

Diet link sought in Alzheimer's disease

LOGAN, Utah, Nov. 29 (UPI) -- Utah State University scientists say they are finding indications there may be a link between diet and Alzheimer's disease.

Specifically they believe there might be a link between eating fruits and vegetables and reducing memory loss in elderly people. The researchers are also asking questions, such as will cholesterol-reducing drugs protect memory and are people at a higher risk of developing Alzheimer's if they have diabetes?

Investigators from the Cache County Study on Memory, Health and Aging based at the university have found people with the highest intake of fruits and vegetables score better on memory tests than do people with the lowest consumption of such foods.

Heidi Wengreen, a lead investigator in the study, said the research is the first of its kind specifically geared to dementia prevention. The study is a collaborative effort between researchers at Utah State, Duke University, Johns Hopkins University and the University of Washington.

A study update was presented during the Alzheimer's Association's International Conference on Prevention of Dementia, in Washington, D.C., earlier this year.

Copyright 2005 by United Press International. All Rights Reserved