

Healthy Aging

On this resource list:

Alzheimer's Association Publications

Aging

Brain Health

Brain Health for the Person with Early Stage Alzheimer's Disease

Clinical Research

Alzheimer's Association Publications

Brain health (web page).

Chicago, IL: Alzheimer's Association National Office.

Contains report, [The Healthy Brain Initiative: A National Public Health Road Map to Maintaining Cognitive Health](#), and [Inside the Brain: An Interactive Tour](#), information on making brain healthy choices, disease risk factors you can't control, and the science behind these recommendations.

<https://www.alz.org/professionals/public-health/road-map>

Aging

Articles, Journal

Acevedo BP; Pospos S; Lavretsky H. The neural mechanisms of meditative practices: novel approaches for healthy aging. *Current Behavioral Neuroscience Reports*. 2016; vol. 3(4), pp. 328- 339.

Full-text:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5110576/pdf/40473_2016_Article_98.pdf

Green-Field Library does not own.

Bouaziz W; Vogel T; Schmitt E; et al. Health benefits of aerobic training programs in adults aged 70 and over: a systematic review. *Archives of Gerontology and Geriatrics*. Mar-Apr 2017; vol. 69, pp. 110-127.

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/27912156>

Green-Field Library does not own.

Carmona JJ; Michan S. Biology of healthy aging and longevity. *Revista de Investigacion Clinica*. Jan-Feb 2016; vol. 68(1), pp. 7-16.

Full-text: http://clinicalandtranslationalinvestigation.com/files/ric_2016_68_1_007-016.pdf

Green-Field Library does not own.

Cartee GD; Hepple RT; Bamman, MM; et al. Exercise promotes healthy aging of skeletal muscle. *Cell Metabolism*. June 14, 2016; vol. 23(6), pp. 1034-1047.

Full-text:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5045036/pdf/nihms814819.pdf>

Green-Field Library does not own.

Fountain-Zaragoza S; Prakash RS. Mindfulness training for healthy aging: impact on attention, well-being, and Inflammation. *Frontiers in Aging Neuroscience*. Feb 3, 2017; vol. 9(11), pp. 1-15.

Full-text: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5289973/pdf/fnagi-09-00011.pdf>

Green-Field Library owns.

Harmell AL; Jeste D; Depp C. Strategies for successful aging: a research update. *Current Psychiatry Reports*. Oct 2014; vol. 16(10), pp. 476.

Full-text:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4207365/pdf/nihms622002.pdf>

Green-Field Library does not own.

Kaeberlein M; Rabinovitch PS; Martin GM. Healthy aging: The ultimate preventative medicine. *Science*. Dec 4, 2015; vol. 350(6265), pp. 1191-1193.

Full-text:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4793924/pdf/nihms766717.pdf>

Green-Field Library does not own.

Kljajevic V. Overestimating the effects of healthy aging. *Frontiers in Aging Neuroscience*. Aug 26, 2015; vol. 7(164), pp.1-3.

Full-text: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4549645/pdf/fnagi-07-00164.pdf>

Green-Field Library does not own.

Lee C; Longo V. Dietary restriction with and without caloric restriction for healthy aging. *F1000Research*. Jan 29 2016; 5(F1000 Faculty Rev), pp. 117.

Full-text: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4755412/pdf/f1000research-5-7686.pdf>

Green-Field Library does not own.

Nutrition across the lifespan for healthy aging: proceeding of a workshop. The National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Food and Nutrition Board, Food Forum.

Full-text: <https://www.ncbi.nlm.nih.gov/pubmed/28530787>

Green-Field Library does not own.

Ryff CD; Heller AS; Schaefer SM; et al. Purposeful engagement, healthy aging, and the brain. *Current Behavioral Neuroscience Reports*. Dec 2016; vol. 3(4), pp. 318-327.

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/28534002>

Green-Field Library does not own.

Sadana R; Blasm E; Budhwani S; et al. Healthy ageing: raising awareness of inequalities, determinants, and what could be done to improve health equity. *Gerontologist*. Apr 2016; vol. 56 supplement 2, pp. S178-193.

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/26994259>

Green-Field Library owns.

Shlisky J; Bloom DE; Beaudreault AR; et al. Nutritional considerations for healthy aging and reduction in age-related chronic disease. *Advances in Nutrition*. Jan 2017; vol. 8(1), pp. 17-26.

