI, MAY 1, 8, 15, 22, 29 2:30 PM | Location: Oak Room

MTHFR BASICS SUPPORT GROUP
THUR, MAY 14 @ 1:30 PM | Location: Sycamore Room

MULTIPLE SCLEROSIS
TUE, MAY 5 @ 2:00 PM | Location: Oak Room
Tips for summer heat.

PARKINSON'S
MON, MAY 18 @ 1:30 PM | Location: Sycamore Room

PARKINSON'S SUPPER CLUB
THUR, MAY 21 @ 4:30 PM
Please call Wendy at (509) 619-0301 for location and to RSVP. There is no agenda other than getting together for supper and having fun!

PARKINSON'S TELECONNECTION TELEHEALTH BROADCAST
MON, MAY 11 @ 2:00 PM | Location: Cedar Room
Using Physical Therapy Techniques to Help Prevent Injury to Caregivers and Caretakers.
Speaker – Caleb Foss, Physical Therapist with Summit Physical Therapy.

POST POLIO
WED, MAY 6 @ 1:00 PM | Location: Maple Room

SPINAL DISORDERS
No meetings in May.

STROKE
TUE, MAY 19 @ 3:00 PM | Location: Maple Room

TRAUMATIC BRAIN INJURY
WED, MAY 6 @ 3:00 PM | Location: Maple Room



LIVING WELL: CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP

These workshops were developed at Stanford University and have become the proven leader in self-management for people with chronic health conditions. Workshops will occur once a week for six weeks. For times and dates offered, call (509) 942-2660 or visit kadlec.net/returns.biz/calendar/?/events

Learn how to:

- Control your pain
- Deal with fatigue
- Start an activity program
- Handle stress and relax
- Use medications effectively
- Solve problems and meet personal goals
- Make choices about your treatment
- Eat well to live well

Workshop is held at Kadlec Healthplex, located at 1268 Lee Blvd, Richland, WA.

The next workshop begins on June 18th from 5:00 - 7:30 PM.

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CONCUSSION SUMMIT | WEDNESDAY MAY 20

HEADS UP ON CONCUSSIONS: Lessons From the Frontline!

Wednesday, May 20, 2015 | 6:30-8:00 PM | Richland Red Lion

Parents, Coaches, School Administrators, Athletic Trainers & Youth Athletes will learn:

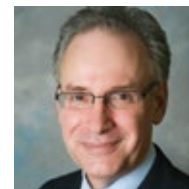
- Signs and symptoms of concussion
- How to help recognize a concussion
- What to expect from the healthcare provider who is managing the concussion

Richland Red Lion
802 George Washington Way, Richland

THERE IS NO CHARGE FOR THIS EVENT.

To register, visit kadlec.org/knrc or call (509) 943-8455.

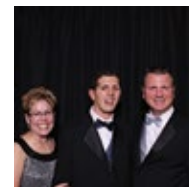
FEATURED SPEAKER | Stan Herring, MD



Team Physician, Seattle Seahawks and Seattle Mariners



GUEST SPEAKERS | Zackery Lystedt & Parents



All 50 states now have a youth concussion law and most were based on Washington's 2009 Lystedt Law

Rich Jacobs, MD | Sports Medicine Physician
Northwest Orthopaedic & Sports Medicine



PRESENTED BY

