

Power of Thought: Hitting Unseen Target

Yogi Raman was a true master of the art of archery. One morning, he invited his favorite disciple to watch a display of his skill. The disciple had seen this more than a hundred times before, but he nevertheless obeyed his teacher. They went into the wood beside the monastery and when they reached a magnificent oak tree, Raman took a flower, which he had tucked in his collar and placed it on one of the branches.

He then opened his bag and took out three objects: his splendid bow made of precious wood, an arrow and a white handkerchief embroidered with lilacs. The yogi positioned himself one hundred paces from the spot where he had placed the flower. Facing his target, he asked his disciple to blindfold him with the embroidered handkerchief.

The disciple did as his teacher requested. "How often have you seen me practice the noble and ancient sport of archery?" Raman asked him. "Every day," replied

his disciple. "And you have always managed to hit the rose from three hundred paces away." With his eyes covered by the handkerchief, Yogi Raman placed his feet firmly on the ground, drew back the bowstring with all his might – aiming at the rose placed on one of the branches of the oak tree – and then released the arrow.

The arrow whistled through the air, but it did not even hit the tree, missing the target by an embarrassingly wide margin. "Did I hit it?" said Raman, removing the handkerchief from his eyes. "No, you missed completely," replied the disciple. "I thought you were going to demonstrate to me the power of thought and your ability to perform magic."

"I have just taught you the most important lesson about the power of thought," replied Raman. "When you want something, concentrate only on that: no one will ever hit a target they cannot see."



Polypill Aiming to Reduce Vascular Risk Factors may Help Slow Functional Decline

The findings of a new study published in the journal *JAMA Neurology* suggested that a polypill that targets vascular risk factors could halt the functional decline among older adults.

The International Polycap Study (TIPS-3) investigation revealed that its use alone or in conjunction with aspirin was not linked to a slower rate of cognitive deterioration compared to a matching placebo.

The current investigation concentrated on the cognitive and functional results of 2,098 persons older than 65 from 8 nations. Around 680 participants (32%) had low fasting plasma glucose, and 1,796 participants (86%) suffered from hypertension. The researchers used the Digit Symbol Substitution Test, which measures attention, executive function and psychomotor speed, and the Trail Making Test Part B, which measures attention for cognitive assessments. The Montreal Cognitive Assessment (MoCA), a trustworthy 30-item test for detecting mild cognitive impairment, also served as an assessment tool.

Additionally, the Standard Assessment of Global Everyday Activities (SAGEA), a 15-item patient-reported assessment of the capacity to carry out typical daily activities, was used to determine functional status.

The results showed no significant differences in the number of individuals who experienced a substantial decline (>1.5 SD) in cognitive function (356 took the polypill, and 328 took the placebo) or dementia during the 5-year follow-up period between treatment groups (polypill vs. placebo and polypill + aspirin vs. double placebo) (2 took the polypill and 4 took a placebo). Both those assigned to the polypill + aspirin and those receiving the double placebo experienced less functional impairment over the course of follow-up ($p = 0.01$ and 0.01 , respectively).

Researchers further stated that larger trials with longer follow-up may be necessary to uncover subtle cognitive changes that are still significant from a population-level perspective. (Sources: https://www.medscape.com/viewarticle/987896?src=#vp_1; <https://jamanetwork.com/journals/jamaneurology/article-abstract/2800416>)