To sleep, perchance to dream....

The Galantamine Advantage
— Dr. Joyce Block

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Across

1. One of the mechanisms of circadian ___ disturbances includes suprachiasmatic nucleus (SCN). Clue: beat, cadence
4. There is controversy in the choice of pharmacologic interventions—such as sleeping ___—with little evidence supporting their long-term effectiveness. Clue: round capsules, tablets, etc.
10. Good things can be said for melatonin, 5-HTP, tryptophan, (see “Better Sleep May Mean Longer Life—Research suggests that those who sleep well may have a ___ advantage” in the March 2003 issue). Clue: life continuity
12. A circadian disorder is characterized by an absence of the sleep-wake cycle’s ___ synchronization. In other words, you’re tired when you don’t want to be, and restless when you try to sleep. Clue: recurring naturally on a twenty-four-hour cycle
13. A significant decrease in PSQI scores was detected in the galantamine group after treatment, representing ___ improvement. Clue: the kind of improvement we were hoping to report regarding galantamine
14. The researchers wrote, “Galantamine may be the first choice of cholinesterase inhibitor in mild to moderate dementia patients in terms of ___ sleep quality.” Clue: what you want to be doing when it comes to the quality of your sleep
15. If you are over 65 years of age, you may be experiencing sleep problems, and if you’ve developed ___, your problems are more likely to be worse. Clue: brain disease or injury

Down

2. “To sleep, perchance to dream—ay, there’s the rub.” Whose words were these? Clue: Shakespeare’s tragic hero
3. The prevalence of sleep disturbance in dementia patients ranges from 25 to 64%, depending on the type and stage of dementia, age, gender; and ___. Clue: simultaneous presence of two or more chronic diseases
4. The Pittsburgh Sleep Quality Index or, ___, was used for evaluating the sleep quality at the beginning and at the final assessment. Clue: acronym for the study
5. Epidemiologic studies show that approximately 50% of the elderly have sleep problems effecting physical and mental health along with ___ functioning. Clue: interactional
6. ___ is frequently used in early and mid-stage Alzheimer’s disease. Clue: the subject of this article
7. Other mechanisms of circadian rhythm disturbance include circadian pacemaker damage, pineal gland and melatonin secretion alterations, and reduced ___. Clue: cues for wakefulness, such as the use of light
8. Sometimes, people ask me how it is that I’m able to crank up my output at a time when most people my age have retired. In my response, I always say that galantamine (enhanced by the toolkit of correlative boosters) comes to mind. Who said this? No clue necessary.

ANSWERS TO LAST MONTH’S PUZZLE

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PRIZE
Winners receive $15 off your next order of $50 or more. First 3 correct entries win.

HOW TO SUBMIT
Send your answers in an email directly to me at: jblock@life-enhancement.com
Simply list the answers in a numbered format (across and down)

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We believe that self-education can add years to your life and life to your years.