**REPORT**

######  Monday, January 30, 2017

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**“Mentally Stimulating Activities in Late Life and Risk of Mild Cognitive Impairment”**

**TEASE RUNS: 5**

**Could certain activities cut your risk of developing mild cognitive impairment? … that’s next.**

**JAMA 4056**

 **TRT: 1:12**

 **Monday, January 30, 2017, 11 AM ET**

**INTRO: Can brain-stimulating activities help older adults lower their risk of developing mild cognitive impairment? A new study in JAMA Neurology suggests certain activities may be associated with less risk. Laura Berger has more in this week’s JAMA Report.**

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| **B-ROLL:** **Woman working on a computer** | **MILD COGNITIVE IMPAIRMENT OR MCI IS THE INTERMEDIATE STAGE BETWEEN NORMAL AGING AND DEMENTIA.**  |
| **SOT/FULL****Yonas Geda, MD, MSc, Professor of Neurology and Psychiatry, Mayo Clinic** **Super@: 8****Runs: 16** | **“The frequency of MCI, depends on age. If you take a person 70 year and older, for example in our study, we have observed that the frequency or prevalence of MCI is about 15%.”** |
| **B-ROLL:** **Dr. walking with a woman, looking at data, man on I-pad, woman doing a puzzle, man on I-pad, woman with doctor** | **DR. YONAS GEDA (GAY-da) OF THE MAYO CLINIC IN SCOTTSDALE, ARIZONA AND CO-AUTHORS STUDIED ALMOST 2 THOUSAND COGNITIVELY NORMAL ADULTS 70 AND OLDER TO SEE IF ENGAGING IN MENTALLY STIMULATING ACTVITIES WAS ASSOCIATED WITH DECREASED RISK FOR DEVELOPING MCI.** **THE OLDER ADULTS WERE FROM A MAYO CLINIC STUDY OF AGING IN MINNESOTA. THEY COMPLETED QUESTIONNAIRES ABOUT THEIR ACTIVITIES AND UNDERWENT ASSESSMENTS, INCLUDING FOR MEMORY.** **RESEARCHERS FOUND PLAYING GAMES, CRAFTING, USING A COMPUTER AND SOCIAL ACTIVITIES WERE ASSOCIATED WITH DECREASED RISK OF MCI.****THE STUDY APPEARS IN JAMA NEUROLOGY.**  |
| **SOT/FULL****Yonas Geda, MD, MSc, Professor of Neurology and Psychiatry, Mayo Clinic** **Super@: 49****Runs: 15** | **“This study is very important because dementia, MCI, these conditions are really common as we get older. We need to find out non-pharmacological approach to decrease the risk of MCI or dementia.”** |
| **B-ROLL: woman doing a puzzle**  | **LAURA BERGER, THE JAMA REPORT** |

**TAG: THE STUDY LOOKED AT DATA FROM APRIL 2006 TO JUNE 2016.**

**Please see the complete study for additional information, including other authors, author contributions and affiliations, financial disclosures, funding and support, etc.**

 **TO CONTACT: Dr. Geda call Julie Janovsky-Mason (480) 301-6173**

 **ADDITIONAL SOUNDBITES:**

**QUOTE 1 Runs: 21**

**“If you take a 70 year old person who is cognitively normal, and if you take a 70-year-old who has MCI, the one with MCI has almost ten times increased risk of developing dementia as compared to the 70 year old without MCI.”**

**QUOTE 2 Runs: 27**

 **“Our conclusion is that engaging in mentally stimulating activities even after age 70, is associated with decreased risk of cognitive decline. We know that these activities are beneficial anyways, whether our study shows it or not, but our study is additional reinforcement to our commonsense knowledge.”**