

Aging Well

A guide to healthy cognitive aging in your patients

Measurable changes in cognition occur with normal aging¹

As we age, our bodies change in noticeable ways—our hair grays, our skin wrinkles and loses its elasticity. However, the changes that happen within our brains are less obvious.

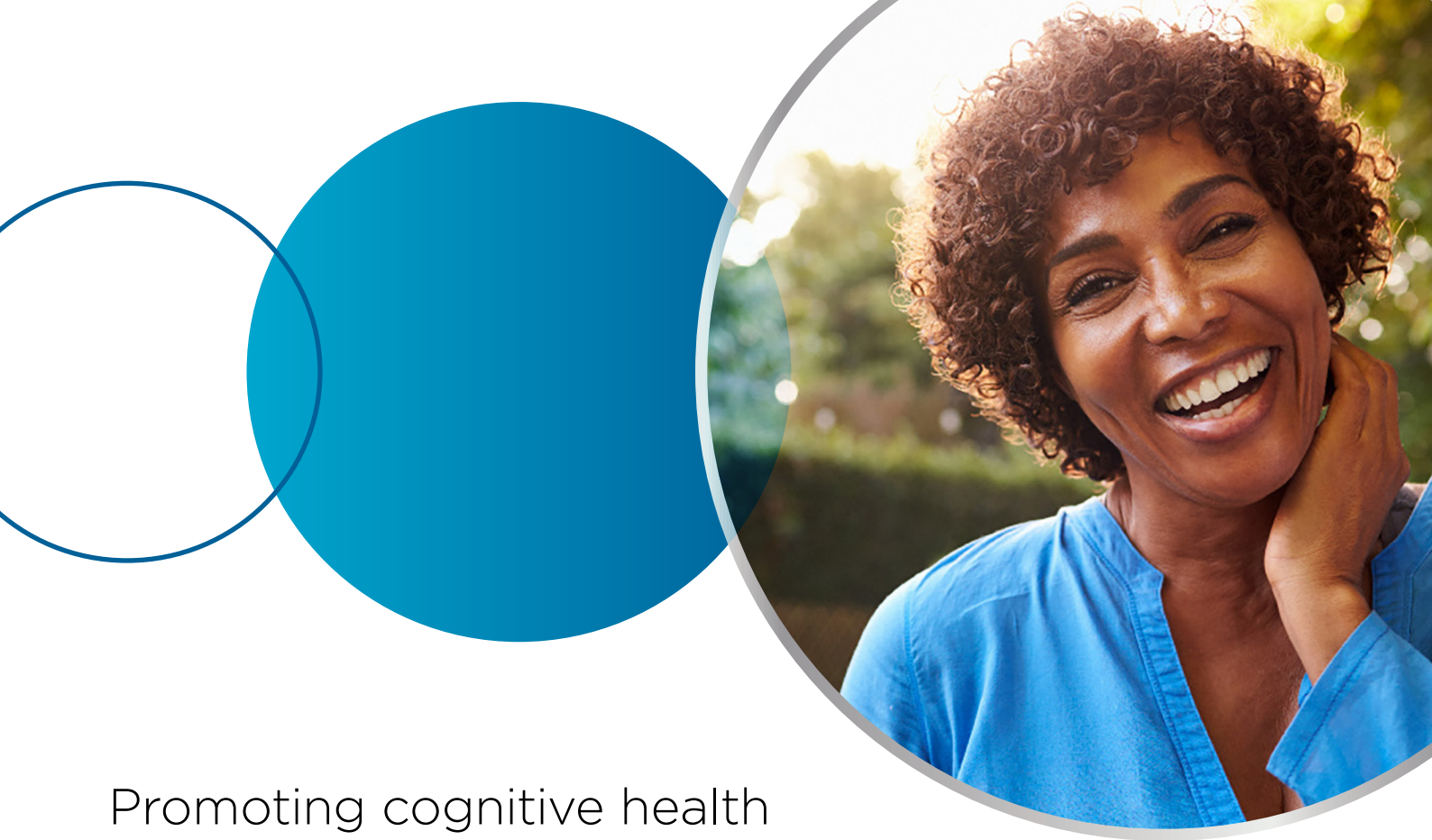
Aging shrinks the brain and changes the vasculature.² Older brains tend to show a reduction in hippocampal, frontal, and temporal lobe volumes.³ These likely contribute to some of the cognitive changes we may experience.³

Our thinking abilities appear to peak around age 30 and, on average, very subtly decline with age.³ Areas influenced by age-related decline include overall slowness in thinking and difficulties sustaining attention, multitasking, holding information in the mind, and word-finding.³ A mild reduction in these abilities is **not** the same thing as dementia.³

Interestingly, not all cognitive abilities decline with age. In fact, vocabulary, reading, and verbal reasoning can remain unchanged or even improve during the aging process.^{3,4}



Understanding how we can support cognitive health is **key** to supporting the overall wellness of our aging population.



