

World ALZHEIMER'S DAY

21 September

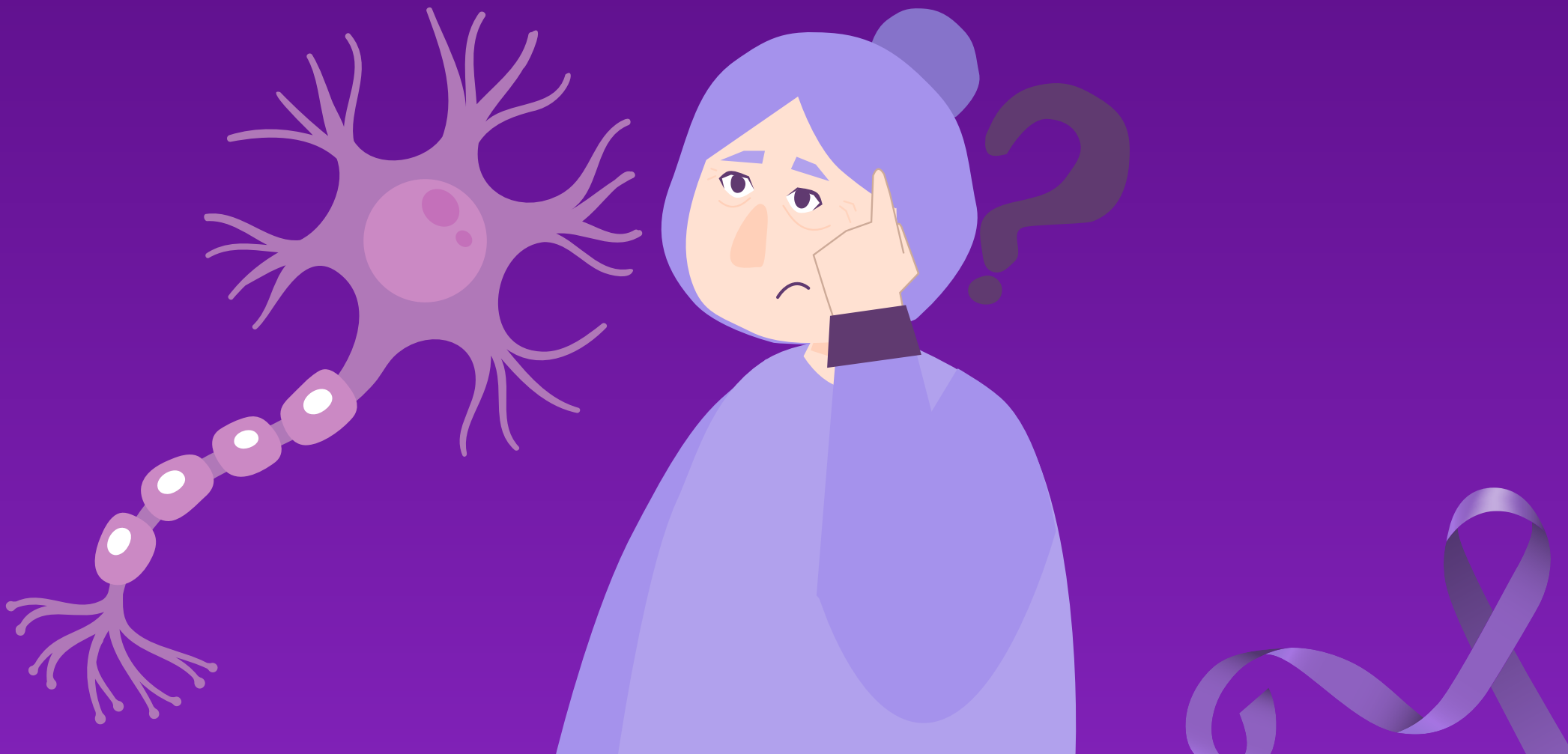


 **futurisk**
THE INSURANCE COACH

WHAT IS ALZHEIMER'S DISEASE?

