



ARSDI - REMEMBER THOSE WHO CANNOT REMEMBER

Dementia News

Newsletter of ALZHEIMER'S & RELATED DISORDERS SOCIETY OF INDIA, DELHI CHAPTER

November 2015

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Societies Act XXI of 1860

Regd. No. S 42990 of 2002
Dated 26th June 2002

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(190)/20 05-FCRA-III
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From the Desk of the President

Dear Friends

Greetings from ARSDI- Delhi Chapter.

There are no guarantees when it comes to aging. Hope this message helps clarify the lifestyle choices that affect our risk for Alzheimer's disease, for better and hope not for worse. There are some key elements that are largely within our power to integrate or avoid, in order to reduce the risk of this brain disease that affects several people in India today.

The factors that appear to be protective against Alzheimer's include many of the things that we already know to be good for us: Eating a healthy diet; healthy intake of folate, vitamin C, vitamin E; coffee consumption; fish consumption; light or no drinking; and staying cognitively active. A diet rich in greens, sprouts, whole grains, fruits, walnuts, is useful too.

There were also some links between medications and reduced Alzheimer's risk, including estrogen, cholesterol lowering drugs (statins), blood pressure meds, and anti-inflammatory drugs (NSAIDs) but these are not definitely beneficial.

The TEN factors associated with higher risk of developing Alzheimer's were:

- Obesity, low physical activity, depression
- Carotid artery narrowing
- Diet of saturated fats, added sugars, refined flour/processed foods & high salt.
- Low educational attainment
- High levels of homocysteine (a compound that builds up, in part when B vitamin levels are low)
- High blood pressure and low blood pressure
- Frailty
- Current smoking (in the Asian population)
- Type 2 diabetes (in the Asian population)
- Poor and less sleep and sleep apnea

These *correlations* between the factors and Alzheimer's – doesn't prove that one or more actually *cause* or prevent the other. And genetic factors still play a strong role in the development of Alzheimer's.

If the population avoided the TEN risk factors listed above, up to two-thirds of Alzheimer's cases could be avoided. That's quite a high percentage. We may not be able to do all good things for ourselves all the time, but when it comes to the brain, the more we can do, much better.

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