Public Health Forum: Dementia

The last Public Health Forum held in June headed by Dr John Cullen, Clinical Director Aged Care and Rehabilitation, focussed on Dementia, the best way to keep one’s mind healthy, some treatment options and available support services.

Dementia is a disease with widespread repercussions for those diagnosed, their families and the wider community. It can happen to anybody, but is much more common after the age of sixty five. There is no known cure for dementia, but there are treatments available that will reduce some of the symptoms in some people.

The topic clearly hit the note, as despite the inclement weather on the evening, the lecture theatre was filled to capacity.

The next Public Health Forum on Healthy Aging is scheduled for 13 September 2010 in the Clinical Sciences Building at Concord Hospital. Bookings essential. For enquiries and reservations please contact Helen Dlugosz on 9911 6524 or email Helen.dlugosz@canadabay.nsw.gov.au

Calorie Restriction, Aging And Longevity

Emeritus Professor Arthur Everitt is a former Concord staff member who commenced working at the hospital in 1949 as a pathology assistant. Now, at the age of 85 years, Arthur has recently published a book on aging and longevity.

Arthur, who is a trim, fit and very healthy octogenarian, is himself a wonderful example of healthy aging. He has been studying the effects of calorie restriction on aging for fifty years and has led an impressive group of international scientists and doctors who have produced a book that unlocks the secrets of the only intervention that is established to increase life expectancy and delay aging. This intervention is calorie restriction, which is reducing dietary calorie intake by about 30-50% and increases maximum lifespan by about 30-50%.

Food or calorie restriction has been shown in many short-lived animals to prolong life-span. Life-long nutrition studies are not possible in humans because of their long survival. Studies over two to six years in healthy adult humans have, however, shown that a reduction in food or calorie intake slows many indices of normal and disease-related aging. Thus, it is widely believed that long-term reduction in calorie or food intake will delay the onset of age-related diseases such as heart disease, diabetes and cancer, and so prolong life.

Edited by a team of highly distinguished academics, the book called Calorie Restriction, Aging and Longevity (published by Springer) provides the latest information on the beneficial effects of calorie restriction on health and life span. It will be available for purchase at Concord Hospital’s upcoming Public Health Forum on Healthy Aging, which is scheduled for 13 September 2010.