

How seniors can use their imagination to recall medical tasks

Do you have to remember to take medications, check your blood level, or follow some other medical instruction in the course of the day? A new study of senior citizens conducted by the University of Illinois, Champaign-Urbana Campus, shows that using imagination can help you recall those medical tasks.

When people perform this simple exercise, they are at least 50 percent more likely to actually do the activity when they need to.

"We found that if you imagined completing the desired act in great detail, you're much more likely to do it," said Dr. Denise Park, one of the leaders of the study.

According to Park, imagination works because it sets up visual environmental cues that trigger action. "For example, say you know you're going to have orange juice every single day with your breakfast before you test your glucose. Suddenly, when you pick up the orange juice you go, 'Oh yeah, I need to monitor my glucose.' This is a primed, automatic response originating in a part of the brain that's more resistant to aging."

Of course, the young and middle-aged can benefit, too. Other studies suggest the technique helps dieters stick to healthy eating, assists women in remembering to go for breast exams, and for other tasks.

For some seniors, nothing is more important than taking the right medicine at the right time each day. Realizing that reminder techniques that rely on the frontal cortex might not work, Park's team focused on "automatic" responses – mental activity triggered by visual cues in the environment. Experts believe that while the frontal cortex deteriorates with age, brain areas specific to automatic responses stay relatively intact.

A healthy memory is part of a larger picture according to an expert in Alzheimer's Disease, Dr. George Grossberg. Gross-

berg is director of geriatric psychiatry at Saint Louis University School of Medicine. He made these points in a report issued by St. Louis University:

- Exercising your body benefits your mind. Exercise increases the amount of "feel-good" endorphins in your body, improving your mood and preventing depression which can cause cognitive decline.

- Give your mind a workout, too. Mental challenges help rewire connections in the brain. That enhances the brain's activity and makes it more resistant to disease. Find a new hobby, learn to play chess, use your left hand if you're right-handed, or learn a new language.

- Take care of your health. Control the risk factors for cardiovascular disease – such as

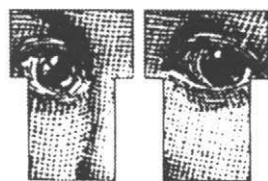
high blood pressure, smoking, high cholesterol and obesity.

- Get enough sleep. Lack of deep, restful sleep causes cognitive impairment later in life. If you're sleep-deprived, you're more likely to be forgetful and unable to think clearly now. If you have trouble sleeping, get expert help to determine the problem.

- Feed your brain. Some research indicates that antioxidant vitamins may help protect against dementia. The B vitamins, especially B-12, and folate are important in brain cell function.

- Pay attention to the side effects of your medications. Some prescription and over-the-counter medicines can cause memory or concentration problems. Talk to you doctor about these issues.

Professional Directory



Terry P. Tobin, O.D.
Doctor of Optometry

FAMILY VISION CARE
GLASSES - CONTACT LENSES

For Appointment
Phone: 503-429-7008
Wednesdays 9:00 a.m. - 5:00 p.m.

Most insurance accepted.
Call for information.
622 Bridge Street, Vernonia

MAPLE STREET CLINIC, P.C.
"Medical Care for the Entire Family"

Taking New Patients

503-357-2136
Mon-Fri, 8:30 am - 5:30 pm • Sat 10:30 am-12:00 noon
1825 MAPLE STREET • FOREST GROVE

MASSAGE THERAPY

Swedish • Deep Tissue • Reflexology • Relaxation
Relief for stress, chronic pain, soft tissue injury, whiplash.
Medical Referrals Accepted • Insurance Billed

HOLIDAY GIFT CERTIFICATES

MARIE KRAHN, LMT
503-429-5180
LICENSED & CERTIFIED • LICENSE NO. 5495

Providence Medical Group
Family and Community Medicine

510 Bridge Street, Vernonia, Oregon 97064
503-429-9191

Phyllis
Gilmore, M.D.



Providence Medical Group
Vernonia

Judith
Hargis, P.A.C.

A caring difference you can feel



COLUMBIA COMMUNITY
MENTAL HEALTH

Outpatient Alcohol & Drug Services
INDIVIDUAL - COUPLE - FAMILY - GROUP
Driving Under the Influence Program • ODL Monitoring

Call for App't. **503-429-1053**

VALLEY VETERINARY CLINIC

Large & Small Animals
9 am-5:30 pm, Every Thursday



58376 Nehalem Hwy. S.
Vernonia

Call for Appointment:

1-503-556-3084

26072 Hwy. 30, Rainier

Massage by Missy

Swedish • Shiatsu • Reflexology • Relaxation
Injury Management • Deep Tissue • Prenatal

Gift Certificates Available

503-970-2891 • 503-429-4961

902 Bridge Street, Vernonia • Lic. #5218

Vernonia Dental

Dr. Christopher M.
Scheuerman, DMD



Accepting
New Patients

Mon. thru Thurs. • 8:00 am - 5:00 p.m.
For Appointment Call

(503) 429-0880

622 Bridge Street, Vernonia OR 97064

Please remember...

**20 mph in School Zones at All Times,
not just when children are present.**