

Re: Study: Extra folic acid may protect brain

Source: <http://sci.tech--archive.net/Archive/sci.med.cardiology/2005-06/msg01020.html>

- *From:* "Bill" <xxx@xxxxx>
 - *Date:* Thu, 23 Jun 2005 20:34:07 GMT
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"Rita" <nitany_98@xxxxxxxxxx> wrote in message

news:poblb113co67cc14s3rma178a9rssfrbqi@xxxxxxxxxx

> On Thu, 23 Jun 2005 08:54:35 GMT, "Bill" <xxx@xxxxx> wrote:

>

>

>> Study: Extra folic acid may protect brain

>>

>> WASHINGTON (AP) -- High-dose folic acid pills -- providing as much of
>>the nutrient as 2.5 pounds of strawberries -- might help slow the cognitive
>>decline of aging.

>>

>> So says a Dutch study that's the first to show a vitamin could really
>>improve memory.

>>

> I wonder if the study addressed short term memory loss, the
> phenomenon those of us who experience it call "senior moments"?

>

They talk about cognitive speed, so maybe. I think long term memory would be
harder to test. I'll keep a look out for more on this.

> I don't believe my reasoning powers have begun to fail, nor my
> ability to read and absorb fairly challenging material.

>

For me, I think time of day may be a factor. :)

>

> But I do momentarily forget names of people and books and other
> facts I know well. In a conversation I find myself stumbling to
> recall a name -- sometimes I have to mentally recite the alphabet
> to see if coming across the letter with which the name begins will
> "job" my memory. I am age 75 and this has been going on for
> a few years now. Usually, even if I do nothing to stimulate
> memory, the name pops up in my mind a bit later. This happens
> to me far more often when talking to someone than when writing.
> Although I do make use of Google to give me clues sometimes as to
> the name or term I want to recall:)

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>

I do exactly the same thing and I am 62. Except often it is a movie star and I look her (almost always a her!) up on the Internet Movie Data Base (IMDB) by looking up a movie she was in or remembering someone else in a movie she was in.

> My daughter once worked in a nursing home and tells me, when I once
> got dressed to go off to church on a Saturday, that she will put up
> a big board that says "Today is Tuesday. The President is George
> Bush. You live in New York City."

I do forget the day sometimes. But have various things that keep me in control on that.

Bill

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• **References:**

◆ **[Study: Extra folic acid may protect brain](#)**

◇ *From:* Bill

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