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/28096124>

Green-Field Library does not own.

Wagner KH; Cameron-Smith D; Wessner B; et al. Biomarkers of aging: from function to molecular biology. *Nutrients*. Jun 2, 2016; vol. 8(6), pp. 1-12.

Full-text: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4924179/pdf/nutrients-08-00338.pdf>

Green-Field Library does not own.

Books

America's Text Kitchen. *The complete Mediterranean cookbook: 500 vibrant recipes for living and eating well every day*.

Boston, MA: America's Text Kitchen, 2016

Green-Field does not own.

Burggraf V; Kim KY; Knight AL. *Healthy aging: principles and clinical practice for clinicians*.

Philadelphia, PA: LWW, 2014

Green-Field Library does not own.

Horstman J. *The Scientific American aging brain: the neuroscience of making the most of your mature mind*.

Hoboken, NJ: Jossey Bass, 2012

Green-Field Library does not own.

Kandel J.; Adamec C. *Encyclopedia of senior health and well-being*.

New York, NY: Facts on File Library of Health and Living, 2003. ISBN: 0816046913.

Green-Field Library does not own.

Riolo A. *The ultimate Mediterranean diet cookbook: harness the power of the world's healthiest diet to live better, longer*

Beverly, MA: Fair Winds Press, 2015

Green-Field Library does not own.

Sawatsky J. *Dancing with Elephants: Mindfulness Training For Those Living With Dementia, Chronic Illness or an Aging Brain (How to Die Smiling Book 1)*
Toronto, ON: Red Canoe Press, 2017.
Green-Field Library Call No.: WM 220 S271 2017

Web Resources

Exercise and physical activity

Silver Springs, MD: Alzheimer's Disease Education and Referral Center.
A book on the benefits of keeping in shape, including everything you need to set up an exercise program.

<http://www.nia.nih.gov/health/publication/exercise-physical-activity-your-everyday-guid2013>
[e-national-institute-aging-1](http://www.nia.nih.gov/health/publication/exercise-physical-activity-your-everyday-guid2013)

Healthy aging®.

Unionville, PA: Official site of the Healthy Aging® campaign.
<http://www.healthyaging.net>

Self-management: taking charge of your life.

Leawood, KS: FamilyDoctor.org; American Family Physician.
Healthy living ideas and management of chronic illness in light
<https://familydoctor.org/self-management-taking-charge-of-your-health>

Brain Health

Articles, Journal

Anderson K; Grossberg GT. Brain games to slow cognitive decline in Alzheimer's. *Journal of the American Medical Directors Association*. Aug 2014; vol. 15(8), pp. 536-537.

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/24913208>

Green-Field Library owns.

De Roeck EE; Engelborghs S; Dierckx E. Next generation brain health depends on early Alzheimer disease diagnosis: from a timely diagnosis to future population screening. *Journal of the American Medical Directors Association*. May 1, 2016; vol. 17(5), pp. 452-453.

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/26972349>

Green-Field library owns.

Falck RS; Davis JC; Liu-Ambrose T. What is the association between sedentary behaviour and cognitive function? A systematic review. *British Journal of Sports Medicine*. May 2017; vol. 51(10), pp. 800-811.

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/27153869>

Green-Field Library does not own.

George DR; Whitehouse PJ. Marketplace of memory: what the brain fitness technology industry says about us and how we can do better. *Gerontologist*. Oct 2011; vol. 51(5), pp. 590-596.

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/21572161>

Green-Field Library owns.

Henderson VW. Three midlife strategies to prevent cognitive impairment due to Alzheimer's disease. *Climacteric: Journal of the International Menopause Society*. Dec 2014; vol. 17 supplement 2, pp. 38-46.

Full-Text: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4236238/>

Green-Field Library does not own.

Macpherson H; Teo WP; Schneider LA; et al. A life-long approach to physical activity for brain health. *Frontiers in Aging Neuroscience*. May 2017; vol. 9(147), pp. 1-12.

Full-text: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5440589/pdf/fnagi-09-00147.pdf>

Green-Field Library does not own.

Maliszewska-Cyna E; Lynch M; Oore JJ; et al. The benefits of exercise and metabolic interventions for the prevention and early treatment of Alzheimer's disease. *Current Alzheimer Research*. 2017; vol. 14(1), pp. 47-60.

