PREVENTING FALLS THROUGH EXERCISE

With the rise in life expectancy during the last decades, falls have become a significant medical, social and economic concern and represent a particularly important health problem in the elderly. Participants from The 90+ Study who exercised at least 45 minutes a day more than 20 years ago had half the risk of falling once they reached their 90s. Regular physical exercise may be a good way to reduce falls in the oldest old.

A SPECIAL THANK YOU!

A special thank you to the family and friends of Dorothy Bawden and Clysta Moorhead for their donations to the Clinic for Aging Research and Education. Your generous and thoughtful gifts help promote advances in aging research at the University of California, Irvine.

BRAIN DONATION REMINDER

If you or your loved one would like to sign up or are interested in receiving more information about The 90+ Study’s Brain Donation Program please call Christina Whittle at 949-768-3635.

It may be that longevity
Is just a matter of heredity
And possibly its easier to be healthy
If one is moderately wealthy
Or perhaps its all just serendipity

90+ Study participant

WE WANT YOU...
JOIN
THE 90+ STUDY

The 90+ Study is the largest group of people over the age of 90 in the United States participating in research on the aging process.

We extend a special invitation to siblings, children, and spouses of 90+ Study participants to join the study. If you know someone who would like to join The 90+ Study, please call the Clinic for Aging Research and Education at 949-768-3635.

We thank all The 90+ Study participants and their families for their time and effort. Much knowledge regarding aging will be gained from this study.

THANK YOU

The 90+ Study
The Clinic for Aging Research and Education
University of California, Irvine

Return Service Requested

Laguna Woods, CA 92637
Clinic for Aging Research & Education
University of California, Irvine

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AS OF JANUARY 1, 2003, 1,150 OF THE ORIGINAL LEISURE WORLD COHORT PARTICIPANTS WERE ALIVE AND AGED 90 OR OLDER. THIS GROUP MAKES UP APPROXIMATELY 1% OF THE ENTIRE POPULATION OF 90+ YEAR OLDS IN THE USA! REALIZING THAT LITTLE WAS KNOWN ABOUT THIS FASTEST GROWING SEGMENT OF THE POPULATION, DR. CLAUDIA KAWAS OF UCI WITH DR. PAGANINI-HILL CONCEIVED A PLAN TO LEARN MORE ABOUT THE HEALTH OF THIS GROUP. AFTER DETAILING EXACTLY WHAT THEY WANTED TO LEARN AND WHY, A GRANT APPLICATION WAS SUBMITTED AND APPROVED. THE 90+ STUDY WAS BORN!

OF THE ORIGINAL 1,150 PEOPLE ELIGIBLE TO PARTICIPATE IN THE 90+ STUDY, 938 WERE ENROLLED. INFORMATION GATHERED AT THEIR INITIAL EVALUATION REVEALED:

- AVERAGE AGE WAS 94 YEARS
- 76% WOMEN
- 75% WIDOWED
- EDUCATIONAL STATUS:
  - 9% LESS THAN A HIGH SCHOOL EDUCATION
  - 28% HIGH SCHOOL GRADUATES
  - 23% SOME COLLEGE EDUCATION
  - 40% COLLEGE GRADUATES
- LIVING SITUATION:
  - 29% AT HOME ALONE
  - 12% AT HOME WITH A SPOUSE
  - 7% AT HOME WITH RELATIVES OR FRIENDS
  - 10% AT HOME WITH A PAID CAREGIVER
  - 42% IN A NURSING OR GROUP HOME

STAY TUNED FOR FUTURE UPDATES ON THIS AMAZING GROUP OF PEOPLE!

DR. KAWAS IS A GRADUATE OF SWARTHMORE COLLEGE AND THE UNIVERSITY OF LOUISVILLE MEDICAL SCHOOL. AFTER A NEUROLOGY RESIDENCY AND FELLOWSHIP IN DEMENTIA AND AGING AT ALBERT EINSTEIN COLLEGE OF MEDICINE, BRONX, NEW YORK, SHE JOINED THE FACULTY AT THE JOHNS HOPKINS SCHOOL OF MEDICINE. SHE REMAINED THERE FOR 15 YEARS COLLABORATING WITH THE NATIONAL INSTITUTE ON AGING ON THE BALTIMORE LONGITUDINAL STUDY OF AGING.