

Health Awareness



Controlling Alzheimer's?

(NAPSA)—The secrets to preventing or curing Alzheimer's disease (AD) are not yet known, but researchers are uncovering new clues all the time, raising hope that it may someday be possible to delay or prevent the disease.



Research has shed new light on Alzheimer's disease.

Meanwhile, according to the National Institute on Aging's Alzheimer's Disease Education & Referral (ADEAR) Center, there are a few things people can do now that might reduce the effect of possible AD risk factors. The group offers a free booklet called "Genes, Lifestyles, and Crossword Puzzles: Can Alzheimer's Disease Be Prevented?" that provides the latest AD prevention research findings.

The 28-page booklet also explores potential prevention strategies, including lowering cholesterol and homocysteine levels, lowering high blood pressure levels, controlling diabetes, exercising regularly and engaging in intellectually stimulating activities.

To download or view the publication online, visit the Web site www.alzheimers.org. You can also order the booklet by calling (800) 438-4380.