

# Re: Study: Extra folic acid may protect brain

---

*Source:* <http://sci.tech-archive.net/Archive/sci.med.cardiology/2005-06/msg01026.html>

---

- *From:* "Bill" <xxx@xxxxx>
  - *Date:* Thu, 23 Jun 2005 22:13:09 GMT
- 

"William Wagner" <b2wagner@xxxxxxxx> wrote in message  
<news:b2wagner-1F9DA0.17392523062005@xxxxxxxxxxxxxxxxxxxx>

> In article <199mb1dq8cbu0na0icslnit0ejlrcb7qm2@xxxxxx>,

> Rita <nitany\_98@xxxxxxxx> wrote:

>

>> On Thu, 23 Jun 2005 20:34:07 GMT, "Bill" <xxx@xxxxx> wrote:

>>

>>>

>>> "Rita" <nitany\_98@xxxxxxxx> wrote in message

>>> <news:poblb113co67cc14s3rma178a9rssfrbqi@xxxxxxxx>

>>>> 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. :)

Re: Study: Extra folic acid may protect brain

>>>

>>>>

>>>> 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  
>>

>>> 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:)

>>>

>

> You are not alone. I cut up 3X5 cards with things to do. Leaving notes  
> about something I had to do after 7 hours for CABG four years ago.  
> Before that I also went thru the alphabet for memory clues as it works.  
> Long term is wonderful and I have not got lost yet ;))

>

> Personal opinion is that any drug can have an impact as well as traumatic  
> experiences on our minds. One reason why I avoid horror movies and  
> Stephen King Books. ;) Photographic memory yes but short term like I  
> once wrote is so important and now amiss. If I added sugar to my  
> coffee in the am trivial but other questions arise like did I turn off  
> the grill ?

>

> Double check for safety is the rigor.

>

> Bill 58 rotations about the planet I Think ;))

>

Sun!! :)

Bill

> ---

Re: Study: Extra folic acid may protect brain

Re: Study: Extra folic acid may protect brain

- > Garden Shade Zone 5 in a Japanese Jungle manner.
- > FAIR USE NOTICE: This may contain copyrighted ((C) ) material the use of
- > which has not always been specifically authorized by the copyright
- > owner. Such material is made available for educational purposes, to
- > advance understanding of human rights, democracy, scientific, moral,
- > ethical, and social justice issues, etc. It is believed that this
- > constitutes a 'fair use' of any such copyrighted material as provided
- > for in Title 17 U.S.C. section 107 of the US Copyright Law. This
- > material is distributed without profit.
- >

---

• **References:**

- ◆ **Study: Extra folic acid may protect brain**  
◇ From: Bill
- ◆ **Re: Study: Extra folic acid may protect brain**  
◇ From: Bill
- ◆ **Re: Study: Extra folic acid may protect brain**  
◇ From: William Wagner
  
- Prev by Date: **Re: Study: Extra folic acid may protect brain**
- Next by Date: **Re: Dialysis, anyone?**
- 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**