

Cleansing Water Newsletter

SEPTEMBER 2011

- Alzheimer's can occur as early as 45 years of age
- General dementia usually is noted later in life, perhaps in the 70-80 year range
- More than 20 million Americans suffer from Alzheimer's

70 Percent

The number of women who say they feel more confident as they age....

WHO WILL GET ALZHEIMER'S? A NEW TEST MAY HELP IDENTIFY THOSE ON THE ROAD TO DISEASE

The first noticeable signs of Alzheimer's include memory loss and cognitive decline, but not all people who develop such problems get the disease. So what sets those with the degenerative brain disorder apart?

Researchers working with its hallmark protein, amyloid, believe they have an answer. Alzheimer's occurs when patients fail to clear amyloid from the brain; as it builds up, the protein forms sticky plaques, eventually strangling and killing delicate nerves. Scientists say it's now possible to pick up traces of an early form of amyloid in the spinal fluid well before the first memory lapses start. In a group of patients with memory prob-

lems known as mild cognitive impairment, which can lead to Alzheimer's, they found that patients with higher levels of this amyloid precursor



in their spinal fluid were more likely to develop Alzheimer's than those with less of the protein. This measure combined with the results of a test for a protein formed during nerve death and the patient's age, can predict Alzheimer's

with about an 80% accuracy.

Alzheimer's disease is defined as a form of dementia characterized by the gradual loss of several important mental functions. It is perhaps the most common cause of dementia in older Americans, and goes beyond just normal forgetfulness, such as losing your car keys. Signs of Alzheimer's include memory loss that is much more severe, such as forgetting the names of your children or where you've lived.



WHEN IT'S MORE THAN JUST AN ITCH ...

Don't blow off any itch that won't go away, especially if it feels like it's deep under your skin and doesn't come with a rash or other obvious cause. See your doctor to rule out a more serious condition. For example, anemia, thyroid problems, and many cancers,

including leukemia and certain skin cancers, have itching as a possible symptom. Most itches are nothing too alarming — but it's always a good idea to play it safe and have your doctor weigh in .

THE SILENT KILLER... SPOT THE SIGNS

In the absence of screening, it's important that women know the symptoms of ovarian cancer so they can see the doctor in a timely fashion. Any of these symptoms would likely occur as often as 3 times a week over the period of several months to a year.

- * Pain in your pelvis or abdomen
- * A strong or frequent

need to urinate

- * Abdominal bloating
- * Difficulty eating or a tendency to feel full quickly (and prolonged or repeated indigestion is possible)

If you have any of these symptoms in the time frame given above—or you have a family history of reproductive cancer—and suspect ovarian cancer, tell your doctor and

ask for an exam, a transvaginal ultrasound, and/or a blood test.

Two out of every three women who are diagnosed die. This hasn't changed in 3 decades. It doesn't have to be this way. If caught early, in Stage I, a woman has a 94% chance of long-term survival. Today, more than 70% of women still are not diagnosed until the disease has advanced to Stage III or

IV, meaning that only 18 to 45% of them will live another 5 years.

Support the search for an early detection tool and a cure for this deadly disease during September, National Ovarian Cancer Awareness month—and the rest of the year too.

Ovarian.org,
ovariancancer.org

GOING GRAY?

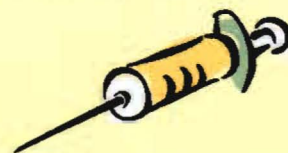
EAT ALMONDS....

ALMONDS CONTAIN HIGH LEVELS OF CATALASE, AN ENZYME THAT MAY HELP SLOW THE GRAYING PROCESS BY PREVENTING A BUILDUP OF HYDROGEN PEROXIDE IN FOLLICLES THAT CAN CAUSE HAIR TO TURN GRAY. YOU CAN ALSO PULVERIZE THEM IN A FOOD PROCESSOR AND ADD TO WAFFLE BATTER, OR USE AS A CRUNCHY COATING ON CHICKEN. BE CREATIVE!

CALLING THE SHOTS

This month, millions of kids will have gone through immunizations at their back-to-school checkup. More adults should follow their lead. According to a recent survey, 4 out of 10 people mistakenly believe that booster shots aren't needed after childhood. That might in part explain why an estimated 39 percent of US adults have

a lapsed tetanus vaccine. Other immunizations commonly needed in adulthood include those for whooping cough, pneumonia, and shingles. Ask your doctor to review your medical records and bring you up to date.



Immunization is the key to preventing disease among the general population.

JOIN THE HOOPLA

If you're searching for a fun spin on fitness, look no further: Researchers at The American Council on Exercise found that Hula-Hooping burns an average of 210 calories in 30 minutes, putting the activity on par with step aerobics and cardio kickboxing. For even better

results, try using weighted fitness hoops, which works the body's core muscles and stays up more easily than a lightweight plastic version. And don't sway your hips from side to side. Hula hooping actually requires a forward-and-backward motion. Stand tall, place one

foot ahead of the other, and rock back and forth, with the hoop spinning at your midsection.

Have fun!

