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For Immediate Release

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Program hours expanded at Saint Luke's Brain Fitness Center

Evening hours serve "working worried well" concerned with potential memory loss

KANSAS CITY, Mo. – Individuals whose daytime schedules precluded them from accessing services at Saint Luke's Brain Fitness Center now can do so with the addition of evening programs available Monday through Thursday.

The center launched in August 2008 with services initially offered only on weekdays.

Center hours were expanded in response to demand, according to center Director John Corbaley. "We had a lot of interest from people I call the working worried well — individuals we wanted to serve and couldn't during weekday hours because their schedules wouldn't allow. Now they can participate in our new evening program," Corbaley said.

The center offers a workout designed to improve memory and cognitive function for those hoping to ward off Age-Related Cognitive Decline (ARCD).

"Our goal is to teach clients key aspects that improve brain fitness: cognitive training, nutrition, fitness, and stress reduction," Corbaley said.

"Cognitive decline was once thought to be an inevitable part of growing old," said neurologist Marilyn Rymer, M.D., Brain Fitness Center medical director. "The Brain Fitness Center is like the health club for people who want the equivalent of a personal trainer to assess brain fitness."

The Brain Fitness Center is beneficial for:

- The "worried well" – those individuals who are either noticing some degree of ARCD or want to avoid it in order to maintain an optimum level of functionality by

maximizing their brain fitness, reasoning, memory, information processing, and verbal agility.

- Anyone diagnosed with mild cognitive impairment who is living independently or with minimal supervision. These individuals may minimize the effects of disability, maintain independence, and help postpone advancement of the disease.
- People with more advanced cognitive limitations, either from advancing Alzheimer's disease, brain injury due to stroke, head trauma, brain tumor, or other brain disease.

At the Brain Fitness Center, a team of speech-language pathologists, physical therapists, and registered dietitians assess and personalize an eight-week program that includes individual and group activities. Computer-based cognitive training is designed to train the brain to "rewire" itself based on new experiences.

Brain Fitness Center clients also have access to the latest investigational trials of new pharmaceutical agents for the treatment of Alzheimer's disease and other forms of dementia.

A physician can refer clients to the center, or individuals can self-refer. A medical clearance will be obtained to identify potential barriers to successful program participation. As with a typical health club, a fee is charged for services.

The Brain Fitness Center is funded by a gift from the Oppenstein Brothers Foundation and offered through the renowned Saint Luke's Brain and Stroke Institute, a comprehensive, integrated inpatient and outpatient program dedicated to improving outcomes in patients with diseases of the nervous system and spine.

For more information on the Brain Fitness Center, call (816) 932-2250 or visit saintlukeshealthsystem.org and use the search term "brain."

Saint Luke's Brain and Stroke Institute is a member of Saint Luke's Health System, which consists of 11 area hospitals and many primary care practices, and provides a range of inpatient, outpatient, and home care services. Founded as a faith-based, not-for-profit organization, our mission includes a commitment to the highest levels of excellence in health care and the advancement of medical research and education. The health system is an aligned organization in which the physicians and hospitals assume responsibility for enhancing the physical, mental, and spiritual health of people in the metropolitan Kansas City area and the surrounding region.

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