

MATUREliving

CorTechs Labs presents findings regarding alzheimer’s disease



CorTechs Labs Inc., the leading quantitative neuroimaging software company, announced today they will be exhibiting at RSNA 2019, which is taking place from December 1-6, 2019. In addition to technical exhibits on both the main floor and AI Showcase, the company will present their findings from a recent study titled: “Determining Brain Age Using Machine Learning Combined with Automated Brain Segmentation and PET Imaging in Normal, Alzheimer’s Disease and Mild Cognitive Impairment Subjects.” The company has a number of other presentations throughout the conference and will be at booth numbers 4055 in South Hall, Level 3 and 10514F in the AI Showcase, Level 1.

CorTechs Labs recently developed a machine learning based age-prediction model for metabolic and volumetric changes of normal brain structures and evaluated this model on imaging data from patients with Alzheimer’s disease (AD) and mild cognitive impairment (MCI), as well as control subjects. The company will be presenting its findings at the conference around the understanding that determining brain aging may be critical to identify potential biomarkers in neurodegenerative diseases, such as Alzheimer’s disease.

“Our goal is to supply innovative technology that enables physicians to provide excellent care with a very high degree of accuracy,” said Chris Airriess, chief executive officer of CorTechs

Labs. “As the diagnostic neuroimaging market grows and the technology advances, the research insights such as those we are presenting at RSNA will continue to improve the early, accurate diagnosis of Alzheimer’s disease as well as other neurological disorders.”

CorTechs Labs will have the following three different presentations at RSNA 2019:

Wednesday 3:30-3:50 p.m.: AI-Powered Diagnostic Decision Support Using Volumetric Biomarkers and Non-Imaging Patient Data (Innovation Theater Presentation). Presented by CEO Chris N Airriess, PhD and Director of Science and Engineering, Sebastian Magda, PhD Session: IN08D, in South Hall Level 3Thursday 12:15-12:45 p.m.: Determining Brain Age Using Machine Learning Combined with Automated Brain Segmentation and PET Imaging In Normal, Alzheimer’s Disease and Mild Cognitive Impairment Subjects (Poster Discussion). Presented by Weidong Luo, PhD. Session: AI262-SD-THA1, in the AI Community, Learning CenterThursday 12:30-12:50 p.m.: AI-Powered Volumetrics to Improve Radiologist Efficiency and Accuracy (AI Theater Presentation). Presented by Clinical Specialist, Micki Maes. Session: AI55, in AI Showcase, North Building, Level 1CorTechs Labs’ cutting-edge brain imaging analysis provides neurologists, radiologists and clinical researchers worldwide with a convenient and cost-effective means to quantify brain structures to help assess a variety of neurological conditions.

About CorTechs Labs CorTechs Labs develops and markets breakthrough medical device software solutions capable of automatically segmenting and quantifying brain structures, making quantitative analysis of the human brain a routine part of clinical practice. CorTechs Labs’ cutting-edge brain imaging analysis provides neurologists, radiologists and clinical researchers worldwide with a convenient and cost-effective means to quantify brain structures to help assess a variety of neurological conditions, such as Alzheimer’s disease, epilepsy, multiple sclerosis, brain trauma and brain development abnormalities. Please visit www.cortechslabs.com for further information and follow us on Twitter, LinkedIn and Facebook.

Will you get dementia? Many may not understand their risk



By **LINDSEY TANNER**
AP Medical Writer

Many older American adults may inaccurately estimate their chances for developing dementia and do useless things to prevent it, new research suggests.

Almost half of adults surveyed believed they were likely to develop dementia. The results suggest many didn’t understand the connection between physical health and brain health and how racial differences can affect dementia risk.

Substantial numbers of people who rated their health as fair or poor thought their dementia chances were low. At the same time, many who said they were in excellent health said they were likely to develop the memory robbing disease.

Many said they tried at least one of four unproven memory-protecting methods, including taking supplements like fish oil and ginkgo. The most popular strategy was doing crossword puzzles. Mental stimulation is thought to help, but there’s stronger evidence for more challenging activities than puzzles – things like playing chess, taking a class, reading about unfamiliar topics, said Keith Fargo, who oversees research and outreach programs at the Alzheimer’s Association. He was not involved in the study.

Research has shown that regular exercise, a good diet, limiting alcohol and not smoking make dementia less likely. Supplements have not been shown to help.

