Can a High Calorie Diet Cause Mild Cognitive Impairment?

The American Academy of Neurology released a study on February 12th 2012 that found older people between the age of 70-90 who consumed more 2,143 calories in day doubled the risk of mild cognitive impairment.

Mild cognitive impairment (MCI) is a condition that is between normal forgetfulness associated with aging and early Alzheimer’s disease. People with MCI struggle with memory, language or thinking that is severe enough to be noticeable and will show up on tests. However, MCI is not severe enough to affect a person’s daily life, according to the Alzheimer’s association. Since the problems do not interfere with daily activities the person does not meet the criteria for a dementia diagnosis. Not everyone who has MCI goes on to develop Alzheimer’s.

Geda and colleagues of the American Academy of Neurology followed 1,233 people ages 70-90 in Minnesota, 163 had MCI and the researchers calculated their daily calorie intake from food questionnaires. The researchers divided the participants into 3 equal groups. The first group consume 600 to 1,526 calories daily, the second consumed 1,526 and 2,142 calories daily and third consumed more than 2,143. The research did not control for diet quality, but will look at diet and exercise for future studies. It was found that the odds of having MCI more than doubled in the highest calorie group when compared to the lowest calorie group.

Geda says this one study “so we have to be careful about generalizations, we have to confirm this finding in a bigger study.” Geda does not recommend “starvation or malnutrition”

The American Academy of Neurology hopes that these findings will encourage physicians to discuss with their patients about healthy living practices and limiting sugar as a link to overall cognitive function.

For more information on MCI and a high calorie diet go to the American Academy of Neurology Website: www.aan.com

Dr. Valarie B. Fleming to Present at NBASLH

Dr. Valarie B. Fleming, Ph.D., CCC-SLP, the director and lead investigator of the Cognitive-Communication Laboratory will be presenting at the 2012 National Black Association for Speech-Language and Hearing (NBASLH) Convention, April 19-21, at the Raleigh Marriott City Center, Raleigh, North Carolina. Her presentation is called Detecting Early Cognitive-Communicative Change in Mild Cognitive Impairment and will be held on April 21st from 1-2pm.

For more information about the National Black Association for Speech-Language and Hearing visit www.nbaslh.org

C²L’s Recent Scholarly Publications/Presentations


Fleming, V.B. (accepted; to be presented April 2012). Detecting early cognitive-communicative change in mild cognitive impairment. Paper for research mini-seminar submitted for to the National Black Association for Speech-Language and Hearing Annual Convention, Raleigh, NC.


Conference 2010, Isle of Palms, SC.
C²L Welcomes New Student Interns!

Sarah Homer is a first year graduate student studying speech-language pathology at Texas State University. Her interests include adults with aphasia and other neurological disorders.

Karen Boggs is a Senior in the CDIS program at Texas State. She will graduate in May 2011, and hopes to attend graduate school in the fall and focus on the adult population who have had a stroke.

Callie Petru is a second year graduate student studying Speech-Language Pathology at Texas State University. Inspired by her grandparents, her interests include treatment of adults with Dysphagia and neurological disorders. Callie is currently an intern at Deer Creek in Wimberley.

Kate Menzies is a senior in the CDIS undergraduate program. She is hoping to attend graduate school in the fall. Her interests are neurogenic, language, and cognitive-communication disorders.

President Obama Boosts Funds for Alzheimer’s Research

The Obama administration announced on Tuesday February 7th, 2012 that they plan to spend an additional $156 million in the next two years to help find a treatment for Alzheimer’s, a disease that causes the brain to waste away. Alzheimer’s affects more than 5-million Americans.

The spending increase is to help reach the US goal to find a way to treat Alzheimer’s by the year 2025. Current drugs can slow down the progression of Alzheimer’s. Early symptoms of Alzheimer’s include vague memory loss and confusion before progression to complete disability.

Some experts predict that without effective treatment of Alzheimer’s, the number of Americans with Alzheimer’s will double by 2050 and related healthcare costs could reach more than $1 trillion a year.

For more information visit http://www.alz.org/

Stroop Test: Brain Teaser

Quick! say aloud what color you see in every word, NOT the word you read.
The Stroop test is used in neuropsychological tests to measure mental vitality and flexibility, because performing well requires strong attention and self-regulation capability.
For more brain teasers visit: http://www.sharpbrains.com

BLUE GREEN YELLOW
PINK RED ORANGE
GREY BLACK PURPLE
TAN WHITE BROWN

THE COGNITIVE-COMMUNICATION LABORATORY