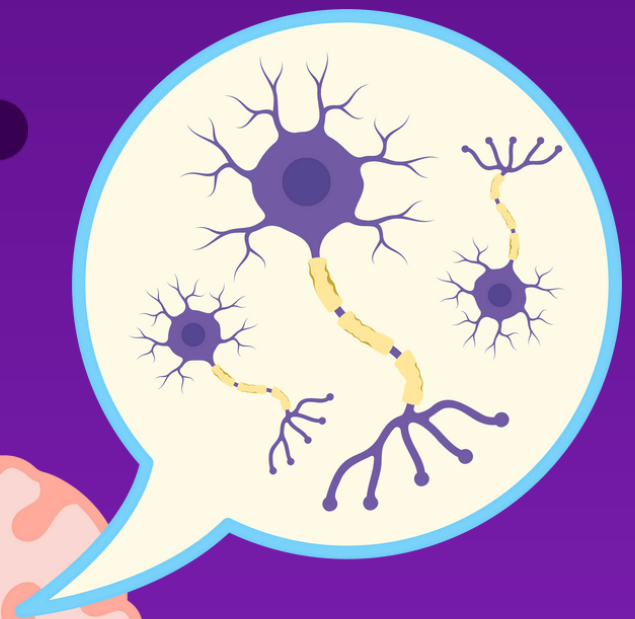
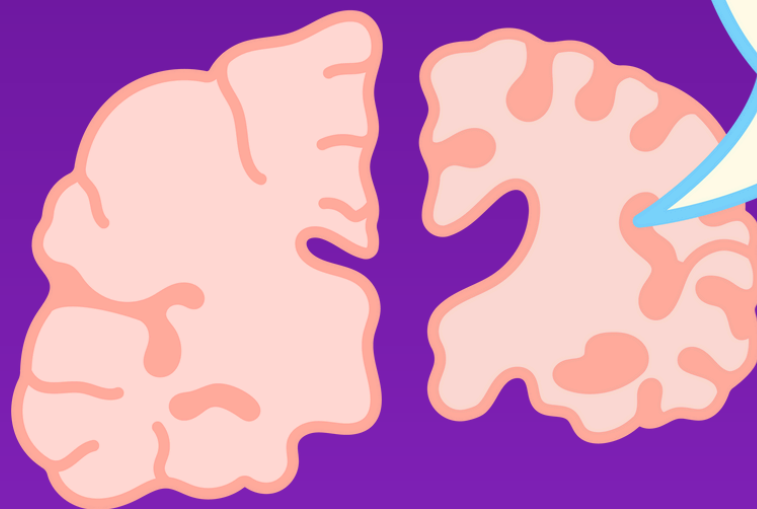
Alzheimer's is a **severe brain disorder of memory loss and confusion**, if not diagnosed and managed on time, can adversely impact one's mental abilities of learning, thinking, reasoning, remembering, problem-solving, decision-making, and attention, which could compromise one's day-to-day life activities and control over emotions. This serious ailment impacts not only the patients but also their families and friends.

Alzheimer's disease (AD) is a **common form of dementia among older adults**. Dementia is a brain disorder involving loss of mental functions that seriously affects daily life and activities. It impacts human memory power, thinking skills, and the ability to perform the most basic tasks.



SYMPTOMS

- Patient forgets the names of places and struggles to recognize family members and long-time friends.
- Language problems, disorientation (including easily getting lost), mood swings, loss of motivation, self-neglect, and behavioural issues can all occur as the disease progresses.
- Asking questions repeatedly
- Poor judgments and finding it hard to make decisions.
- Get lost in their area or surroundings
- Easily misplace items
- Disturbed sleep
- Difficulty eating and swallowing (dysphagia)
- Difficulty to move around without support or assistance.
- Have difficulty identifying objects, expressing thoughts, or participating in conversations
- Forget about conversations, events and won't recall them later.



