

ALZHEIMER'S BREAKTHROUGH!

How the mental decline dramatically

Claude Wischik of Aberdeen University in Scotland, who leads the project. "Nobody has come to this point before."

If current tests continue to go well, the drug could become available in some countries in as little as three to four years, says Wischik. The drug is being developed by a small company at Aberdeen University called TauRX.

The findings were presented at the recent Alzheimer's Association International Conference in Toronto. But although experts say the drug offers promise for millions of sufferers, more proof needs to be found of its effectiveness before it can go on the market.

LMTX takes a novel approach to treatment. Instead of trying to alleviate symptoms, it targets the root cause of Alzheimer's — the tangles of tau protein that destroy the brain's nerve cells. It dissolves the proteins and prevents new tangles from being created.

There are existing strategies to keep Alzheimer's at bay or at least slow its progress, say doctors.

Adding fruit and vegetables to your diet is effective, according to studies. Berries have compounds called anthocyanosides, which fight memory decline.



A new drug offers hope for Alzheimer's patients

Eating fish rich in omega-3 fatty acids, like salmon, mackerel and tuna, is also associated with a lower risk of Alzheimer's, say researchers. And red wine and grape juice contain elements that protect brain cells, say

specialists.

In addition to a healthy diet, doctors say a strong social network and active social life are important too, and that exercise and having normal blood pressure are also major factors.

UP SINUSITIS QUESTIONS

SINUSITIS can be a real pain — and can strike in many ways, such as a headache, soreness between the eyes, a toothache or just a stuffy, congested feeling.

All these symptoms can come from the inflammation of sinus tissues when they get clogged with fluids, which can lead to infection.

Typical causes of sinusitis are allergic rhinitis, common colds and nasal polyps.

Roughly 37 million Americans suffer sinusitis each year, say experts. Symptoms can also include fever and bad breath.

To get relief from sinusitis, you should try decongestants, which are available over the counter and can ease moderate discomfort within a few days.

For severe cases, doctors can prescribe antibiotics which are usually taken for 10-14 days.

Steam inhalation using warm, moist air can help and saline nose drops can be effective at clearing sinus passages.

If your symptoms are caused by an allergic reaction, a doctor may recommend an antihistamine and antifungal medications may be prescribed for reactions triggered by a fungus.

NATIONAL Examiner GIVEAWAY

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