Promoting cognitive health

How can you support your patients?

LIFESTYLE ADVICE

Here are four simple tips you can share with your patients:



Stay socially active

Close relationships with family and friends, as well as participating in meaningful social activities, may help maintain thinking skills and slow down cognitive decline.⁵



Keep learning

Developing a high cognitive reserve may make us more resilient to the effects of aging.^{5,6} Education, an engaging occupation, mentally stimulating activities, learning, and social interactions may help to build cognitive reserve.⁵⁻⁷



Exercise

Physical exercise enhances cognitive function, improves memory abilities, and prevents cognitive decline linked to aging.⁸



Maintain a healthy diet

Numerous studies show a high-quality diet (eg, Mediterranean diet) is associated with a reduced risk of cognitive impairment.^{9,10}



Consider recommending a multivitamin

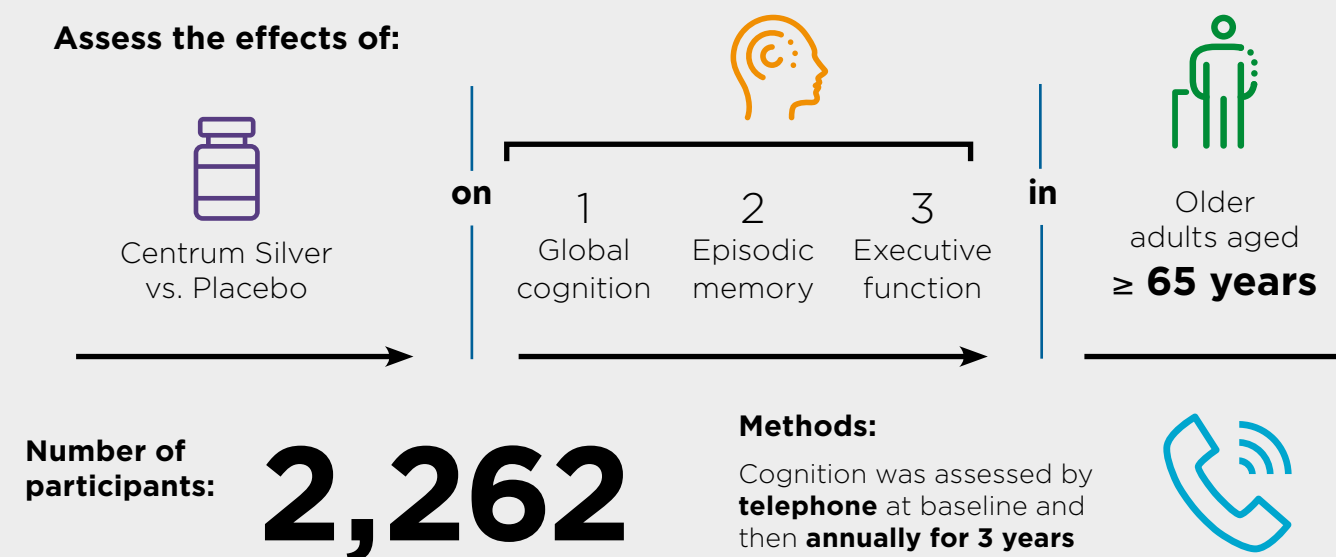
Centrum Silver has been **clinically proven to support memory** in older adults.^{11, 14, 15}

Through statistical modeling the researchers from COSMOS-Mind suggest daily intake of Centrum Silver for 3 years may **slow cognitive aging** by up to 60%* compared with those taking a placebo.¹¹

*Based on predicted modeling used to estimate age-related decline within the study, with observed treatment-related protection against cognitive aging of 1.8 years in 3 years.