RISK FACTORS

- Old age
- Hereditary
- Down's syndrome
- Head injuries
- Cardiovascular disease
- Physical inactivity
- Smoking
- Air pollution
- Untreated depression



HOW TO PREVENT DEMENTIA ?

- Aim to maintain systolic blood pressure of 130 mm Hg or less in midlife (starting at around 40 years old)
- Protect your ears from high noise levels. And if you have hearing loss, use a hearing aid.
- Reduce your exposure to air pollution and secondhand tobacco smoke.
- Protect your head from injury as much as possible (hello, helmets!).
- Limit drinking to less than 210 ml of alcohol per week (a bottle of wine contains about 100ml).
- Stop smoking.
- Lead an active life in mid and later life.
- Do what you can to prevent obesity (healthy eating and exercise are huge here).

- Do what you can to prevent diabetes (healthy eating and exercise are huge here, too).
- Do what you can to prevent depression (healthy eating, exercise, self-care practices like meditation and seeking the help of mental health professionals are huge here).
- Increase your social contact.
- curb inflammation and lower your blood pressure if you want to decrease your odds of developing Alzheimer's — especially since both of these conditions have been linked with the disease.

It's always a good idea to eat right and get plenty of exercise, and it's even more critical when it comes to reducing inflammation and keeping your blood pressure in check. Make sure you're eating plenty of lean meats, fruits, vegetables and whole grains, and avoid highly processed foods, which are often high in added salt and sugar.

NUTRIENTS THAT CAN HELP FIGHT INFLAMMATION

- Omega-3 fatty acids, found in fish, like salmon and sardines, and krill
- Curcumin, the active ingredient in turmeric
- Magnesium, found in pumpkin seeds, almonds, spinach and cashews
- Antioxidants like vitamins A, C, D and E
- And for supporting healthy blood pressure, make sure you're getting plenty of polyphenols and B vitamins in your diet. Also, try adding a CoenzymeQ10 supplement to your daily regimen; it's been shown to reduce systolic blood pressure by between 17 and 26 mmHg.

5 DEFICIENT NUTRIENTS IN ALZHEIMERS

1. LUTEIN:

Best known for its role in protecting the eyes, lutein's benefits go far beyond. This antioxidant has previously been linked with better brain health and a lower risk for dementia. It can be found in foods like egg yolks, spinach, kale, corn, orange peppers, squash, zucchinis, kiwis and grapes.

2. LYCOPENE:

An antioxidant found in red-hued fruits and vegetables such as tomatoes, watermelon, red oranges, pink grapefruits, apricots and guavas. This antioxidant helps protect against cellular damage and has been linked with better brain and heart health.

3. RETINOL:

Retinol is a form of vitamin A that's used in many skincare products to protect the skin from the effects of aging. But this antioxidant could also be a potent way to prevent age-related cognitive impairments.

Retinol is found in foods like eggs, dairy products, oily fish and liver. But because the body can convert beta-carotene into retinol, indirect sources include colorful fruits and vegetables like spinach, carrots, sweet potatoes, mangoes, papaya and apricots.

4. VITAMIN E:

Another antioxidant, vitamin E fights free radicals, improves immune function and helps prevent blood clots in the heart's arteries. It's also been shown to protect the brain. You can get vitamin E from plant-based oils, nuts, seeds and fruits and vegetables. Some typical sources include sunflower and soybean oils, almonds, peanuts, spinach, pumpkin, asparagus, red bell peppers, avocados and mangoes. Remember that vitamin E is a fat-soluble vitamin, so you need to consume a fat along with these foods to help your body absorb the nutrient.

5. ZEAXANTHIN:

The antioxidant zeaxanthin is known to defend the eyes from sun damage. But its anti-inflammatory properties are also believed to protect the brain. Zeaxanthin is found in eggs, orange peppers, corn, grapes, mango, oranges and goji berries.

In addition to being antioxidants, three of these five substances — lycopene, lutein and zeaxanthin — are also **carotenoids**. These pigments found in fruits and vegetables have been associated with reducing Alzheimer's risk in other, larger studies, and may be especially beneficial for women.