

Mayo Clinic Minute

Can Brain Games Help Alzheimer's Disease Patients?

Video	Audio
sot: Ronald Petersen, M.D., Ph.D. Director Mayo Clinic Alzheimer's Disease Research Center	"The brain game industry is huge right now."
	Crosswords, Sudoku, mazes and more. Brain games to hone your memory. Do they really work for people with Alzheimer's disease?
sot: Ronald Petersen, M.D., Ph.D. Director Mayo Clinic Alzheimer's Disease Research Center	"Some of these are based in real science that, in fact, if you engage in these activities, you may keep yourself fresher and sharper for a longer period of time. The big challenge is, does this transfer into any real-life activities? We think so, but we don't know for sure."
	Director of Mayo Clinic Alzheimer's Disease Research Center Dr. Ronald Petersen says what they do know for sure is that keeping active mentally, physically and socially may play a role in keeping you sharper longer.
	"There's increasing evidence now that lifestyle modifications can affect your cognitive function going forward. It doesn't mean that lifestyle modifications will necessarily prevent Alzheimer's disease.
	So why not? Go ahead and play those brain games — especially if you like them.
Vivien Williams	For more health news, visit the Mayo Clinic News network.