



"The Gray Matter" is a monthly publication of WNC Brain Tumor Support.
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From the desk of George....

I hate changing the clocks in the spring. I wished that it would be the same all of the time. I get confused whether to move the clocks forward or backwards. I know that there is a little saying, "spring forward and fall back".... or is it "spring back and fall forward? That is just one of hundreds of things that the brain tumor survivor has to deal with. Some have to stop and think what is the date is today, how to spell simple words, some have a hard time structuring words in the brain before they can actually speak the word or phrase. By the time you think about what you want to say, someone else will start speaking and you lose your train of thought and you have to start all over again!

Does anybody hate speaking into the microphone at a drive-through restaurant like Wendy's or McDonald's? When I go through the drive-through, I thoughtfully look over the menu to see what I want to order. I say to myself, "I would like a cheeseburger without onions, small French fries, small Coke and a cherry pie". I say that five or 10 times before I get to the microphone so that I can do it fluently. Then a voice comes out of the speaker, "Welcome to McDonald's, can I take your order?"

I then clear my throat and confidently speak back, "a number five, please".

George Plym
President, WNC BTS

Here's a Simple Way to Boost Your Memory

If you want to sharpen your memory, attention span, and learning ability, put on your walking shoes and get going.

A study of more than 18,000 women ages 70 to 81 from the Harvard School of Public Health concluded that the more active we are, the better our cognition, reports HealthDayNews.

The study: Led by Jennifer Weuve, the Harvard team tested the women, who were all part of the long-running Nurses' Health Study, for verbal memory, attention, and other gauges of cognitive functioning. In addition, they were asked about typical physical activities in which they participated, and the researchers converted that information into what it would be in terms of miles walked.

The results: HealthDayNews reports that among the women who put in the highest of five levels of activity, which would be the equivalent of six or more hours of weekly walking at an easy pace, there was a 20 percent lower risk of cognitive impairment, compared with women in the lowest level of activity, which was the equivalent of walking less than two hours a week at an easy pace. An easy pace is walking one mile in 20 to 30 minutes. If you walk one mile in 16 to 20 minutes, then one and a half hours of weekly walking will give you the full cognitive benefits.

How does walking give your brain a workout? Weuve said there is evidence that better cardiovascular health is related to better cognitive function. Physical activity also appears to have a direct effect on the brain itself," she told HealthDayNews. "It appears to promote the production of chemicals in the brain, called nerve growth factors, that improve the brain cells' survival and growth."

The study was published in the Journal of the American Medical Association.

The Real Secret to Falling Asleep Fast

Forget counting sheep. Forget chamomile tea. Listening to music at bedtime is the secret to falling asleep fast and getting a restful night's sleep, according to researchers Taiwan's Tzu Chi University.

The best kind of music is soft, slow tunes, such as light jazz, folk, or orchestral pieces, that are 60 to 80 beats a minute. The researchers even have a name for it: sedative music. Believe it or not, the music will actually cause physical changes in your body, such as lowering your heart and respiratory rates, that will lead to a good night's sleep, reports Reuters.

The study: Researchers studied the sleep patterns of 60 people between the ages of 60 and 83, all of whom had difficulty sleeping. Half were given relaxing music to listen to for 45 minutes at bedtime, and half were given no music and no other help to fall sleep.

The results: Those who listened to a selection of soft, slow music experienced physical changes that aided restful sleep. "The difference between the music group and the control group was clinically significant," said lead author Hui-Ling Lai, vice director of nursing at the Buddhist Tzu Chi General Hospital and assistant professor at Tzu Chi University. "The music group reported a 26 percent overall improvement in the first week, and this figure continued to rise as they mastered the technique of relaxing to the sedative music."

In addition, they suffered less dysfunction during the day since they had slept better the night before. Best of all, there are no side effects or pricey bills for prescription medicine.

The research was published in the Journal of Advanced Nursing.

WNC Brain Tumor Support Sponsors Special Speaker for National Brain Tumor Awareness Week

May 2 – 8 will be National Brain Tumor Awareness Week. Western North Carolina Brain Tumor Support will be kicking off that event on April 20 by having a special speaker, Neurosurgeon Dr. Richard Lytle, Jr. MD, from the Mountain Neurological Center, Asheville, NC. Dr. Lytle's special interests include functional and stereotactic neurosurgery and neuro-oncology. He will be speaking on motor and sensory mapping, newer techniques such as "awake" craniotomy and post-op deficits. Meeting will be held at MAHEC, Room 4 at 501 Biltmore Ave. from 6:30 to 8:00. No charge, donations will be accepted. The public is welcome.

Over 200,000 people will be diagnosed with a brain tumor this year in the United States. Of those that are malignant, only up to 27% will live past a year. Your odds are much better if you are diagnosed with breast cancer which has a 72% survivor rate.

WNC Brain Tumor Support
PRESENTS
Dr. Richard Lytle
Mountain Neurological Center

Lecture Subject:

- motor and sensory mapping
- newer techniques such as "awake" craniotomy
- post- op deficits



April 20 6:30-8:00 pm

MAHEC Room 4
501 Biltmore Avenue, Asheville

Public Welcome!

Events

Mark your calendars!
Visit our online calendar for more
info on events .



Upcoming Events

April 20, Thursday

WNC BTS meeting with special guest speaker, Dr. Richard Lytle at MAHEC. 6:30-8:00. See above for more info.

May 18 , Thursday

Spaghetti Dinner fundraiser. More info to come.

Parking at Normal Meeting Place

The best place to park is in the Suntrust bank drive-thru parking directly along the drive of the adjoining the church. Do not park next to the night deposit box! If you park in the back lot of the church, for security reasons, the back door will be locked at 6:30. So, park on the side of the bank!

Inclement weather policy

The following procedure will be observed for inclement weather conditions for WNC Brain Tumor Support functions. We will go by A-B Tech. night class policy.

Announcements concerning WNC BTS (A-B Tech) will be made by 3:30 pm on local radio and TV stations for night classes. A voice mail message will be recorded on the switchboard.



Hmmm...?

What are Preparation A through Preparation G?

Why is the alphabet in that order? Is it because of that song?

If I melt dry ice, can I take a bath without getting wet?

Crime doesn't pay...does that mean that my job is a crime?

How do they get the deer to cross at that yellow road sign?

**HAPPY
BIRTHDAY**

April Birthdays

Jesse Harayda
Ray Wilson

4/1
4/13

Nancy Blum
Tammy Corn

4/26
4/26