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/27539597>

Green-Field Library owns.

Morris MC; Tangney CC; Wang Y; et al. MIND diet slows cognitive decline with aging. *Alzheimer's & Dementia: Journal of the Alzheimer's Association*. Sep 2015; vol. 11(9), pp. 1015-1022.

Full-text:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4581900/pdf/nihms693732.pdf>

Green-Field Library owns.

Nehlig A. Effects of coffee/caffeine on brain health and disease: What should I tell my patients? *Practical Neurology*. Apr 2016; vol. 16(2), pp. 89-95.

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/26677204>

Green-Field Library does not own.

Schiepers OJ; Köhler S; Deckers K; et al. Lifestyle for brain health (LIBRA): a new model for dementia prevention. *International Journal of Geriatric Psychiatry*. Feb 28, 2017; Epub ahead of print.

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/28247500>

Green-Field Library owns.

Vos SJB; van Boxtel MPJ; Schiepers OJG; et al. Modifiable risk factors for prevention of dementia in midlife, late life and the oldest-old: validation of the LIBRA Index. *Journal of the Alzheimer's Disease*. 2017; vol. 58(2), pp. 537-547.

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/28453475>

Green-Field Library owns.

Voss MW; Weng TB; Burzynska AZ; et al. Fitness, but not physical activity, is related to functional integrity of brain networks associated with aging. *NeuroImage*. May 1, 2016; vol. 131, pp. 113-125.

Full-text:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4837101/pdf/nihms738557.pdf>

Green-Field Library does not own.

Books

Medina. J. Brain rules: 10 principles for staying vital, happy and sharp.

Seattle, WA: Pear Press, 2015

Green-Field Library Call No.: QP 356 M491 2017

Tanzi, R.E.; Chopra, D. Super brain: unleashing the explosive power of your mind to maximize health, happiness, and spiritual well-being.
New York, NY: Harmony, 2012.
Green-Field Library does not own.

Games – Software & Reviews

8 Brain-training games for memory.

Reviews the games listed below and more.

<http://www.alzheimers.net/11-5-14-brain-training-games>

Brain Age.

Kyoto JP: Nintendo Inc., 2007.

Determines your “brain age” and provides games to lower your brain age; the goal is to practice daily to get as close to age 20 as possible.

<http://www.brainage.com/launch/index.jsp>

BrainBuilder.

Ogden, UT: ABT Interactive, 2008.

A program that targets working memory; establishes a baseline for storing, processing, and recalling information.

<http://www.brainbuilder.com>

Brain Fitness Program.

San Francisco, CA: Posit Science Corporation, 2008.

An evidence based program focusing on improving hearing, processing language, listening and recall.

<http://www.positscience.com/products>

Clevermind.

Designed for persons with the disease in an easy-to-read format with a speaking digital assistant.

<http://myclevermind.com>

CogniFit

New York, New York: CogniFit, Inc., 2011.

Evaluates at baseline for 14 memory and perception skills. targets weaker skills, and then measures over time.

<http://www.cognifitpersonalcoach.com>

Dakim brainfitness.

Santa Monica, CA: Dakim, Inc., 2006.

Cognitive stimulation exercises with free trial.

<http://www.dakim.com>

Fit Brains Trainer

Three hundred sixty games and puzzles that challenge your progress

<http://www.fitbrains.com>

Happy Neuron.

Mountain View, CA: Happy Neuron, 2008.

A program that trains for 5 skills likely to decline with age: memory, attention, language, reasoning, and visual/spatial.

<http://www.happy-neuron.com/index.php>

Headstrong Cognitive Fitness.

New York, NY: Headstrong Cognitive Fitness, 2008.

Mental exercise program focusing on speed, attention and concentration, language, memory, and problem solving.

<http://www.headstrongbrain.com>

MemoryLifter.

Houston, TX: LearnLifter, 2008.

A free memorization software program.

<http://www.memorylifter.com>

Mindware forum: software for self-improvement, personal development and success.

Roseville, MN: Mindware, Inc. 2007.

Reviews products related to cognitive enhancement, brain entertainment, stress reductions, mind gadgets, with free downloads, a weekly newsletter with reviews, and more.

