



THE IMPORTANCE OF EXERCISE FOR BRAIN HEALTH

Some of you receiving this newsletter may have participated in the [EXERT clinical trial](#) at Wake Forest University or Duke University. This study explored the effects of different types of exercise on memory and thinking abilities in older adults with mild cognitive complaints.

There were 296 adults enrolled in the EXERT study. These participants were assigned to one of two exercise groups: aerobic exercise or stretching and toning. They engaged in this form of exercise for 40 minutes, 3 to 4 times a week. After a year, participants in both exercise groups showed no decline in their memory or thinking abilities compared to another group that did not exercise at all.

The findings of this study are encouraging because they suggest that regular physical activity, even low intensity exercises like stretching, may help protect older adults' brain health. You can learn more about the EXERT study in this [article in the *Journal of the Alzheimer's Association*](#).

Learn more about brain health research at ncbrainhealth.org.

Descubra más información sobre la salud cerebral e investigaciones en nuestra página web, ncbrainhealth.org.

June is Alzheimer's & Brain Awareness Month

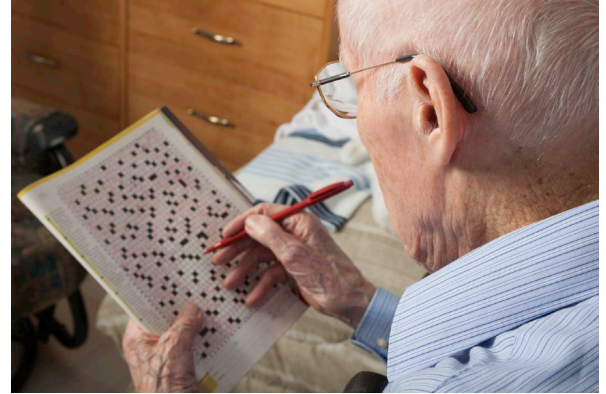
The Alzheimer's Association is "going purple" in June for [Alzheimer's and Brain Awareness month](#). In honor of people with Alzheimer's Disease or other dementias, take action by [finding an event](#) near you.

To help raise funds for the Alzheimer's Association's Longest Day event, the NC Registry for Brain Health formed a cycling team. Visit [Long Riders page](#) to learn how you can support them.



INDIVIDUALS WITH MILD COGNITIVE IMPAIRMENT BENEFIT MORE FROM CROSSWORDS THAN COMPUTER GAMES

A study co-led by Duke University and Columbia University showed that digital crossword puzzles worked better than digital brain games to sharpen participants' memory. In this study, 107 older adults with mild cognitive impairment completed digital crossword puzzles or played brain games online. At the end of the study, people in the crosswords group had less brain shrinkage and better scores on tests of their memory and daily functioning.



The results of this study are important because they suggest that crossword puzzles may be an easy, home-based tool to improve memory and thinking abilities in people with mild cognitive impairment. Read more about study on the [Duke School of Medicine website](#).

DID YOU KNOW? SOME DRUGS MAY CAUSE MEMORY LOSS

Many people are not aware that memory loss may be a side effect of some drugs that are commonly prescribed for anxiety, depression, severe pain, sleep problems, incontinence, and allergies.

Read AARP's article, "[Caution! These Drugs Can Cause Memory Loss](#)," to learn how some drugs affect memory and possible alternatives to these medicines.

[En español](#)

HELPFUL RESOURCES FOR CAREGIVERS

[Project CARE](#) is a support program for caregivers funded by the State of North Carolina. It provides resources and guidance to caregivers of individuals with Alzheimer's or other dementias. Project CARE offers community-based and referral services, among others.

Visit the [Project CARE website](#) for more information and to find an office near you.

ALZHEIMER'S THERAPIES OF THE FUTURE

Major developments in prevention and treatment research for Alzheimer's disease were summarized in [Nature's Conquering Alzheimer's podcast](#). The TAU Next Generation is the first clinical trial examining the effects of a drug combination therapy, targeting both amyloid and tau, in reducing the risk of developing Alzheimer's disease in a population of at-risk participants. Other trials are exploring gene therapy to prevent Alzheimer's disease and anti-amyloid drugs to treat Alzheimer's disease. Listen to the [Conquering Alzheimer's podcast](#), for a summary of the latest milestones.



Summer Caregiver College

Thursdays, July 6 – August 10 | 2:00 – 5:00 p.m. | Online

This summer, MemoryCare is offering another Caregiver Education Program to help caregivers better understand different aspects of caring for someone with dementia.

The program will include 6 classes, held online on Thursdays, with presentations from physicians, caregiving specialists, and an elder law attorney. Registration is required.

Learn more on the [Caregiver College page](#) and sign up on the [Zoom registration page](#).



2nd Annual Brainiac Bootcamp

Wednesdays, June 7 – 28 | 1:00 p.m. – 4:00 p.m. | Greenville, NC

East Carolina University (ECU) and the Pitt County Council on Aging will host a month-long [educational series](#) on keeping your brain healthy. Join the program and learn how you can improve your brain health with senior-friendly exercise sessions, brain bingo trivia, and brain-healthy snacks. Guest speakers will talk about a variety of topics including nutrition, dental health, ways to improve your memory, caregiver support, mental health, medication safety, and brain health research.

Walk-ins are welcome for all sessions. The bootcamp will be at 4551 County Home Rd., Greenville, NC. For more information, please call 201-752-1717, extension 201.

TOOLS YOU CAN USE



National Institute on Aging Exercise Videos

Exercise plays a key role in keeping your brain healthy. These [guided exercise videos](#) can help you improve your balance, strength, endurance, and flexibility. The videos are 1 to 30 minutes long for a range of abilities and interests.

Visit the [NIA website](#) for tips on safely adding physical activity to your daily routine. [En español.](#)

For more information, please visit ncbrainhealth.org



NC Registry for Brain Health