

Nose picking and dementia? Too soon to link

Run time - :25

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. Tim Ditman of OSF has more.

~~~

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.

*SOUNDBITE: "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)*

I'm Tim Ditman.

~~~

ANCHOR 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.