<http://www.bruceeisner.com/mindware>

MyBrain Trainer.

Los Angeles, CA: MyBrainTrainer, 2008.

Sixteen exercises for quickness, decision making, perceptual acuity, visual recognition, memory and mental ability – measures reaction time.

<http://www.mybraintainer.com>

Sharpbrains.

San Francisco, CA: SharpBrains, 2008.

“A market research and advisory company focused on providing high-quality, research-based, information and guidance to navigate the brain training and cognitive fitness market.” Includes market reports, research, brain exercises, technology products and more.

<http://www.sharpbrains.com>

Games – Online

AARP online games and puzzles.

Washington, DC: AARP.

<http://games.aarp.org>

Exploring games

Washington, DC: AARP

<https://stayingsharp.aarp.org/games>

Mind Games

Vianen, The Netherlands.

<https://www.mindgames.com>

Web Resources

AARP staying sharp program.

Washington, DC: AARP.

<https://stayingsharp.aarp.org/about/brain-health/what-is-staying-sharp>

Center for Healthy Aging: model health programs for communities.

Washington, DC: National Council on Aging.

Evidence based programs, model programs, and best practices.

<https://www.ncoa.org/center-for-healthy-aging/basics-of-evidence-based-programs/about-evidence-based-programs>

Eating better and moving more.

Miami, FL: National Policy & Resource Center on Nutrition & Aging, Florida International University.

“A two-step program divided into weeks designed to improve nutrition and physical activity in older adults.”

http://nutrition.fiu.edu/You_Can/index.asp

For effective brain fitness, do more than play simple games

New York, NY: New York Times.

https://www.nytimes.com/2016/07/09/your-money/for-effective-brain-fitness-do-more-than-play-simple-games.html?_r=0

Steps to healthy aging.

Miami, FL: National Policy and Resource Center on Nutrition and Aging, Florida International University.

Factsheets, brochures, and information on the president’s health and fitness initiative.

http://www.fiu.edu/~nutreldr/STEPS_Program/STEPS_home.htm

Which brain exercises improve memory best?

Reader’s Digest

New York, NY

<http://www.rd.com/health/wellness/which-brain-exercises-improve-memory-best>

Brain Health for Persons with Early Stage Alzheimer's disease

Books and Book Chapter

Bourgeois M.S. *Memory books and other graphic cuing systems: practical communication and memory aids for adults with dementia.*

Baltimore, MD: Health Professions Press, 2007. ISBN: 1932529225.

Green-Field Library Call No.: WM 220 B7772 2007.

Chamberlain K. *Five-minute brain workout: games and puzzles to Keep Your Mind Sharp and Supple.*

New York, NY: Skyhorse Publishing / Simon & Schuster, 2013

Green-Field Library does not own.

Einberger K; Sellick M.S. *Strengthen your mind: activities for people with early memory loss.*
Baltimore, MD: Health Professions Press, 2007, vols. 1 & 2. Green-Field Library
Call No.: WL 300 E36 2007

Feinberg TE; Yu W. *Staying healthy: why good habits count.* IN: *What to do when the doctor says it's early-stage Alzheimer's disease.*
Gloucester, MA: Fair Winds Press, 2005.
Green-Field Library Call No.: WM 220 F299 2005

Lewthwaite N.J. *Mental aerobics.*
Victoria, BC: Mental Aerobics, 1993. ISBN: 0969299605.
Useful for the person with early stage while working with another person.
Green-Field Library Call No.: WM 450 L678 1994

Lewthwaite N.J. *More mental aerobics.*
Victoria, BC: Mental Aerobics, 1993. ISBN: 09699299613.
Useful for the person with early stage while working with another person.
Green-Field Library Call No.: WM 450 L679m 1993

McClellan L. *Senior smart puzzles: mazes, hidden objects, same/different puzzles.*
Brookings, OR: BookSurge Publishing, 2007.
Green-Field Library Call No.: WM 450 M163 2007

McClellan L. *Senior smart puzzles book 2: mazes, hidden objects, same/different puzzles.*
Brookings, OR: BookSurge Publishing, 2008.
Green-Field Library does not own.

