



Notable from Our Podcast

In the July 23, 2019, podcast, Dr. Gregory Day spoke with Dr. Philip Insel about his article on determining clinically meaningful decline in preclinical Alzheimer disease. [NPub.org/podcast](https://www.npub.org/podcast)



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What Factors Help Predict Who Will Keep Their Memory into Their 90s?

Why do some people stay sharp into their 90s, even if they have the amyloid plaques in the brain associated with Alzheimer disease (AD)? Why do others reach their 90s without developing plaques? In a new study, researchers found that people with normal scores on thinking and memory tests at the start of the study were less likely to develop later cognitive problems, even if they had amyloid plaques. “This finding is consistent with the theory that people with better lifelong thinking and memory skills have a ‘cognitive reserve’ that provides a buffer of protection against changes in the brain,” said study author Beth E. Snitz, PhD. Researchers also found that people with the gene variant called APOE e2, which has been associated with a decreased risk of AD, were more resistant to developing amyloid plaques than people without the variant.

Predicting resistance to amyloid-beta deposition and cognitive resilience in the oldest old doi.org/10.1212/WNL.0000000000010239



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J.F. Kurtzke. 1983;33:1444–1452. doi.org/10.1212/WNL.33.11.1444

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C.G. Goetz, M.R. De Long, R.D. Penn, and R.A.E. Bakay. 1993;43: 1–7. doi.org/10.1212/WNL.43.1_Part_1.1

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DOI 10.1212/WNL.0000000000010623

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