

## Nose picking and dementia? Too soon to link

### ANCHOR LEDE

A recent study in mice links frequent nose picking to dementia. An OSF HealthCare provider who specializes in this area says it's too soon to tell if that study will bear fruit. But it's still a reminder that there are ways to treat and stave off dementia.

### TAKE VO

Courtney McFarlin says dementia can develop as young as your 30s. You should eat right, exercise, avoid hits to the head, and keep your mind sharp with things like books and crossword puzzles.

### \*\*\*SOT\*\*\*

Courtney McFarlin, OSF HealthCare provider

**“Your brain is a muscle. Just like any other muscle, if you don’t want your brain to waste away and become flabby and underused, exercise that muscle.” (:11)**

### VO TAG

If you or a loved one needs to see a doctor for suspected dementia, you'll be given a depression screening and written and oral tests.