

Congress of the United States
Washington, DC 20510

November 30, 2006

A briefing on
Lifestyle Measures & Alzheimer's

Dear Colleague:

While scientists do not know exactly what causes Alzheimer's, they have identified certain risk factors including age, family history and genetics that increase the likelihood of developing the disease. More recently, a growing body of evidence suggests that lifestyle measures aimed at improving the health of one's brain may also play a role in reducing the risk of developing Alzheimer's disease, a progressive brain disorder that affects 4.5 million Americans over age 65 today.

Although additional research is needed, several recent studies strongly support previous findings that mid-life physical activity and diet affect an individual's intellectual performance as well as their chance of developing Alzheimer's later in life. In addition, preliminary evidence suggests that a combination of physical, mental, and social activity may help protect against dementia.

In order to better understand many of the issues surrounding how lifestyle choices impact Alzheimer's disease, the Alzheimer's Association has scheduled a briefing for Members and Staff. As the Co-Chairs of the Congressional Task Force on Alzheimer's Disease, we urge you to join us at this briefing:

December 6, 2006 3:00 p.m. - 4:00 p.m.
485 Russell Senate Office Building

This briefing will feature presentations by:

- Dr. Richard Mayeux, Director, Sergievsky Professor of Neurology, Psychiatry, and Epidemiology Co-Director, Taub Institute of Research on Alzheimer's Disease and the Aging Brain, Columbia University, College of Physicians and Surgeons.
- Dr. Marilyn Albert, Director of the Division of Cognitive Neuroscience in the Department of Neurology at Johns Hopkins University School of Medicine and Co-Director of the Johns Hopkins Alzheimer's Disease Research Center

This briefing will explain what is currently known about brain health and review how lifestyle factors including diet and exercise may relate to risk of developing Alzheimer's. In addition, speakers will discuss the need for additional research funding to find new ways to identify those at higher risk for Alzheimer's and design interventions to lower risk.

This briefing is sponsored by the Alzheimer's Association, in conjunction with the Congressional Task Force on Alzheimer's Disease. Should you have any questions about the event, please have your staff contact Eleanore Edson (Senator Clinton) at 224-5650, Priscilla Hanley at 224-2523 (Senator Collins), Katharine Reinhalter (Representative Markey) at 225-2836, or Tim Lynagh at 225-3765 (Representative Smith).

Sincerely,

Co-Chairs Congressional Task Force on Alzheimer's Disease



Hillary Rodham Clinton
United States Senate



Susan M. Collins
United States Senate



Edward J. Markey
United States House of Representatives



Christopher H. Smith
United States House of Representatives