

From: [APA Communications](#)
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Subject: APA Headlines: Visual Information Processing Exercises May Reduce Likelihood Of Cognitive Decline Or Dementia In Seniors, Study Says
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Good morning Ms Cathy Thompson

July 25, 2016

Leading The News

Visual Information Processing Exercises May Reduce Likelihood Of Cognitive Decline Or Dementia In Seniors, Study Says.

[NBC Nightly News](#) (7/24, story 6, 2:00, Holt) reported in a two-minute segment, "There's been a debate about whether brain exercises can help ward off" Alzheimer's disease. On Sunday, "scientists reported for the first time they do work."

The [Los Angeles Times](#) (7/24, Healy) reported in "Science Now" that "older adults who did exercises to shore up the speed at which they processed visual information could cut by nearly half their likelihood of cognitive decline or dementia over a 10-year period." The findings, which were presented July 24 at the Alzheimer's Association's International Conference and involved some 2,802 "cognitively healthy" seniors, "establish specialized brain training as a potentially powerful strategy to prevent Alzheimer's disease and other afflictions, including normal aging, that sap memory and reduce function." Also covering the story are [Reuters](#) (7/24, Steenhuisen), [STAT](#) (7/24, Begley) and [The New Yorker](#) (7/24, Hurley).

Psychiatric News Alert



[Multiple Steps Are Needed to Reduce U.S. Firearm Suicides](#)

[Self-Report Symptom Scale May Predict Patients Most Likely to Experience Depressive Relapse](#)

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Psychiatric Treatment/Disorders

Certain Behavior Or Personality Changes Lasting More Than Six Months May Be Harbinger Of Dementia, Experts Say.

The [New York Times](#) (7/24, Belluck, Subscription Publication) reported that on July 24 at the Alzheimer's Association International Conference, "neuropsychiatrists and Alzheimer's experts" proposed that certain behavior or personality changes lasting more than six months may "indicate a very early stage of dementia." Also proposed was "the creation of a new diagnosis: mild behavioral impairment [MBI]."

The [AP](#) (7/24, Neergaard) reported that the experts "proposed a checklist of symptoms" of MBI to alert families and physicians. The draft checklist includes "apathy, anxiety about once routine events, loss of impulse control, flaunting social norms," and "loss of interest

in food," among other things. Should the checklist be "validated," it could assist physicians in better identifying "people at risk of brewing Alzheimer's and study changes over time." [HealthDay](#) (7/25, Norton) also covers the story.

Work Involving Complex Thinking, Interpersonal Interaction May Protect Against Onset Of Alzheimer's, Studies Indicate.

In "Social Issues," the [Washington Post](#) (7/24, Bahrapour) reported, "Work that involves complex thinking and interaction with other people seems to help protect against the onset of Alzheimer's," research indicated. One study revealed that "while a 'Western' diet (characterized by red and processed meats, white bread, potatoes, pre-packaged foods, and sweets) is associated with cognitive decline, people who ate such food could offset the negative effects and experienced less cognitive decline if they also had a mentally stimulating lifestyle." A second study, which involved brain scans, revealed that "people with increased white matter hyperintensities (WMHs) – white spots that appear on brain scans and are commonly associated with Alzheimer's and cognitive decline – were able to better tolerate WMH-related damage if they worked primarily with other people rather than with things or data."

[HealthDay](#) (7/24, Thompson) reported the findings of both studies were presented July 24 at the Alzheimer's Association International Conference.

Behavioral Activation Therapy May Treat Depression Just As Well As CBT, Research Indicates.

[HealthDay](#) (7/22, Preidt) reported that "behavioral activation therapy treats depression just as well as cognitive behavioral therapy (CBT)," researchers found. Behavioral activation therapy, however, "can be provided by mental health workers with minimal training and is significantly cheaper," investigators concluded. The [findings](#) of the 16-week, 440-patient study were published online July 22 in *The Lancet*. Also covering the study were [LiveScience](#) (7/22, Rettner) and the [Telegraph \(UK\)](#) (7/22, Knapton).

Government and Psychiatry

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Obama Signs Opioid Addiction Bill.

The [AP](#) (7/22) reported President Obama on Friday "signed into law a bill to curb abuse of heroin and opioid" medications.

[Reuters](#) (7/22, Wilson) said the bill "aims to help communities develop treatment and overdose programs at a time when fewer than half the estimated 2.2 million Americans who need help for opioid abuse are receiving it, according to U.S. health officials."

Psychiatry and Public Health

Young People With Diabetes May Be More Likely To Be Hospitalized For Mental Health Or Substance Use Treatment Than Young People Without Diabetes.

[Kaiser Health News](#) (7/22, Andrews) reported, "Young people with diabetes were four times more likely to be hospitalized for mental health or substance use treatment in 2014 than were young adults without the disease," researchers found. The [findings](#) of the large study were published by the Health Care Cost Institute.

APA in the News

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People With Moderate And Severe Pain More Likely To Become Addicted To Powerful Prescription Opioids, Study Indicates.

[HealthDay](#) (7/22, Preidt) reported, "The more pain they have, the more likely people are to become addicted to powerful prescription opioid" pain medications, research suggests. After analyzing survey results from some 34,000 Americans, investigators "found that people with moderate to severe pain had a 41 percent higher risk of opioid addiction than those with no pain." The [findings](#) were published online July 22 in the *American Journal of Psychiatry*, a publication of the American Psychiatric Association. [HCP Live](#) (7/22, Fitzpatrick) also covered the study.

Other News

Precision Medicine Initiative Seeks One Million

Volunteers.

The [New York Times](#) (7/23, Pear, Subscription Publication) reports scientists working under President Obama's Precision Medicine Initiative "are seeking a million volunteers willing to share the innermost secrets of their genes and daily lives as part of an ambitious 10-year research project to understand the causes and cures of disease." According to the Times, "the project is being orchestrated by Dr. Francis S. Collins, director of the National Institutes of Health," adding that he previously "led the government's successful effort to map the human genome." Kathy Hudson, deputy director of the National Institutes of Health, explained the NIH "hope[s] to follow people for at least a decade. The longer it lasts, the more value it will have."

Friday's Lead Stories

- **Smoking Reduction May Reduce Suicidality In People With Psychotic Conditions, Research Suggests.**
- **Heart Disease Risk Factors Before A Stroke May Impact A Person's Risk For Second Stroke, Dementia Years Later.**
- **Meeting Convened To Address Escalating Crisis Of Depression, Burnout And Suicide Among Physicians And Medical Students.**
- **Raloxifene May Reduce Illness Severity In Women With Refractory Schizophrenia, Small Study Indicates.**
- **Neuroimaging May Help Predict Which Patients With Mild Traumatic Brain Injury Have A Better Chance Of Recovery, Small Study Suggests.**

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