

## CONCERNS OF SENIORS OPEN LINE

BY

FRANK MINIRTH, M.D., Ph.D.

RADIO 01/08/09

- Introduction
- Bible Verses
  - I Corinthians 12:14 – For the body is not one member, but many.
  - II Chronicles 16:9 – For the eyes of the Lord run to and fro throughout the whole earth, to shew himself strong in the behalf of them whose heart is perfect toward him.
  - Psalms 18:16 – He sent from above, he took me, he drew me out of many waters.
  - Nahum 1:7 – The Lord is good, a strong hold in the day of trouble; and he knoweth them that trust in him.
- Data
  - 20% of people are over the age of 55 years
  - 20% of people over the age of 55 years have a significant emotional issue
  - Common concerns
    - Depression – under diagnosed and under treated – 2 million Americans
    - Anxiety – 10%
    - Cognitive delay – 50% over age 65 years
    - Dementia – 4 million Americans
    - Bereavement – 20%
    - Suicide – highest in this of all age groups
    - Late life psychosis
      - Bipolar disorder
      - Schizophrenia
    - Alcohol or prescription drug problems
- Antidepressant medications
  - Antidepressants are a group of heterogeneous drugs in structure and action that act on the neurotransmitters of the central nervous system to relieve depression. Most are not addicting. They are also used in PTSD, panic disorder, social phobia, OCD, GAD, and specific phobia.
- Early Cognitive Delay
  - With the spotlight on the baby boomers and the fear of Alzheimer's dementia, mild memory problems of early cognitive delay is also a concern. Cerefolin NAC (L-methylfolate + methylcobalamin or B<sub>12</sub> + N-acetylcystein) is now approved for the treatment of early cognitive delay. Thus, a group of vitamins and an amino acid precursor of acetylcholine have been shown to help in early memory problems. Instructions used to predict conversion to dementia include:
    - clinical interview
      - subjective memory impairment
      - normal cognitive function

- no significant functional impairment
  - blood
    - APOE4 genotype
    - B-amyloid protein
    - CSF b-amyloid
    - CSF tau protein
  - neuropsychological test
    - Mini-Mental Examination
    - Montreal Cognitive Assessment ([www.mocatest.org](http://www.mocatest.org))
  - neuroradiology
    - PET scan
    - MRI volumetry of hippocampus and whole brain
    - MRS—SV technique if possible with ↓ NAA/Cr  
and ↑ MI/Cr  
and ↑ Ch/Cr
- Conclusion
- Bible Verses
  - I Corinthians 12:14 – For the body is not one member, but many.
  - II Chronicles 16:9 – For the eyes of the Lord run to and fro throughout the whole earth, to shew himself strong in the behalf of them whose heart is perfect toward him.
  - Psalms 18:16 – He sent from above, he took me, he drew me out of many waters.
  - Nahum 1:7 – The Lord is good, a strong hold in the day of trouble; and he knoweth them that trust in him.