

FISH AND ALZHEIMER'S

NOVEMBER 2002

Does the consumption of fish or meat decrease the risk of dementia, including Alzheimer's disease? This is the question that French researchers set out to answer in a recent study.

More than 1,400 adults, aged 68 and older, reported their fish and meat-eating habits for a period of two to seven years. Education levels were also noted as it has been suggested that individuals with higher-level education are at a decreased risk of dementia due to a greater "brain reserve."

It was found that those who ate fish at least once a week were 34 percent less likely to develop dementia over seven years than those who did not. It has been suggested that the fatty acids in fish may have a protective effect on the brain, thus reducing inflammation in the brain and protecting vascular health.

Interestingly, no significant association was found between meat-eating and risk of dementia.

Source: *British Medical Journal* October 25, 2002

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Stroke Among Neonates and Children is Severely Under-Recognized

There is a serious under-recognition of stroke in the neonate and child, and risk factors and appropriate treatment strategies remain largely unidentified, according to a report from the University of California-San Francisco.

Stroke in infancy and childhood occurs in one per 4000 live births and at least seven per 100,000 children a year, making these disorders more than twice as frequent as brain tumors in children. Adverse outcomes include death in 6 percent, stroke recurrence in 20 to 35 percent of children, and neurological deficits or seizures in over two-thirds of survivors.

There are specific barriers preventing important investigation into the cause and treatment of neonatal and childhood stroke, including:

- The perception that stroke in neonates and children is exceedingly rare and therefore there isn't a pressing need for research.
- Lack of awareness of neonatal and childhood stroke results in delayed and missed diagnosis, and non-standardized approaches to investigation and case management.
- Neonatal stroke is especially under-diagnosed, and the timing and risk factors are difficult to determine because they may occur prenatally. It is necessary to work with obstetricians to develop primary prevention strategies.
- Most animal studies are not critically designed to test hypotheses based on stages of maturity and development as they relate to stroke mechanisms.
- There are insufficient numbers of investigators trained in translational and clinical research in pediatric stroke.

Source: *American Academy of Neurology*

WINE AIDS THE MIND?

People who drink a little wine seem to have a lower risk of developing Alzheimer's disease and other forms of dementia, Danish researchers reported, adding to a growing body of evidence suggesting that wine contains healthful compounds.

"Monthly and weekly intake of wine is associated with a lower risk of dementia," the team at the Institute of Preventive Medicine at Kommunehospitalet in Copenhagen, Denmark, wrote in their report. People who had just a glass of wine a day had a lower risk of dementia than people who drank no wine at all, they added.

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