

NEWS

**BOOTH
HARRINGTON
& JOHNS** OF NC
PLLC
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GUIDING YOU THROUGH CRITICAL DECISIONS ~ NORTH CAROLINA'S FIRST ELDER LAW AND SPECIAL NEEDS FIRM

www.nc-law.com

March 2014

VITAMIN E AND ALZHEIMER'S PREVENTION

This general information is for educational purposes, not medical advice. Consult a medical doctor before starting any dietary supplement regime.

As the tragic disease, affecting more than [5 million elderly Americans](#), grows in number research has not yet produced a cure. There has been one recent discovery in prevention.

BREAKTHROUGH RESEARCH

On January 1, 2014, the [Journal of the American Medical Association](#) published a study linking a daily Vitamin E supplement of 2000 IU to a slower cognitive decline of early Alzheimer's disease.

THE STUDY'S DETAILS

There were 613 participants with mild to moderate Alzheimer's. Nearly all participants were men. All participants were already taking cholinesterase inhibitor, an Alzheimer's prescription drug. Over the course of two years, all participants suffered cognitive and functional declines overall. But the decline of functional ability was less dramatic for those who took Vitamin E.

A GRAIN OF SALT

This was a complex and intricate study. But the results should not be taken as the end-all. Contrarily, a previous study showed a higher incidence of death for individuals taking more than 400 IU of Vitamin E. The recent research is merely a step in the right direction.

Announcing The Newly Renovated Website

Booth Harrington & Johns recently unveiled a new website. See the renovations at www.nc-law.com.

Here are some changes to note:

- Visitors may review our eight areas of expertise including Asset Preservation Planning, Estate Planning, Special Needs Trust, Guardianship, Estate Administration, Fiduciary Litigation, Educational Law, and Peace of Mind
- Meet our team of experts with newly updated biographies and photos
- Read important information including, What Should My Will Say?, Estate Planning FAQs, General Estate Planning and Tax Avoidance, and Estate Planning for the Affluent Community

Notice something amiss? Help us fix any mistakes or errors. Send a comment to info@nc-law.com.



CALENDAR OF EVENTS - MARCH

2014 ELDER & SPECIAL NEEDS LAW SYMPOSIUM AND VA ACCREDITATION COURSE

LAW SECTION OF NORTH CAROLINA BAR ASSOCIATION, PINEHURST, NC

FEBRUARY 27-28

Frank Johns will deliver a presentation on ethics in special needs planning at the conference. Experts in the area of elder law and special needs law will converge at this regional conference.

MEALS ON WHEELS DELIVERY

GREENSBORO, NC

MARCH 12

Staff from Booth Harrington & Johns will be delivering meals to people in need through the Meals On Wheels Association of America.

8TH ANNUAL MEETING OF THE ACADEMY OF SPECIAL NEEDS PLANNERS

DENVER, CO

MARCH 27-29

The Academy of Special Needs Planners consists of special needs planning professionals such as attorneys, financial planners and trust officers that assist them in providing high quality service and advice to persons with special needs and their families.

GSAG (GREENSBORO SELF ADVOCACY) CONFERENCE

ARC OF GREENSBORO, GREENSBORO, NC

MARCH 29

Attorney Kristy Andraos will join self-advocates from around the state to learn, share, laugh and have fun! Planned by self-advocates and staff from four chapters of The Arc, the conference will be an informative event.

QUESTIONS / COMMENTS

If you have any questions or comments, please email us at info@nc-law.com

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All Aspects of Elder Law

Estate Planning/Asset Preservation

Medicaid Planning - Guardianships

Special Needs Trusts - Fiduciary Litigation

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