



Hello everyone,

Good News for Easter - Preventing Dementia

Each month I talk about what The Debenham Project is doing to support those families in area who are struggling to cope with the impact of dementia on their lives – the services and activities, our volunteers and donors, community involvement, etc. However, I have been reading how regular exercise can substantially reduce the likelihood of getting some forms of dementia, or at least delaying the onset of the illness and my thoughts have turned to the prevention of the illness.

A study carried out by Cambridge University - the first to quantify the combined impact of lifestyle factors influencing dementia - identified exercise as the most significant protection against the condition. This work showed that regular exercise each week can reduce the chance of Alzheimer's in later life by almost a half - three 20-minute bursts of vigorous exercise per week such as jogging or football, or five 30-minute sessions of moderate activity, such as walking. The authors also estimated that obesity in mid-life increased the risks of conditions such as Alzheimer's disease by as much as 60 per cent, while high blood pressure raised the threat by 61 per cent.

As with all statistically based research, it needs careful examination to tease out the real meaning from the headlines, but it is clear that physical health and fitness leading up to our later years can make a very big difference. There is no guarantee that even the fittest person in the world will not get dementia, but it is just common-sense to try to reduce the odds. And while we are exercising we will be helping to lose weight, lowering our blood pressure, and making friends. I think that is what they call a quadruple medal winner!

To end, I wish to say how grateful I am for all the support we receive from the whole community. It is almost always spontaneous, like when Zoe George of Fit Club and Ipswich Rotary asked Thorntons if they could have one of their special celebration chocolate Easter Eggs to raffle with the proceeds to be shared by "The Debenham Project" and the children's charity "BumbleBees".

I also have to thank the Prime Minister for scotching the suggestion that the penny and two penny pieces be taken out of circulation. Over the years the donations of small change dropped in our collection boxes, so kindly displayed in Debenham shops and businesses, has been so much appreciated, and the contents of each box can often amount to over £50 when emptied - thank you one and all.

With best wishes and Happy Easter, Lynden

Tel. 01728 860348 www.the-debenham-project.org.uk