

Memory Loss Is Second Greatest Health Fear

Yet Americans Aren't Getting Enough of an Essential Brain Nutrient as They Age

ST. LOUIS, Oct. 21 /PRNewswire-FirstCall/ -- Memory loss is Americans' second greatest health fear -- second only to cancer -- but few people are consuming enough DHA (docosahexaenoic acid), an essential nutrient to maintain optimum brain health as they age, according to national survey results released today by Martek Biosciences. Martek representatives will be available at booth #1244 during the American Dietetic Association's Food and Nutrition Conference & Expo October 22-25 to discuss survey findings.

Nearly 83 percent of survey respondents say they are doing something they believe will promote brain health, such as physical exercise (60 percent) or mental exercise (53 percent), but only four in 10 claim to eat foods they believe will help their brains, such as those rich in DHA.

Several studies have associated a high dietary intake of the omega-3 fatty acid DHA with a reduced risk for Alzheimer's disease and dementia.

"DHA is the most important fat for your brain. While brain degenerative diseases are not curable, they may be preventable, and studies have shown that DHA may reduce the risk of Alzheimer's disease regardless of genetic history," says David Perlmutter, M.D., FACN, board-certified neurologist, Fellow of the American College of Nutrition and internationally recognized leader in the field of nutritional influences in neurological disorders.

Survey results also indicate that it is difficult for consumers to get enough DHA in their diets. This may be because dietary sources of DHA are primarily limited to fatty fish and organ meat. Although the American Dietetic Association (ADA) recommends that people eat two servings each week of fatty fish to help fuel a healthy brain, survey results show that the average American is consuming fish less than once a week. What's more, survey results found a large majority (64 percent) of those surveyed say they need to incorporate even more fish into their diet.

Some respondents say they are not eating fish at all because they don't like it. And, others have concerns about contaminants found in fish. A National Institutes of Health (NIH) and International Society for the Study of Fatty Acids and Lipids (ISSFAL) sponsored workshop recommended a daily DHA intake of 220 mg a day for healthy adults, the equivalent of more than four cans of light tuna a week.

While most survey respondents (78 percent) are aware that fatty fish is important for the brain, just about half (51 percent) say they are not familiar with the health benefits of

DHA. DHA is a major structural fat in the gray matter of the brain that supports brain development and ongoing function throughout life.

Incorporating DHA the Easy Way

Martek DHA(TM) is made from algae, the only vegetarian source that provides a meaningful amount of DHA. The algae are grown in stainless steel fermentors and the oil is produced under tightly controlled manufacturing conditions, eliminating any risk of oceanic pollutants and toxins that may be present in DHA derived from fish or fish oils.

Martek DHA can be found in foods including Gold Circle Farm Eggs and Oh Mama! Nutrition Bars for pregnant and nursing women. Martek DHA is also available in dietary supplements, including Neuromins DHA, Expecta LIPIL for pregnant and nursing women, and OptiNate Rx prenatal vitamins. Martek DHA is currently added to more than 75% of U.S. infant formula. It is the only DHA accepted by the FDA for use in U.S. formulas. For more information on where to find Martek DHA, visit <http://www.dhadepot.com>.

Other survey findings:

- * Survey respondents chose the following health concerns as their greatest fear as they age as: cancer (29 percent), memory loss (22 percent), heart attack (12 percent) and heart disease (11 percent).
- * Respondents ages 18-24 are more concerned about developing cancer (39 percent), while respondents older than 35 are most concerned about memory loss issues (32 percent).
- * Nearly two-thirds (62 percent) say they would take one or more proactive measures if they knew it would maintain memory or prevent Alzheimer's or dementia.

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