

FROM THE DESK OF DR. THELMA B. WATSON, CEO WORTHY NEWS ABOUT AGING ADULTS...April 24, 2017

Stress is Huge Factor that Impacts the Young and the Aging Population...This Condition Can Be Fixed...There's actually evidence that stress can affect how you age. One study compared the DNA of mothers who were under high stress and found that stress seemed to accelerate aging about 9 to 17 additional years. <http://www.webmd.com/balance/stress-management/features/10-fixable-stress-related-health-problems#1>

Elevated Blood Pressure not a High Mortality Risk for Elderly with Weak Grip...A study of nearly 7,500 Americans age 65 or older suggests that elevated blood pressure is not related to high mortality risk among people in that age group with weak grip strength. The findings are important because they suggest that treating high blood pressure in older patients should not follow a one-size-fits-all approach. <https://www.sciencedaily.com/releases/2017/03/170328145331.htm>

Can Virtual Reality Help Us Prevent Falls in the Elderly and Others?...Every year, falls lead to hospitalization or death for hundreds of thousands of elderly Americans. Researchers from the University of North Carolina at Chapel Hill and North Carolina State University have found evidence that virtual reality (VR) could be a big help - not only for detecting balance impairments early, but perhaps also for reversing those impairments and preventing falls. <http://www.medicalnewstoday.com/releases/317073.php>

Drinking Tea Could Help Stave Off Cognitive Decline...Thanks to its high levels of antioxidants, tea has been linked to a lower risk of diabetes, heart disease, and cancer. Researchers have found that regular tea consumption could more than halve the risk of cognitive decline for older adults, particularly for those with a genetic risk of Alzheimer's disease. <http://www.medicalnewstoday.com/articles/316619.php>

To Be a Genius, Think like a 94-Year-Old...John Goodenough is 94 and he and his team at the University of Texas have filed a patent application on a new kind of battery that would revolutionize electric cars and kill off petroleum-fueled vehicles. If you don't believe, there's plenty of evidence to suggest that late blooming is no anomaly. https://www.nytimes.com/2017/04/07/opinion/sunday/to-be-a-genius-think-like-a-94-year-old.html?rref=collection%2Ftimestopic%2FElderly&action=click&contentCollection=timestopics®ion=stream&module=stream_unit&version=latest&contentPlacement=7&pgtype=collection

CONTACT INFORMATION

24 East Cary Street, Richmond, VA 23219

www.seniorconnections-va.org

Richmond area: (804) 343-3000

Toll Free: 1-800-989-2286

email: twatson@youraaa.org