

Re: Study: Extra folic acid may protect brain

Source: <http://sci.tech--archive.net/Archive/sci.med.cardiology/2005-06/msg01029.html>

- *From:* "Bill" <xxx@xxxxx>
 - *Date:* Fri, 24 Jun 2005 00:13:25 GMT
-

"Rita" <nitany_98@xxxxxxxxxx> wrote in message

news:2phmb1dc72d4mfrvf94ak4chirj7h8t2ao@xxxxxxxxxx

> On 23 Jun 2005 16:28:16 -0700, "zee" <outrider@xxxxxxxxxxxxxxxx> wrote:

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>>While small memory glitches can happen at any age, pervasive memory

>>loss is not normal in one's 40s and 50s or even 60s and 70s.

>>

>>Efforts to minimize the seriousness of statin induced cognitive adverse

>>effect is typical of what those taking statins and injured by them did,

>>until it was too late.

>>

>>Do not attribute memory problems to aging or allow your physicians to

>>do that. This is not only ageist but dangerous.

>>

>>Memory loss is a symptom not a joke. And brain damage from statins may

>>be irreversible.

>

> The kind of memory loss we have been discussing is

> an artifact of aging for many. Obviously there are things to be

> wary about -- it can be a precursor of serious diseases if it

> worsens.

>

> The American Academy of Physicians suggests:

>

> Aging may affect memory by changing the way your brain stores information

> and by making it harder to recall stored information.

>

> Your short-term and remote memories aren't usually affected by aging. But

> your recent memory may be affected. You may forget names of people you've

> met recently. These are normal changes.

>

> So to be more accurate it is recent memory loss that is normal with

> aging.

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- > Obviously, taking statins confounds the picture. I've never said it
- > did not.
- >
- > But I think when recent memory loss occurs, it gives one pause and one
- > wonders if one is developing Alzheimer's disease.
- >
- > There is a difference:
- >
- > The wonder of the brain is that if any of these events are of particular
- > interest to you, you may remember them for months, or years or even for the
- > rest of your life. But if an Alzheimer's patient is among us, who is even
- > in the early stages of the disease and even if he or she thinks that the
- > events are very important, it's very unlikely that they will remember for
- > more than a few hours and certainly not more than a few days.
- >
- > As the disease progresses, the span over which Alzheimer's patients can
- > remember things gradually shrinks--from days and hours to minutes, then to
- > seconds and then to nothing. Unfortunately, this is not only a devastating
- > disease but an extremely common one. We estimate that it affects six
- > million people in the U.S. alone and costs 100 billion dollars a year.
- >

My (slight) memory problems may or may not be attributable to statins. But if they were, I would continue with the statins.

Bill

- **Follow-Ups:**

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

- **References:**

- ◆ **[Study: Extra folic acid may protect brain](#)**
◇ From: Bill
- ◆ **[Re: Study: Extra folic acid may protect brain](#)**
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◆ *Thread*