Memory workout
By Us for Us Guides
Waterloo, OM: Murray Alzheimer Research and Education Program (MAREP),
University of Waterloo: <https://uwaterloo.ca/murray-alzheimer-research-and-education-program/education-and-knowledge-translation/products-education-tools/by-us-for-us-guides#memory%20workout>

Mousley S; Jopling S. *The multi-sensory reminiscence activity book: 52 weekly group session plans for working with older adults*.
London, UK: Jessica Kingsley, 2017.
Green-Field Library does not own.

Vincent A.B. *Bite-size piece of my past: writing your life story in digestible chunks*.
Victoria, BC: Trafford Publishing, 2006. ISBN: 1412016800
Green-Field Library does not own.

Web Resources

Activities

Chicago, IL: Alzheimer's Association

A person with Alzheimer's or other dementia doesn't have to give up the activities that he or she loves. Many activities can be modified to the person's ability. In addition to enhancing quality of life, activities can reduce behaviors like wandering or agitation.

<http://www.alz.org/care/alzheimers-dementia-activities.asp>

Alzheimer's Store.

Cumming, GA: The Alzheimer's Store: an Ageless Design Company.

Provides unique products for persons with Alzheimer's disease and caregivers. See especially Memory Stimulation, Books, Activities and Entertainment and Audio and Video on the navigation bar.

<http://www.alzstore.com>

Computer "games" provide mental edge in people with Alzheimer's disease. Nov 15, 2006. New York, NY: Fisher Center for Alzheimer's Research Foundation.

<http://www.alzinfo.org/11/articles/drugs-and-treatment-39>

Early stage memory training for dementia.

New York, NY: New York Times Company

http://alzheimers.about.com/od/treatmentoptions/a/memory_training.htm

Jigsaw puzzles for Alzheimer's disease

Seattle, WA: Amazon.com

Fewer than 30 piece puzzles for persons with dementia

Download [here](#).

Mortenson HE; Nielson G.S. *Guidelines to library services to persons with dementia. IFLA Professional Reports*. 2007; Nr. 104.

Includes suggested types of materials for persons with dementia such as illustrated books, books for reading aloud, thematic books, local history, audio books, music, video, computer games, and reminiscence kits.

<http://www.ifla.org/VII/s9/nd1/Profrep104.pdf>

Study suggests people with early AD can still learn. *NIH News*. Jul 2, 2004. Washington, DC: NIH News, National Institutes of Health, 2004.

<https://www.nia.nih.gov/newsroom/2004/07/studies-suggest-people-early-ad-can-still-learn>

Clinical Research

Articles, Journal

Barha, CK; Liisa AG; Lindsay S; et al. Personalising exercise recommendations for brain health: considerations and future directions. *British Journal of Sports Medicine*. 2016; vol. 51(8), pp. 636-639.

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/27856411>

Green-Field Library does not own.

Devenney KE; Sanders ML; Lawlor B; et al. Age-related hearing impairments - a risk factor and frailty marker for dementia and AD. *BMC Geriatrics*. Mar 22, 2017; vol. 17(1), pp. 75.

Full-text: <https://www.ncbi.nlm.nih.gov/pubmed/28330458>

Green-Field Library does not own.

Harding A; Robinson S; Crean S; et al. Can better management of periodontal disease delay the onset and progression of Alzheimer's disease? *Journal of Alzheimer's Disease*. 2017; vol. 58(2), pp. 337-348.

Full-text: <https://www.ncbi.nlm.nih.gov/pubmed/28453484>

Green-Field Library owns.

Henderson VW. Three midlife strategies to prevent cognitive impairment due to Alzheimer's disease. *Climacteric*. 2014 Dec; vol. 17 (Suppl 2), pp 38-46.

Full-text: <https://www.ncbi.nlm.nih.gov/pubmed/24893836>

Green-Field Library does not own.

Hooghiemstra AM; Eggermont LH; Scheltens P; et al.
Exercise and early-onset Alzheimer's disease: theoretical considerations. *Dementia and Geriatric Cognitive Disorders Extra*. Jan 2012; vol. 2; pp. 132-145.
Full-text: <https://www.ncbi.nlm.nih.gov/pubmed/22590474>
Green-Field Library does not own.

Gheysen F; Poppe L; DeSmet A; et al. Physical activity to improve cognition in older adults: can physical activity programs enriched with cognitive challenges enhance the effects? A systematic review and meta-analysis. *International Journal of Behavioral Nutrition and Physical Activity*. Jul 4, 2018; vol. 15(1), p. 63 (13 pages).
Full-text: <https://www.ncbi.nlm.nih.gov/pubmed/29973193>
Green-Field Library does not own.

