

Having a Social Circle is Key to Protecting the Aging Mind

Study that examines social networks finds having friends is good for the brain

The Ohio State University Wexner Medical Center

Produced by: MediaSource www.mediasourcetv.com	To download broadcast-quality video and other multimedia elements: http://bit.ly/2s8jzex
Package Length: 1:52	Content provided by: The Ohio State University Wexner Medical Center

NEWS PACKAGE

SUGGESTED TEASE	DO YOU FIND YOURSELF FORGETTING WHERE YOU LEFT YOUR KEYS OR WHERE YOU PARKED YOUR CAR? ONE WAY TO PRESERVE MEMORY AS WE GET OLDER MAY BE MAKING MORE FRIENDS. COMING UP, A NEW STUDY THAT SHOWS THE BRAIN BENEFITS OF BEING A SOCIAL BUTTERFLY.
ANCHOR LEAD	<p>MEMORY LOSS IS SOMETHING THAT NATURALLY HAPPENS AS WE AGE, BUT THERE ARE MEASURES WE CAN TAKE TO PROTECT OUR BRAIN HEALTH.</p> <p>A HEALTHY DIET AND REGULAR EXERCISE HAVE BEEN FOUND TO HELP PRESERVE BRAIN FUNCTION, AND NOW A NEW STUDY SHOWS THAT HAVING FRIENDS AND BEING SOCIAL MAY ALSO BE KEY TO MAINTAINING A SHARP MIND AFTER RETIREMENT.</p> <p>BARB CONSIGLIO HAS THE DETAILS.</p>
<p>(PACKAGE START) ----- CG: Courtesy: The Ohio State University Wexner Medical Center :00 - :03 Shots of Dan at work</p> <p>CG: Dan Mertz Preparing to retire</p> <p>Shots of couples coming outside, sitting at table</p> <p>Shots of couples playing cards</p> <p>CG: Elizabeth Kirby, PhD Ohio State Wexner Medical Center</p> <p>Shots of Kirby walking into lab</p>	<p>(Nats - Sound) :02</p> <p>AFTER THIRTY YEARS AS AN ATTORNEY, DAN MERTZ IS READY FOR RETIREMENT. :04</p> <p><i>"I'm down to five work days left and putting away all the old memories."</i> :05</p> <p>DAN'S LOOKING FORWARD TO HAVING TIME TO RECONNECT WITH FRIENDS AND FAMILY. AND WHILE MAINTAINING A STRONG SOCIAL CIRCLE CORRELATES TO BETTER MEMORY AND COGNITIVE FUNCTION AS WE AGE, EXPERTS AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER SET OUT TO DISCOVER <u>WHY</u>. :12</p> <p><i>"Trying to figure out whether or not those social ties are actually causing changes in cognition was what I was aiming to do with this study."</i> :07</p> <p>TO DO THAT, ELIZABETH KIRBY AND HER TEAM STUDIED GROUPS OF MICE, SOME IN GROUPS OF</p>

Producers and Reporters: To download scripts, video and photos go to:



<http://www.multimedianeewsroom.tv>

Shot of 2 mice in cage	TWO AND SOME WITH A FEW MORE ROOMMATES AND PLENTY OF SOCIAL INTERACTION.
Shots of grouped mice in cage	ALL THE MICE WERE WHAT RESEARCHERS DESCRIBE AS "POST-RETIREMENT AGE," WHEN BRAIN FUNCTION TYPICALLY STARTS TO DECLINE. :14
Shots of mouse on maze table	(NATS - Putting mouse on maze - "Go ahead") :01 RESEARCHERS TESTED THEIR MEMORY USING THIS MAZE. ONLY ONE OF THE HOLES LEADS TO AN ESCAPE HATCH. AND WHILE THE COUPLED MICE SEARCHED EVERY HOLE UNTIL THEY FOUND THE ESCAPE ROUTE – SOMETHING RESEARCHERS CALL A 'SERIAL SEARCH', THE MICE THAT HAD MORE SOCIAL TIES SEEMED TO USE MEMORY TO IMPROVE OVER TIME AND HEAD DIRECTLY TO THE ESCAPE ROUTE, A SPATIAL SEARCH TACTIC.
Shot of parking lot	KIRBY SAYS THE HUMAN EQUIVALENT WOULD BE LIKE LOOKING FOR YOUR CAR IN A LARGE PARKING LOT. :25
Elizabeth Kirby (CG'd earlier)	<i>"A serial search would just be walking up and down every single aisle until you stumbled upon your car. A spatial search would be trying to remember where your car was and navigate directly to your car."</i> :10
Shots of Kirby reviewing brain scan	IN ADDITION TO OUTPERFORMING THE COUPLE MICE IN TESTS, THE SOCIAL MICE ALSO HAD BENEFITS THAT COULD BE SEEN IN THEIR BRAINS. :07
Elizabeth Kirby (CG'd earlier)	<i>"The mice who had more friends who lived in a larger group had less inflammation in their brain. So, that's a sign of a healthier brain in aging."</i> :07
Shots of couples playing cards	AND WHILE DAN IS ENJOYING HIS OWN SOCIAL NETWORK IN RETIREMENT, HE SAYS THE BENEFITS TO HIS BRAIN ARE AN ADDED BONUS. :06
Dan Mertz (CG'd earlier)	<i>"It's just like any other form of health. If you ignore it, it will deteriorate and if it does, you're gonna have to deal with the penalty of not taking care of it."</i> :08
Shots of couples playing cards	AT OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING.:03
(PACKAGE END) -----	
ANCHOR TAG	RESEARCHERS SAY THE NEXT STEP IS TO FIND OUT HOW SOCIALIZATION AFFECTS THE BRAIN ON A MOLECULAR LEVEL SO THAT THEY CAN MIMIC OR SUPPORT THOSE CHANGES TO BETTER PROTECT BRAIN FUNCTION AS PEOPLE GET OLDER.

