

Mayo Clinic Medical Edge
Stroke and Dementia

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	ALREADY A LEADING CAUSE OF DEATH AND DISABILITY, A RECENT STUDY FINDS THAT STROKE MAY LEAD TO MILD COGNITIVE IMPAIRMENT.
David Knopman, M.D.	"IN ADDITION, WHAT WE FOUND WAS THAT THE TYPE OF COGNITIVE IMPAIRMENT WAS NOT SO MUCH DIFFICUTLY WITH SHORT-TERM MEMORY AS PROBLEMS WITH MENTAL AGILITY OR WHAT WE CALL EXECUTIVE MENTAL FUNCTIONS."
	DR. DAVID KNOPMAN IS A MAYO CLINIC NEUROLOGIST AND LEAD

	INVESTIGATOR OF THE STUDY.
Dr. Knopman	“ONE OF THE BIGGER QUESTIONS THAT WE’RE TRYING TO ADDRESS IS WHETHER STROKE USUALLY CAUSES FULL-BLOWN DEMENTIA OR RATHER IT JUST SETS THE STAGE FOR ALZHEIMER’S.”
	BUT WE DO KNOW THAT YOU CAN LOWER YOUR RISK OF STROKE BY WATCHING YOUR BLOOD PRESSURE AND CHOLESTEROL LEVELS, EATING HEALTHY, EXERCISING AND NOT SMOKING.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.