

Mental exercises minimize senile dementia

Question: What can I do to stop losing my mind? I am only 60 and I think I have senile dementia or Alzheimer's disease. I can't remember things told to me minutes prior and I have lapses of forgetting what I was going to do in the middle of a task?

Answer: Every person over the age of 60 should begin to think about his/her cognitive function. This means staying alert with quick response and maintaining a good memory. Mental sharpness can slip away and someday; you're as bright as a vegetable. It doesn't have to be like this. Aging with an active mind can be far more creative than young minds because you have time to focus without all the diversions that young people have.

I have observed, even in the young teenagers, the exact same symptoms you describe in your question. In fact, I personally become brain dead on a regular basis according to my children. What I see and they observe are truly overloads of information and tasks upon the brain at one time. Our minds are overwhelmed with incomplete tasks and short circuit. The average parent has multi-task jobs on a daily basis. They are a taxi service for transportation, remembering schedules, a chef that cooks healthy meals and must shop for all the ingredients, a psychologist that must listen to all their families concerns, not to mention run a household and keep a job with a multitude of responsibilities including finances, health care, deadlines etc. It isn't a wonder that occasional early senility will occur. The best approach to recovering your wits is to breathe, relax and smell the flowers. The mind is an organ just like your heart or kidneys.

It needs a rest once in a while. Meditation, Yoga and mental relaxation through relaxing activity such as reading a book can decompress the overload.

In your case, at 60 years old, where you may not have the sensory overload and crazy emotional demands the opposite holds true. Many seniors stop a majority of their activities and let their minds stagnate. They don't allow for creative stimulation and get into very regular monotonous habits. To avoid this dysfunction that may lead to senile dementia it is imperative to exercise your mind. Join a club or organization to interact with other people. Try new hobbies or take classes in an area you never knew anything about. The brain cells are yearning for growth and inspiration.

Senile dementia can be the result of disease or genetic coding. There are multitudes of nutritional elements that claim they can prevent the onset of these symptoms. Some help some people and some do nothing for them. It is very individual. In severe cases a trained physician should be consulted.

Quote of the week: *"If you don't have wrinkles, you haven't laughed enough."* –

Phyllis Dillar