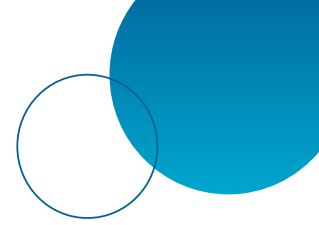
COSMOS-Mind study summary

Study Objective¹¹



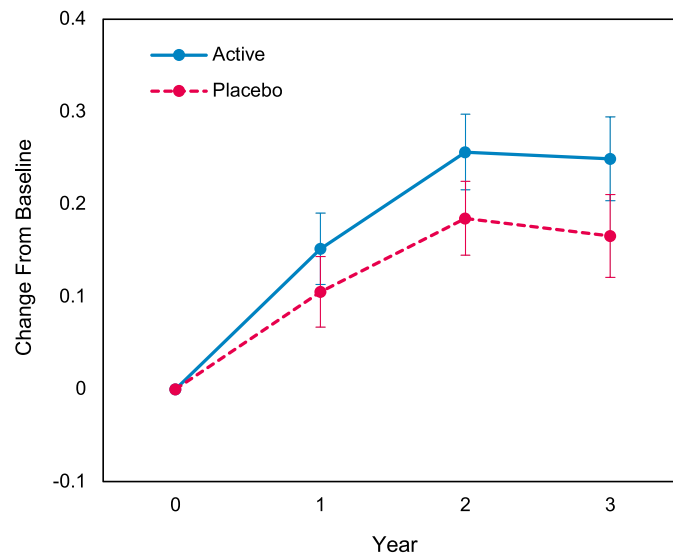
Cognitive function was measured according to 3 criteria:

- » **General cognitive status**—an umbrella term that refers to various aspects of cognitive performance like orientation, recall, attention, calculation, and language.¹²
- » **Episodic memory**—the ability to encode, store, and recollect learned events.¹³
- » **Executive function**—the ability to carry out goal-directed behavior through strategy, planning, and awareness of information.¹³



THREE-YEAR CHANGE IN GLOBAL COGNITION SCORES

Centrum Silver



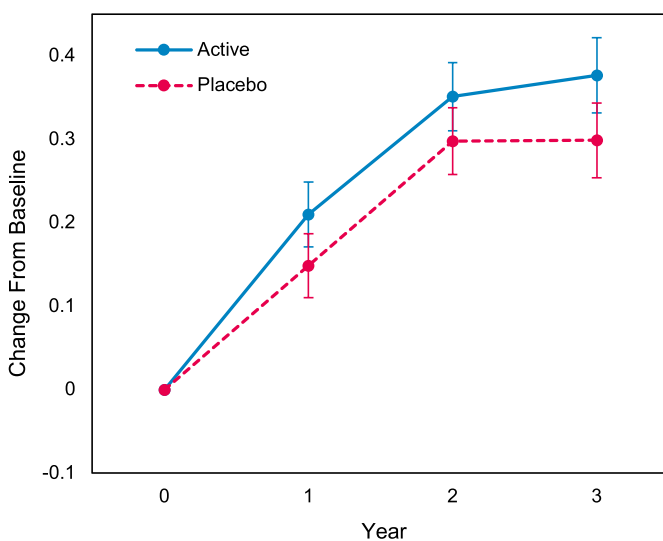
Patients taking Centrum Silver showed significant improvements in global cognition vs patients who were taking placebo ($P=0.007$).

Through statistical modeling, researchers from COSMOS-Mind suggest daily intake of Centrum Silver for 3 years may **slow cognitive aging by up to 60%*** compared with those taking a placebo.

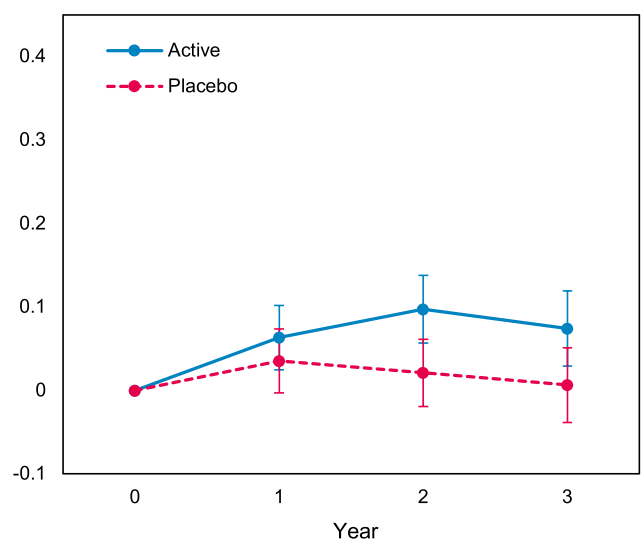
*Based on predicted modeling used to estimate age-related decline within the study, with observed treatment-related protection against cognitive aging of 1.8 years in 3 years.