“We really haven’t done a good job of getting the word out that there really are things you can do to lower your risk,” said Dr. Donovan Maust, the study’s lead author and a geriatric psychiatrist at the University of Michigan.

The study was published online Friday in JAMA Neurology. It’s based on a nationally representative health survey of 1,000 adults aged 50 to 64.

The survey asked people to assess their likelihood of developing dementia and whether they had ever discussed ways to prevent it with their doctor. Few people said they had, regardless of their self-rated risk for dementia.

The results raise concerns because doctors can help people manage conditions such as high blood pressure and diabetes that have been linked with dementia risk, Maust, said.

Among those who said their physical health was only fair or poor, a substantial 40% thought they were at low risk for Alzheimer’s disease or other dementia. Almost the same portion rated their chances as likely even though they reported very good or excellent physical health.

More whites than blacks or Hispanics surveyed believed they were likely to develop dementia and almost two-thirds of blacks said they were unlikely. Only 93 blacks were surveyed, making it difficult to generalize those results to all U.S. blacks. But U.S. minorities face higher risks for dementia than whites – blacks face double the risk – and the Alzheimer’s group has programs in black and Hispanic communities.

“There’s lots of work to do ... to educate the public so they can take some actions to protect themselves,” Fargo said.

One in three seniors die with Alzheimer’s or other dementias, according to the Alzheimer’s Association. While there are no medicines or medical treatments proven to prevent it, rigorous European studies have shown that healthy lifestyles may help prevent mental decline. The Alzheimer’s Association is sponsoring similar U.S. research.

The new study used data from the University of Michigan National Poll on Healthy Aging. Adults were surveyed online in October. Funding came from AARP, the University of Michigan health system and U.S. government grants.

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Delight guests with restaurant-quality dessert

Many people feel dessert is the best part of any meal. When dining out, diners who can’t wait to peruse the dessert menu may find several items they think they can only enjoy at restaurants. But food fans need not be experts in the kitchen to enjoy their favorite desserts in the comforts of home. The following recipe for “Luscious Crème Brûlée” from Lori Longbotham’s “Luscious Creamy Desserts” (Chronicle Books) is a restaurant-quality dessert that’s simple to prepare and just as decadent as desserts you many find on the menus of your favorite restaurants.

Luscious Crème Brûlée

Serves 8

2 cups heavy whipping cream
1 cup half-and-half
6 large egg yolks
¾ cup sugar
Pinch of salt
2 teaspoons vanilla extract

1. Preheat the oven to 300 F. Have ready a flame-proof 1-quart shallow baking or gratin dish and a roasting pan. Put on a kettle of water to boil for the water bath.
2. Heat the cream and half-and-half in a medium saucepan over medium heat until hot. Remove from the heat.
3. Whisk together the yolks, 1/2 cup of the sugar, and the salt in a medium bowl. Slowly add the cream mixture, whisking constantly until blended and smooth. Add the vanilla. Pour the mixture through a fine strainer set over a medium glass measuring cup or bowl.

4. Pour the custard into the baking dish and skim any foam from the top. Transfer to the roasting pan, place in the oven, and pour enough boiling water into the pan to reach halfway up the sides of the baking dish. Bake for 25 to 30 minutes, or until the custard is set around the edges but still slightly jiggle in the center. Do not overbake — the custard will set further as it cools. Remove the baking dish from the water bath and let cool completely on a wire rack.
5. Refrigerate the crème brûlée, loosely covered, for at least 4 hours, until thoroughly chilled and set, or for up to 1 day.
6. Preheat the broiler. Have the roasting pan ready, and fill a bowl with ice water. Gently blot the surface of the custard with the edge of a paper towel to remove any condensation. Sift the remaining 1/4 cup sugar evenly over the custard. Place the baking dish in the roasting pan and carefully pour enough ice water into the pan to come halfway up the sides of the baking dish.
7. Broil the custard about 3 inches from the heat for 2 to 3 minutes, until the sugar has melted and turned a dark amber color; carefully move or rotate the dish if necessary so the sugar caramelizes evenly. Remove from the broiler and cool the custard in the ice water for 5 minutes.
8. Carefully remove the baking dish from the baking pan. Serve right away, or refrigerate, uncovered, for no longer than 1 hour before serving — or the topping will soften.