

NONPROFIT ORG.
U.S. POSTAGE
PAID
Santa Ana, CA
U.S. Permit no. 1106

Return Service Requested
University of California, Irvine
Clinic for Aging Research & Education
24361 El Toro Road #150
Laguna Woods, CA 92637



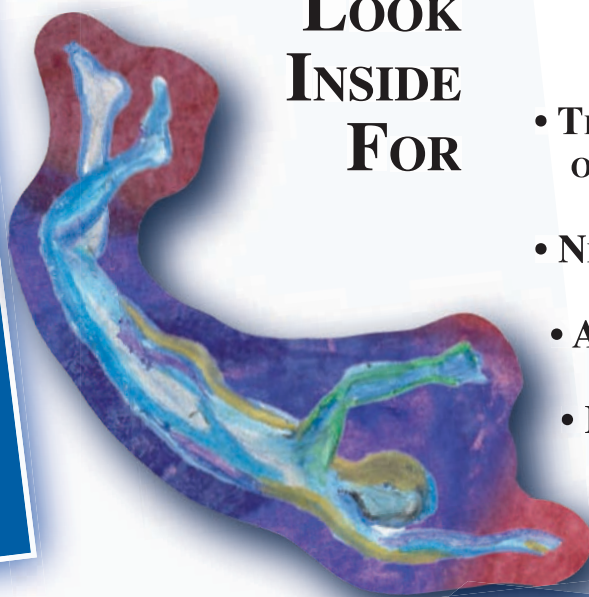
Old News is Good News *The 90+ Study*

MAY 2007. VOL. 4

IF YOU MOVE OR HAVE QUESTIONS

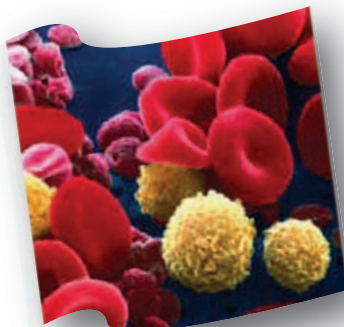
If you move, please send us your new address and phone number. We want to keep you updated on the progress of *The 90+ Study*. We would also appreciate notification from family or friends when a participant dies.

LOOK INSIDE FOR



- THE LATEST RESULTS OF OUR STUDY
- NEW PROJECTS UNDERWAY
- APPRECIATION PARTY INFO
- BIO OF A RESEARCH TEAM MEMBER

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.

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!

Old News is Good News

The **90+** Study

MAY 2007. VOL. 4

MEET ANN LIA PAGANINI-HILL, PH.D.

MEET



Dr. Paganini-Hill received her undergraduate (Mathematics) and graduate (Biostatistics) degree education at UCLA. Following a post-doctoral fellowship in Mental Retardation and Genetics, she joined the Department of Preventive Medicine at the University of Southern California, where she is now a Professor.

Her early work in cancer research focused her energy towards studying the risks and benefits of postmenopausal estrogen therapy. In the 1970s she and her colleagues opened a Leisure World office to conduct studies of cancer, fracture, and heart disease. In 1981, they established the Leisure World Cohort Study, with nearly 14,000 residents completing a detailed health survey.

A finding of a possible role of estrogen in preventing dementia in Leisure World residents prompted Dr. Paganini-Hill to join forces with neurologist Dr. Claudia Kawas and the Leisure World Cohort Study sprouted *The 90+ Study*. The longevity projects of *The 90+ Study* utilize information that Dr. Paganini-Hill collected over the past 25 years as part of the Leisure World Cohort Study. Dr. Paganini-Hill joined UCI as a research associate in 2006.

CHARITABLE GIVING

*We need your help. In these times of tight federal funding, we would appreciate if you would keep us in mind when deciding your charitable contributions. To make donations to support the research of *The 90+ Study*, please contact Montez at 949-768-3635.*

THE PATH TO LONGEVITY

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.

Clinic for Aging Research & Education, University of California, Irvine
24361 El Toro Road #150, Laguna Woods, CA 92637
Tel. (949) 768-3635 e-mail: clinicalresearch@alz.uci.edu

The **90+** Study