

MEDIA RELEASE EMBARGOED UNTIL JUNE 9

THE BEST IN THE WEST

WA'S BEST AND BRIGHTEST YOUNG INVESTIGATORS

SKIPPY TO THE RESCUE AGAIN!

WHY THE WAY KANGAROOS HOP IS IMPORTANT TO AN AGEING POPULATION

A total knee replacement is often the only option for osteoarthritis sufferers. *Yusheng Li, UWA* is studying the unique attributes of kangaroo knee joints, hoping to improve current knee prosthesis design. Prosthesis currently last around 10 years. Translating the super shock absorbing design of the kangaroo knee will extend prosthesis life and could herald good news to hundreds of thousands of knee osteoarthritis sufferers worldwide.

Lifestyle factors in the fight against Neurodegenerative Diseases

Remember when your mother told you to eat your veggies? Well, there is at least one very good reason why you should!

Currently there is no effective treatment to prevent onset of Alzheimer's Disease or slow its progression. Lifestyle factors that protect against age-related cognitive decline are an attractive proposition. *Vanessa Ward* and her colleagues from *Edith Cowan University* have found that there is a positive correlation between consumption of vegetables and cognitive performance. These findings support the hypothesis that vegetables rich in anti-oxidants have a significant protective effect against the cognitive decline associated with warning symptoms for Alzheimer's Disease.

An active mind and an active body as disease therapy!

There is no cure at present for Huntington's Disease and therapeutic efforts are aimed at management of symptoms and patient support. Environmental enrichment which involves physical exercise together with mental stimulation appears to favour increased production and survival of stem cells within the brain. It is hoped active mind/body as a therapeutic intervention will slow progression of the disease and improve quality of life for sufferers. *Jennifer A Thompson, Edith Cowan University*

Exploring the link between cholesterol and Alzheimer's Disease

A strong link is indicated between cardiovascular disease and the risk of developing Alzheimer's disease. *Kristyn Bates* and her colleagues have found high levels of HDL or "good" cholesterol are associated with lower levels of an Alzheimers protein which suggests that raising HDL levels may be a preventative strategy for Alzheimer's Disease. *Kristyn Bates, Edith Cowan University & McCusker Foundation for Alzheimer's Disease Research.*

Media Contacts:

Bernadette Majda Mobile: 0414 632 209
Catherine West Mobile: 0415 928 211; E-mail: asmr@alwaysonline.net.au
Priscilla Diment Mobile: 0431 254 854

The ASMR MRW® undertaken by ASMR is supported by funding from The Australian Government Department of Health and Ageing