Producers and Reporters: To download scripts, video and photos go to:

<http://www.multimedianeewsroom.tv>

SOCIAL MEDIA

 Share it! Suggested tweet:	<p>Keep forgetting where your keys are or where your car is parked? A study by @OSUWexMed finds having a strong social network could be the key to preserving memory as we get older. http://bit.ly/2s8jzex</p>
 Suggested post:	<p>You may feel more forgetful as you get older, but there are ways to protect your memory and brain health. A study by researchers at The Ohio State University Wexner Medical Center found that having a good group of friends may be a key to keeping your mind sharp. http://bit.ly/2s8jzex</p>

EXTRA BITES

<p>CG: Elizabeth Kirby, PhD Ohio State Wexner Medical Center</p>	<p>Kirby says this study shows that social ties improve cognition: <i>“So if we want to have healthier lives, cognitively healthier lives as we age, this research suggests that we need to maintain social ties, that we need to seek out and become part of large social network groups and not restrict ourselves into isolation.”</i></p> <p>Kirby says it's important for older adults to have social opportunities: <i>“What are the communities that we create for people who are aging? Does it allow them to maintain connections even when they can't drive anymore, even when they aren't as physically mobile?”</i></p> <p>Kirby describes the part of the brain that forms memories: <i>“The hippocampus is essential for forming memories about locations of things in space. In humans, it's really important also for our sort of self narrative memories. So knowing that we've met someone, knowing what we ate for breakfast, creating our life history. This is the brain region that is really strongly impacted by Alzheimer's disease.”</i></p>
<p>CG: Dan Mertz Preparing to retire</p>	<p>Dan talks about some of his social plans for retirement: <i>“I know almost everybody on the block. Another gentleman up the street is retired and we're talking about doing some things. Couple two up, they're on a cruise right now but they want to go to Guatemala with us. Then a number of people have expressed an interest in doing some disaster relief work.”</i></p> <p>Dan says he enjoys all the social activities he participates in: <i>“I'm not doing this because I have to, I'm doing this because I want to. That's what makes me excited and gives me a lot of energy.”</i></p>

Producers and Reporters: To download scripts, video and photos go to:

<http://www.multimedianewsroom.tv>

CG: Dan Mertz
Preparing to retire

Dan says he can pursue his passions now that he's retired:
"Just cause I didn't do it when I was 23 or 24 doesn't mean I can't do it now that I'm 61. Now I'm going to take advantage of some of the opportunities I missed. I think paying attention to what makes you excited and happy and finding a way to make that happen and not letting things stand in the way."

References

¹A Larger Social Network Enhances Novel Object Location Memory and Reduces Hippocampal Microgliosis in Aged Mice, **Frontiers in Aging Neuroscience**, May 31, 2018.
Online: <http://bit.ly/2LO26Qz>.

For viewer information on this story contact:

The Ohio State University Wexner Medical Center: 1-800-293-5123
Log onto <http://wexnermedical.osu.edu> - click on "Media Room"

Produced by:

MEDIA  SOURCE

1800 West 5th Ave.
Columbus, Ohio 43212
Phone: (614) 932-9950 Fax: (614) 932-9920
www.mediasourcetv.com

**Video content provided by: The Ohio State University Wexner Medical Center
Media Relations Department: (614) 293-3737**

Producers and Reporters: To download scripts, video and photos go to:
<http://www.multimedianewsroom.tv>