



Old News is Good News

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Clinic for Aging Research & Education

University of California, Irvine

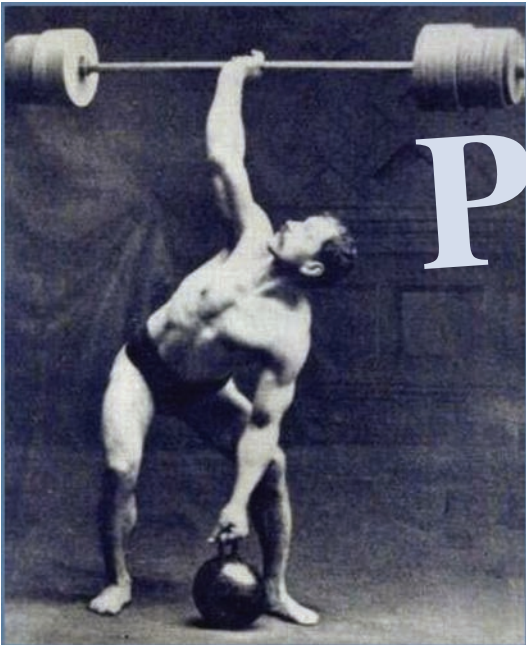


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MARCH 2006. VOL. 3



PREVENTING 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.

**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!

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

AN OVERVIEW OF *THE 90+ STUDY*

All participants of *The 90+ Study* are members of the *Leisure World Cohort Study* originally recruited between 1981-1985 by Dr. Annlia Paganini-Hill from USC. This original group included 8,877 women and 5,101 men. Their ages ranged from 44-101 years, with 73 years being the average age. Over the next 25 years, these participants completed follow-up surveys answering questions about their diets, vitamins, medications, health, and activities.

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!

170 participants, family, and friends, attended the 2nd annual 90+ Study Appreciation Party at Clubhouse 2 in Leisure World on June 3, 2005. Attendants enjoyed lunch, music, and meeting with the researchers.



YOUR FINANCIAL CONTRIBUTIONS TO *THE 90+ STUDY* HELP MAKE A DIFFERENCE

1. Checks should be made payable to UCI FOUNDATION and in the Memo Section, please write: *The 90+ Study*.
2. If the donation is being made in memory of someone, please provide the name of the person you are honoring and the address of that person's family so we can notify them of the donation.

3. Please mail all donations to: Clinic for Aging Research & Education (C.A.R.E.)
24361 El Toro Road #150
Laguna Woods, CA 92637

If you would like to receive more information, please contact Montez Hester at (949) 768-3635.

MEET DR. CLAUDIA H. KAWAS



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.

In 2000, Dr. Kawas moved to the University of California, Irvine specifically to work with the wonderful Leisure World residents as principal investigator of *The 90+ Study*. Her work focuses on the epidemiology of aging and Alzheimer's disease, longitudinal and clinical pathological investigations, determinants of successful aging, and cognitive and functional abilities of the oldest-old. She is the Al and Trish Nichols Chair in Clinical Neuroscience, and a Professor in the departments of Neurology and Neurobiology & Behavior. She is also vice-chair for Research in the Department of Neurology and Associate Director of the Institute for Brain Aging and Dementia. Dr. Kawas is also currently Chair of the Central and Peripheral Nervous System Advisory Committee of the FDA and a member of the Scientific Advisory Board of several organizations.

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.