

Mayo Clinic Minute

Does forgetfulness when you're young mean you'll get Alzheimer's disease?

Video	Audio
Vivien Williams	How many times have you rummaged through drawers and your pockets because you can't remember where you put the car keys? Does forgetfulness when you're young mean you'll get Alzheimer's disease later?
Ronald Petersen, M.D., Ph.D. Director Mayo Clinic Alzheimer's Disease Research Center	"Those who have a less memory facility earlier in life may be more predisposed to developing the disease later on. But, again, you could do things about that. Some of this is modifiable. So you can learn techniques. There are some modifiable learning techniques that may be beneficial."
Vivien Williams	A National Academy of Sciences report describes three things you can do to help ward off Alzheimer's disease: Keep your mind active, control blood pressure and do aerobic exercises.
Vivien Williams	Dr. Petersen also says getting adequate sleep and eating a heart-healthy diet that includes fruits; vegetables; whole grains; lean meats; low-fat dairy; and fats, such as olive oil, may help, as well.
Vivien Williams	So the next time you're searching for your keys, glasses or the remote, remember that you can take steps to help improve memory now and as you age. For the Mayo Clinic News Network, I'm Vivien Williams.