

Re: Study: Extra folic acid may protect brain

Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2005-06/msg01025.html>

- *From:* "Bill" <xxx@xxxxx>
 - *Date:* Thu, 23 Jun 2005 22:04:59 GMT
-

"Rita" <nitany_98@xxxxxxxxxx> wrote in message
<news:l99mb1dq8cbu0na0icslnit0ejlrcb7qm2@xxxxxxxxxx>
> On Thu, 23 Jun 2005 20:34:07 GMT, "Bill" <xxx@xxxxx> wrote:
>
>>
>>"Rita" <nitany_98@xxxxxxxxxx> wrote in message
>><news:poblb1l3co67cc14s3rma178a9rssfrbqi@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
>>> phenomenum 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 conervation I find myself stumbling to

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>>> 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
>

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

>>

>>Bill

>

> Yes, it is helpful to have the date on my computer:)

>

> Other than forgetting names and other scraps of data temporarily,
> my biggest memory problem is forgetting what it was I was going to
> do next. A few minutes ago I walked into the kitchen to get something
> out of the freezer, and now I'm back at my computer and didn't do it.
> I could not remember why I had gone into the kitchen. It just came to
> me — whole wheat bread for breadcrumbs to coat some fish. Let's
> hope I can make it through this time around:)

>>

>

Yes, I do that kind of thing too. Most typical is doing something – like
writing here – and saying I'm going to have to look up something on Google.
Then a total blank 5 mins. later. Very often it comes back within a couple of
hours or so, however.

Bill

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• **References:**

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

◇ From: Bill

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

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• Prev by Date: **[Re: Note for Zee](#)**

• Next by Date: **[Re: Study: Extra folic acid may protect brain](#)**

• Previous by thread: **[Re: Study: Extra folic acid may protect brain](#)**

• Next by thread: **[Re: Study: Extra folic acid may protect brain](#)**

• Index(es):

◆ **[Date](#)**

◆ **[Thread](#)**