

MUSCLING OUT ALZHEIMER'S

Recent research shows that building stronger muscles not only accords a physical benefit to seniors, but it may also help them lower their risk of developing Alzheimer's disease. While previous studies have linked grip strength and level of physical activity to a lower risk of developing Alzheimer's, this latest bit of research is the first to associate muscle strength by itself as a risk-lowering factor. The study, which included nearly 1,000 dementia-free individuals with an average age of 80, showed that those ranked in the top 10 percent for muscle strength were 61 percent less likely to develop Alzheimer's than the weakest 10 percent. This provides a good argument for seniors to remain active as well as strong.

Alzheimer's disease develops slowly over time and may be hard for family members who may mistake symptoms as part of the natural aging process. Research suggests that building muscle may reduce a person's risk of developing this disease. At Barclay Friends, we have a highly experienced on-site rehabilitation staff that includes physical therapists who help seniors develop, maintain, and restore maximum movement. Please call us at 610-696-5211 if you would like to schedule a visit. We are located at 700 N. Franklin Street in West Chester.

P.S. The study mentioned above indicated that stronger individuals also showed a slower decline in their mental abilities over time.