IF YOU MOVE OR HAVE QUESTIONS

If you move, please send us your new address and phone number. We want to keep you updated on the progress of The 90+ Study. We would also appreciate notification from family or friends when a participant dies.

WHAT’S NEW IN 2007

Thanks to the continued cooperation of research participants and their families, many new research projects are underway. We are looking at markers in the blood that may be associated with dementia. Other fields of study include identifying factors that keep participants free of disability into their nineties and beyond.

BRAIN DONATION REMINDER

If you or your loved one have signed up for The 90+ Study Brain Donation Program and want more information, please contact Ms. Christina Whittle at 949-768-3635. Thank you for your continued participation in this critical part of our research.

LOOK INSIDE FOR

• The latest results of our study
• New projects underway
• Appreciation party info
• Bio of a research team member

2007 APPRECIATION PARTY

Save the date. The fourth annual The 90+ Study Appreciation Party is scheduled for July 13th. We hope to see you at the festivities.

The party last June was a smashing success. Over 100 participants, family members, caregivers, and researchers attended the event. Dr. Claudia Kawas highlighted some of the recent findings of The 90+ Study and introduced new members of the staff. Attendees enjoyed a delicious lunch and were treated to a piano concert by participant Irene Voelker and singing by Philip Cain. A fun time for all!
Why do some people live longer than others? Recently published results for The 90+ Study offer clues.

**Run, Walk or Play Games**
More exercise and participation in other leisure activities may add years to one’s life. Participants who exercised 15 minutes or more per day in their seventies tended to live longer than those not exercising. Most any exercise will do. Tennis, biking, swimming, jogging, and vigorous walking were all linked to a longer life, as were other fun activities such as gardening, reading, sewing, crafts, and board games. So keep doing the things you love. The more time spent in these activities, the better.

**Drink to Good Health**
Individuals who drank 1-2 glasses of wine per day tended to live longer than non-drinkers. Don’t like wine? Don’t worry. The effect was similar for beer and other liquors. Coffee drinkers did all right too. A cup or two of coffee a day increased longevity as well. As with everything, just don’t overdo.

**Body Shape**
Carrying a few extra pounds might not be a bad idea if you are an older adult. Individuals in their 80s and 90s who were slightly overweight (body mass index (BMI) 25 to 29.9) had lower mortality rates than normal weight individuals (BMI 18.5 to 24.9). Obese persons didn’t fair too well, but neither did underweight persons, who had the highest death rates.

**Postmenopausal Estrogen**
Although recent clinical trials did not find that hormone therapy protected against heart disease as earlier studies had suggested, clear differences between the women in the clinical trials and women in earlier observational studies suggest more research is needed. The women in our study who started taking estrogen around menopause appear to have reaped a benefit. Women who used estrogen for 15 or more years had a 17% decrease in mortality compared with women who never used estrogen.

These results are just some of the findings that continue to emerge from our on-going study. With your help we can discover new and interesting ways to live longer and live well.