Daily use of Centrum Silver had **significantly positive effects** on global cognition, memory, and executive function in older adults.¹¹

Episodic Memory



Executive Function

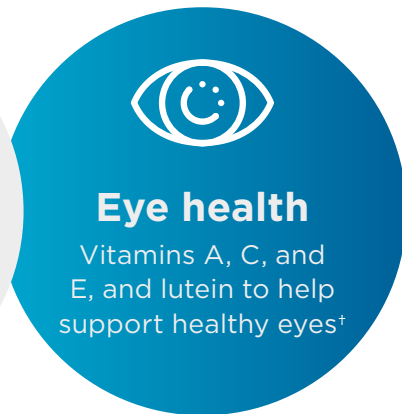
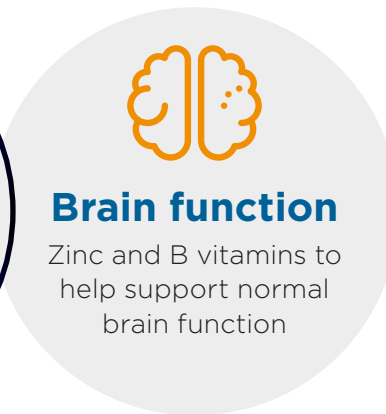


Patients who took Centrum Silver daily experienced an improvement in episodic memory ($P=0.04$) and executive function ($P=0.02$) over 3 years vs those taking placebo.

Centrum Silver

Centrum Silver is developed for people aged 50+ and helps to support healthy aging.

It contains essential vitamins and minerals to support heart,* brain, and eye health.



Summary

- » Cognitive changes are a natural part of the aging process¹
- » Building cognitive reserve may help to preserve cognitive function⁵⁻⁷
- » Daily supplementation with Centrum Silver is clinically shown to support cognition and memory in older adults¹¹



Support wellness
with Centrum Silver

*Not a replacement for cholesterol-lowering drugs.

†This product is not intended to provide daily intake of lutein.

Take with a diet rich in fruits and vegetables.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

References:

1. Murman DL. *Semin Hear.* 2015;36(3):111-121. **2.** Peters R. *Postgrad Med J.* 2006;82(964):84-88. **3.** University of California San Francisco. Healthy Aging. Accessed November 2022. <https://memory.ucsf.edu/symptoms/healthy-aging>. **4.** Harada CN et al. *Clin Geriatr Med.* 2013;29(4):737-752. **5.** Age UK. Cognitive reserve. Accessed November 2022. <https://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/staying-sharp/thinking-skills-change-with-age/cognitivereserve/>. **6.** Almeida-Meza P et al. *Neurology.* 2022;99(12):e1239-e1250. **7.** Stern Y. *Lancet Neurol.* 2012;11(11):1006-1012. **8.** Mandolesi L. *Front Psychol.* 2018;9:509. **9.** Psaltopoulou T et al. *Ann Neurol.* 2013;74(4):580-591. **10.** Smyth A et al. *Neurology.* 2015;84(22):2258-2265. **11.** Baker LD et al. *Alzheimers Dement.* 2022 doi: 10.1002/alz.12767. **12.** Huang X et al. *J Sport Health Sci.* 2022;11(2):212-223. **13.** Cacciaglia R et al. *Hum Brain Mapp.* 2018;39(11):4565-4579. **14.** Vyas CM et al. *AM J Clin Nutr.* 2023 ; S0002-9165(23)66342-7. <https://pubmed.ncbi.nlm.nih.gov/38244989/>. Effect of multivitamin-mineral supplementation versus placebo on cognitive function: results from the clinic subcohort of the Cocoa Supplement and Multivitamin Outcomes Study (COSMOS) randomized clinical trial and meta-analysis of 3 cognitive studies within COSMOS -PubMed (nih.gov) **15.** Yeung L et al. Multivitamin supplementation improves memory in older adults: a randomized clinical trial. *The American Journal of Clinical Nutrition.* 2023; 118(1): 273-282.