

State report shows fewer new cases of coronavirus, but The New York Times ranks Kentucky's new-case rate first among the states

By AL CROSS
KY HEALTH NEWS

After a six-week surge, the daily average of new coronavirus cases in Kentucky fell 7.7 percent last week, according to the latest weekly report from the state Department for Public Health, released Monday. However, The New York Times reported that in the last seven days, Kentucky's rate of new cases has been higher than any other state, 2,634 per day, and has risen 29% over the last two weeks. The state's report said Kentucky recorded 14,654 new cases in the Monday-Sunday reporting period, an average of 2,093 per day, by the state's count. The previous week, the state's average was 2,269.

Health-department officials have said the state's numbers run lower than the Times count because they reflect the removal of duplicate test results. Of the new cases on the state report, 18% were among Kentuckians 18 and younger. With the start of school approaching, health officials are urging parents to get their children vaccinated against Covid-19. The state report showed Covid-19 hospital numbers increased slightly, but deaths were down. The number of Kentucky hospital patients with Covid-19 ticked up Sunday, to 602, four more than a week earlier. There were 89 Covid-19 patients in intensive care, up five; the number on mechanical ventila-

tion remained at 33. The state attributed 45 more deaths to Covid-19 during the week, down from 59 the week before. The pandemic death toll in Kentucky stands at 16,397. The incidence rate of new cases in the state declined slightly, to 40.52 per 100,000 residents. The state report said the counties with the highest rates were Perry, 104 per 100,000; Robertson, 102; Letcher, 98; Bath, 83; Leslie, 77; Elliott, 74; Knott, 72; Cumberland, 71; Owsley, 71; and Greenup, 70. According to the Times, the top counties were Perry, 145 per 100,000; Clinton, 140; Adair, 127; Knott 124; Floyd, 113; Letcher, 109; Powell, 104; Union, 102; Boyd, 102; Green, 98; and Harrison, 98.

Strawberries could reduce chance of Alzheimer's, study finds

KENTUCKY HEALTH NEWS

Strawberries could help protect your brain from Alzheimer's disease, according to a new study from researchers at Rush University in Chicago. They found that a compound in strawberries, pelargonidin may be associated with less neurofibrillary tau tangles in the brain. "Tau tangles are one of the hallmarks of Alzheimer's disease, which is caused by abnormal changes with tau proteins that accumulate in the brain," a Rush news release said. The study was published in the Journal of Alzheimer's Disease. "We suspect the anti-inflammatory properties of pelargonidin may decrease overall neuroinflammation," said Dr. Julie Schneider, author of the study. Inflammation in the brain has been linked to tau tangles and other Alzheimer's pathologies. "Among berries, strawberries are the most abundant source of pelargonidin," the release says. Researchers got their data from a long-term

study in more than 40 retirement communities and senior public housing units across northern Illinois that began in 1997. It had 575 brain autopsies and dietary information developed from a questionnaire for up to nearly 20 years prior to death, the release said. "Each person received annual, standardized testing for cognitive ability in five areas — episodic memory, working memory, semantic memory, visuospatial ability

and perceptual speed." Puja Agarwal, an author of the study and a nutritional epidemiologist and assistant professor of internal medicine at Rush, cautions, "The study was an observational study and does not prove a direct causal relationship. Further research is needed to understand the role of nutrition in Alzheimer's disease, but this study gives us hope on how specific dietary components such as berry may help brain health."



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