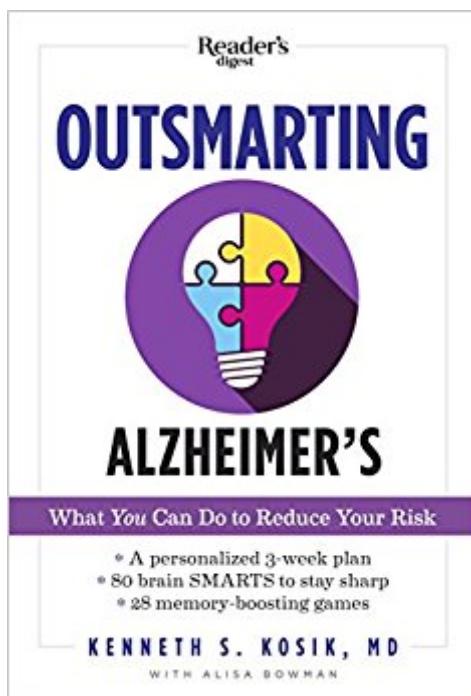


The book was found

Outsmarting Alzheimer's: What You Can Do To Reduce Your Risk



Synopsis

An easy-to-follow, research-based guide to the simple, low-cost choices that give the reader the power to reduce the risk of developing Alzheimer's disease and dementia; slow the progression of the disease; and mitigate symptoms and improve well-being. Did you know that getting on the treadmill can help keep your brain sharp? Or that repeatedly staying up to catch the late show could increase the likelihood of being struck down by dementia? The dozens of choices you make over the course of any average day—ordering the curry versus the burger with fries, taking the stairs versus the elevator—all add up. Together with your family history, they establish your chances of getting Alzheimer's years from now. No drugs or procedures can cure or even effectively treat Alzheimer's yet. But you have the power to help reduce your risk of ever getting this terrifying disease. Based on the latest scientific research, *Outsmarting Alzheimer's* gives you 80 simple lifestyle prescriptions in the six key areas with the most scientific evidence for protecting your brain health: S = Social Smarts M = Meal Smarts A = Aerobic Smarts R = Resilience Smarts T = Train-Your-Brain Smarts S = Sleep Smarts These easy, low-cost, and fun brain-boosting activities can help you delay or even avoid the onset of Alzheimer's disease and dementia, mitigating symptoms like forgetfulness or depression and sharpening your mental edge. With a personalized 3-week plan that includes recipes, brain games, and exercises, along with advice for caregivers, *Outsmarting Alzheimer's* is your best shot at staying sharp and vibrant for life.

Book Information

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Customer Reviews

â œOutsmarting Alzheimerâ™s translates the latest brain science into practical strategies that can not only reduce your risk for Alzheimerâ™s in the future, but boost your current memory abilities and overall health.â • (Gary Small, MD, Director, UCLA Longevity Center and author of 2 Weeks to a Younger Brain and The Alzheimerâ™s Prevention Program)â œKudos to Ken Kosik for providing this authoritative, lively, and practical manual for applying the best evidence available to reduce your risk of getting Alzheimerâ™s disease.â • (Eric Nestler, MD, PhD, Nash Family Professor, Director, Friedman Brain Institute, Icahn School of Medicine at Mount Sinai)â œDr. Kosikâ™s plan is practical, scientifically-informed, adaptable to each person, and tremendously important. Reducing your risk for Alzheimerâ™s is one of lifeâ™s most important projects --- START NOW!â • (Jeffrey Cummings, MD, ScD, Camille and Larry Ruvo Chair for Brain Health; Director, Cleveland Clinic Lou Ruvo Center for Brain Health)"A very timely, important, and even fun book, Outsmarting Alzheimer's first debunks old and misleading myths about the disease and then helps the reader adopt sound strategies to stay sharp and vital longer than previously thought possible." (Alvaro Fernandez, co-author of The SharpBrains Guide to Brain Fitness) --This text refers to the Hardcover edition.

Since 2004, Kenneth S. Kosik, MD, has been the Harriman Professor of Neuroscience Research and Co-Director of the Neuroscience Research Institute at the University of California, Santa Barbara. Previously, he was a professor of neurology and neuroscience at Harvard Medical School, and a senior neurologist at Brigham and Womenâ™s Hospital, where he was one of the founding physicians of the Memory Disorders Clinic. His lifelong work is research into the cause and treatment of neurodegeneration, particularly Alzheimerâ™s disease. His study of a group of interrelated families in a rural mountain town in Colombia who suffer from early onset Alzheimerâ™s has been the subject of several documentaries. Dr. Kosik also founded and served as Medical Director of the non-profit Cognitive Fitness and Innovative Therapies (CFIT), a model âœbrain shopâ• that helped clients maintain and improve their cognitive function. Dr. Kosik, who received his medical degree from the Medical College of Pennsylvania and served as chief resident at Tufts New England Medical Center, has been featured in the New York Times, Wall Street Journal, and on CNN as an expert on brain health. He lives and works in Santa Barbara, California.

My dad died of Alzheimer's complications at 93. He began noticing the effects of his disease at age 86. Although we can't beat the disease at this time we can slow it's progress and onset. This book seems to have some good medicine and to that end... It can't hurt.

I had checked this book out from the local library. It was so informative and helpful, decided a permanent copy was needed for my home. Glad I found it on . Would recommend it to everyone!

Helpful book for those worried about Alzheimers. Lots of "things" to do tips. Practical advice.

great info from top specialist.

Good to read about that one!

Found it to be very helpful

Living with a person who may or may not be developing Alzheimer's symptoms, this book offered me some good advice as to ways to offset some of the causes (even though general causes are unknown) leading to this horrific disease.

very well done, every old guy like me should read it.

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