

# Does a Crossword a Day Keep the Doctor Away?

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# Domains of Cognition

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- Learning
- Memory
- Visuospatial
- Psychomotor Speed
- Executive Function
- Language



# Cognitive Decline Continuum

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- A) Normal Aging
- B) Alzheimer's Disease
- C) Mild Cognitive Decline



# Risk Factors for Mild Cognitive Impairment/Dementia

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Hypothyroidism	Hypertension
Anemia	Depression
Sleep Apnea	Vitamin
Diabetes	Deficiency
High Cholesterol	ApoE
Low Levels of Education	Higher Age



# Cognitive Training & Research

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- A) Cognitive training in healthy adults
  - immediate results, lasting up to five years
  
- B) Cognitive training in MCI patients
  - inconclusive with cognitive training alone, but improvements in combination with drug regimen
  
- C) Cognitive training in Alzheimer's patients
  - greatest improvement with 1:1 training, greatest improvement with Activities of Daily Living



# Conclusion

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- A) Aging is associated with cognitive decline, some normal and some not normal.
- B) There are many treatable and preventable risk factors for cognitive decline.
- B) For all late-life decline, evidence shows cognitive training programs may help, varying results per program and problem.



# What Can YOU Do?



# Insights

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- A) I learned how to search UW databases.
- B) I have a better understanding of Dementia and Alzheimer's Disease.
- C) I learned that some cognitive decline is a normal part of the aging process.



# Acknowledgements

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# Thank You!