Gustafson DR; Clare Morris M; Scarmeas N; et al. New perspectives on Alzheimer's disease and nutrition. *Journal of Alzheimer's Disease*. 2015; vol. 46(4), pp. 1111-1127
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/26402637>
Green-Field Library owns.

Maliszewska-Cyna E; Lynch M; Oore JJ; et al. The benefits of exercise and metabolic interventions for the prevention and early treatment of Alzheimer's disease. *Current Alzheimer's Research*. 2017; vol. 14(1), pp. 47-60.
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/27539597>
Green-Field Library does not own.

Mattson MP. Lifelong brain health is a lifelong challenge: from evolutionary principles to empirical evidence. *Ageing Research Reviews*. Mar 2015; vol. 20, pp. 37-45.
Full-text: <https://www.ncbi.nlm.nih.gov/pubmed/25576651>
Green-Field Library does not own.

McCleery J; Abraham RP; Denton DA; et al. Vitamin and mineral supplementation for preventing dementia or delaying cognitive decline in people with mild cognitive impairment. *Cochrane Database Systematic Review*. Nov 1, 2018; 11:CD0121905.
Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/30383288>
Green-Field Library does not own.

Michel JP. Is It Possible to delay or prevent age-related cognitive decline? *Korean Journal of Family Medicine*. Sep 2016; vol. 37(5), pp. 263-266.

Full-text: <https://www.ncbi.nlm.nih.gov/pubmed/27688858>

Green-Field Library does not own.

Olde Rikkert MGM; Schneider S; NeuroExercise Study Group. The effects of an extensive exercise programme on the progression of Mild Cognitive Impairment (MCI): study protocol for a randomized controlled trial. *BMC Geriatrics*. Mar 22. 2017; vol. 17(1), pp. 75.

Full-text: <https://www.ncbi.nlm.nih.gov/pubmed/28330458>

Green-Field Library does not own.

Panza F; Solfrizzi V; Logroscino G. Age-related hearing impairment-a risk factor and frailty marker for dementia and AD. *Nature Reviews. Neurology*. Mar 20156; vol. 11(3), pp. 166-175.

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/25686757>

Green-Field Library does not own.

Pahigiannis K; Mott M; Koroshetz W. Hypertension and brain health: setting limits. National Institute of Neurological Disorders and Stroke organizational update. *Stroke*. Jun 2015; vol. 46(6), pp. 147-148

Full-text: <https://www.ncbi.nlm.nih.gov/pubmed/25922505>

Green-Field Library does not own.

Shah TM; Weinborn M; Verfile G, et al. Enhancing cognitive functioning in healthy older adults: a systematic review of the clinical significance of commercially available computerized cognitive training in preventing cognitive decline. *Neuropsychology Reviews*. Mar 2017; vol. 27(1), pp. 62-80.

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/28092015>

Green-Field Library does not own.

Tangney CC. Dash and Mediterranean-type dietary patterns to maintain cognitive health. *Current Nutrition Reports*. Mar 1, 2014; vol. 3(1), pp. 51-61

Full-text: <https://www.ncbi.nlm.nih.gov/pubmed/25599006>

Green-Field Library does not own.

Book

Post S.G.; Binstock R.H. *Fountain of youth: cultural, scientific, and ethical perspectives on a biomedical goal.*

New York, NY: Oxford University Press, 2004. ISBN: 0195170083.

Green-Field Library Call No.: WT 116 F68 2004

Web Resource

Diet and Alzheimer's disease: what the evidence shows.

Morris, M.C.

New York, NY: Medscape, LLC.

This article, posted 1/15/2004, associates diet and risk factors in cardiovascular diseases with dietary practices that may reduce the risk of Alzheimer's.

Providing current research on antioxidants, dietary supplements, fat composition, fish and fatty acids, it also makes dietary recommendations. Registration is required in order to access this free article.

<http://www.medscape.com/viewarticle/466037>

Healthy Aging

A selected list of references compiled by

Alzheimer's Association National Office

Benjamin B. Green-Field National Alzheimer's Library and Resource Center

Chicago, IL 60601

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