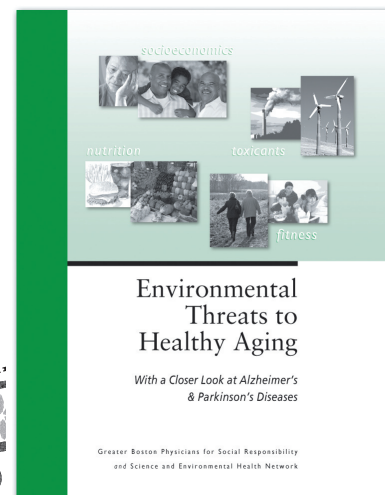


Environmental Threats to Healthy Aging

With a Closer Look at Alzheimer's & Parkinson's Diseases

A Report by

Greater Boston Physicians for Social Responsibility and Science and Environmental Health Network



Fortunately, there is much that we can do to prevent neurodegeneration and other chronic diseases – as individuals and as a society – but it will require adopting a far broader “ecological” vision of health.

A new synthesis of medical research reveals that, even in people who are genetically predisposed, environmental factors play a major role in the overwhelming majority of cases of Alzheimer's and Parkinson's diseases. Diet, exercise, exposure to toxic chemicals and other environmental pollutants, and socioeconomic stress can alter biochemical pathways influencing the risk of these diseases, and other chronic illnesses termed the “Western disease cluster” – diabetes, obesity, cardiovascular disease and metabolic syndrome – themselves risk factors for neurodegeneration.

This collection of diseases is driven by dramatic alterations over the past 50 to 100 years in the U.S. food supply, a built environment that encourages an increasingly sedentary lifestyle, proliferation of environmental chemicals, and other factors. By modifying these factors, the risks for these diseases can be dramatically reduced, and the odds greatly improved for delaying or even preventing disease onset.

Don't miss this groundbreaking new report with a wealth of information for educators, scientists, advocates, public health and public policy professionals.



Included in the report are:

- A summary of the changing environment and disease patterns;
- A lifespan and ecological analysis of health and the many factors that contribute to disease;
- The underlying, biological dimensions of neurodegeneration, and other chronic illnesses of the Western Disease Cluster;
- Discussion of environmental factors affecting the risk of Alzheimer's and Parkinson's diseases;
- Recommendations for individual, community, and societal changes to prevent disease and improve the health of people and the planet;
- Special pull-out section “Approaches to Healthy Living,” with guidelines for individuals;
- **Spotlights** including The Intergenerational School, Nature and Healthy Aging, and Building Sustainable, Healthier Food Systems.

Note: We will make this report available to anyone who is unable to pay for it. For bulk orders or other special circumstances such as this, please contact GBPSR at (617) 440-1735, fax (617) 440-1734, or e-mail at psrmabo@igc.org.

You can download the report on our web site at www.psr.org/boston.

Please send me _____ copies of **Environmental Threats to Healthy Aging : With a Closer Look at Alzheimer's & Parkinson's Diseases.**

I am enclosing \$20 per copy (to defray production and distribution costs) made payable to:

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