

**Medical Edge Radio from Mayo Clinic**  
**Preventing Alzheimer's**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE
	AGE. IT'S THE BIGGEST RISK FACTOR FOR ALZHEIMER'S DISEASE. WE'RE ALL GETTING OLDER, AND THERE IS NO CURE. SO IS THERE ANYTHING WE CAN DO TO LOWER OUR RISK?
<b>Ronald Peterson, M.D.</b> <b>Track 3 (:22)</b>	"SOME OF THE THINGS THAT WE DO AS PART OF OUR DAILY LIVES, MAY BE PREVENTIVE IN TERMS OF ALZHEIMER'S."
	DR. RONALD PETERSON IS AN ALZHEIMER'S SPECIALIST AT MAYO CLINIC. HE SAYS EXERCISING THE MIND... STAYING INTELLECTUALLY ACTIVE IS KEY.

<p><b>Dr. Peterson</b> <b>Track 3 (:34)</b></p>	<p>“IF WE ARE LIKELY TO ATTEND MOVIES... PLAYS... GO TO THE THEATRE... DISCUSS CURRENT EVENTS... READ BOOKS, THOSE KIND OF ACTIVITIES MAY IN FACT PROTECT US FROM DEVELOPING ALZHEIMER’S DISEASE IN THE FUTURE.”</p>
	<p>DR. PETERSON ALSO RECOMMENDS STAYING CONNECTED SOCIALLY TO FRIENDS AND FAMILY. FINALLY A HEALTHY MIND NEEDS A HEALTHY BODY. EAT A HEALTHY DIET AND STAY PHYSICALLY ACTIVE.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I’M VIVIEN WILLIAMS.</p>