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Brain 'Exercises' May Speed Up Dementia in Old Age

Even though crossword puzzles may make you feel smart but research show that you ma actually be doing more harm than good. Doing these kinds of activities may actually speed up dementia. Click on one of the links for more information.

Brain teasers like crossword puzzles, reading and listening to the radio are helpful in keeping the mind sharp -- at first.

But a new study suggests that such mental exercises might be bad for your memory later and speed up [dementia](#) in old age.

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