

Mayo Clinic Minute

Do Active Minds Delay Alzheimer's?

Video

Audio

Vivien Williams	"If you don't use it, you lose it." That saying holds true for physical fitness and our bodies. Now, there's evidence it may also be true for our minds.
Prashanthi Vemuri, Ph.D. Radiology Mayo Clinic	"Keeping your mind active is really important throughout your lifetime."
Vivien Williams	Mayo Clinic dementia researcher Dr. Prashanthi Vemuri and colleagues published a study in the journal <i>Neurology</i> that shows keeping your mind active may help ward off symptoms of Alzheimer's disease.
Prashanthi Vemuri, Ph.D.	"May delay the onset of dementia by about three to eight years, which is a very long time."
Vivien Williams	Dr. Vemuri says staying mentally active from middle age and beyond doesn't stop the disease process, but it may help keep you sharper longer.
	Here are ways you can keep mentally active: play brain games and puzzles, read books, do crafts, paint, or learn how to play an instrument. Any activity that stimulates the intellect may help delay symptoms of Alzheimer's disease — at least for a while. Adding more proof to that old saying, 'if you don't use it, you lose it.'
	For the Mayo Clinic News Network, I'm Vivien Williams.