

## Mayo Clinic Minute: Reducing risk of Alzheimer's disease in families

Video	Audio
	In terms of family traits, Alzheimer's disease has two main types, says Dr. Ronald Petersen.
<b>Ronald Petersen, M.D., Ph.D.</b> <b>Alzheimer's Disease Research Center</b> <b>Mayo Clinic</b>	"There's one form that's truly inherited in what's called an autosomal dominant fashion."
	In this type, each child of a parent with Alzheimer's has a 50% chance of inheriting the mutated gene which leads to early-onset Alzheimer's, but that is only 1% of all Alzheimer's disease.
	"The vast majority, though, still has some hereditary influence. So, like many other diseases, Alzheimer's disease can run in families. So, if you have first-degree relatives with Alzheimer's disease, your risk may be up three or fourfold over the general population."
	While the risk is increased, it doesn't mean you'll develop the disease.
	Dr. Petersen says to stay involved in intellectual activities, like reading or playing chess. And being socially active.
	"Don't withdraw. Don't avoid going out. Stay involved."
	Follow a healthy diet, get plenty of rest and find ways to reduce stress.
	"And I think the combination of all these factors may improve your quality of life, and perhaps could postpone any cognitive impairment."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.