

# Alzheimers

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Preventing  
Alzheimer's Disease

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Alzheimer's disease (AD) is a progressive neurologic disorder that is characterized by 3 clinical findings:

- 1) declining memory, especially short term memory,
- 2) problems with reasoning and logical thinking, and
- 3) behavioral problems (this is to varying degrees).

The major risk factor for Alzheimer's is advancing age. Other risk factors include a family history (especially with early onset disease), sedentary lifestyle, lower educational status, lack of exercise, the traditional risk factors for cardiovascular disease (high blood pressure, high cholesterol and smoking), and diabetes.

In fact, many doctors refer to Alzheimer's disease as Type III Diabetes, as the long term metabolic effects of elevated blood sugar cause a chronic inflammatory state. Additionally, any long term inflammatory disease will predispose to Alzheimer's dementia (lupus, rheumatoid arthritis and significant psoriasis as examples.)

As baby boomers advance in age, there will be a shortage of caretakers for the millions of Americans who are predicted to develop this progressively debilitating disease. Many more people worry about developing and living with Alzheimer's than dying of cancer! AD robs you of what makes you human: memory, ability for self care, loss of ability to remember loved ones, progressive physical decline, loss of ability to control bodily functions, and loss of dignity.

So what can be done to prevent Alzheimer's disease? While there is no real prevention, it's believed that the disease can be forestalled by up to 6-7 years by following the below recommendations that include lifestyle modification and supplements.

1. Regular aerobic physical activity, minimum 5 times weekly, with each session lasting 45 minutes. Exercise has been shown to lower markers of inflammation.



2. Continued use of your mind. People who continue to work have a lower incidence of dementia. So keep mentally active. Read, do puzzles, learn a new language, learn to play a musical instrument, take continuing education classes. (A major risk factor for Alzheimer's is watching excessive TV.)



3. Supplements are felt to be highly effective as well. Anti-inflammatories are the most effective. These include:

- a. Pharmaceutical grade fish oil (1-2 grams daily) taken with food.
- b. An aspirin daily (325 mg), this decreases the production of Tau protein that is found in the brain of people with Alzheimer's disease, and that's felt to be one of the causes of the disease.
- c. Turmeric (Curcumin), is a highly effective anti-inflammatory (that is felt to be the reason why people in India had a lower incidence of Alzheimer's).
- d. Vitamin D- 95% of American's have a deficiency of Vitamin D. It's deficiency has been clearly shown to increase the risk of Alzheimer's. An ideal level of vitamin D-25 is between 70-80, so an empiric daily dose of Vitamin D3 of 2000-5000 units is recommended.
- e. There are many other supplements that can be effective, but the above give the most bang for the buck. Other's include Co-Q10, Resveratrol Vitamin C, and Kaolic Garlic, amongst others.

In summary, Alzheimer's disease affects 25% of Americans at the age of 80, and 50% at the age of 85 So don't flip a coin. Stay mentally and socially active! Exercise regularly, maintain an ideal body weight, control medical risk factors (especially achieving good diabetic control, or preventing diabetes entirely). As you begin to age (especially over the age of 50) discuss Alzheimer's prevention with your doctor, so they can recommend the best medical, dietary, physical and supplemental regimen that works best for you. A great quick reference is to google "Dr. Daniel Amen Brain Warriors" or to read his book "Preventing Alzheimer's Disease." He's considered a worldwide expert in the prevention and treatment of Alzheimer's disease and dementia. God's speed.

**Rowland Reyna, MD, MBA**

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- \*Best Doctors in America®
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## QPIC Corner



**MARCH IS COLON CANCER AWARENESS MONTH**

**JOIN THE FIGHT & GET SCREENED TODAY!**



**#2**

Colorectal cancer is the #2 leading cause of cancer deaths among men & women in the U.S.



**One in 20 Americans** will be diagnosed with colon cancer during their lifetime.



Over 75 percent of **colon & rectal cancers** happen to people with no known risk factors.



Over 60% of deaths from colorectal cancer could be avoided with screening.



**1 in 3 adults aged 50-75** are NOT up-to-date with recommended colorectal cancer screening.



Colon cancer affects **men & women equally.**

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## Healthy Corner Recipe

<https://www.worldrd.com/salmon-recipe-alzheimers/>

### Apricot-Glazed Salmon

Serving Size: 4

#### Ingredients

- 1 1/3 lbs salmon fillets (wild salmon when available)
- ¼ tsp freshly ground black pepper
- 1 tbs extra-virgin olive oil
- 1 clove garlic, minced
- 1/3 cup apricot fruit spread, 100% fruit
- 1 tbs Dijon mustard
- ½ c low-sodium vegetable broth



#### Directions:

1. Preheat grill to medium heat
2. Pat salmon dry with a paper towel and cut into four equal servings. Season the skinless side of salmon with ground black pepper and minced garlic.
3. Place each piece of salmon on a double layer of foil with skin side down. Fold the sides of the foil up so that the cooking liquid will not run out.
4. In a small bowl, whisk together the rest of the ingredients. Pour the liquid over the four pieces of salmon so that the glaze is distributed equally.
5. Seal each foil by folding as if you were wrapping a gift. Slide the foil packets onto the grill and close the lid.
6. Cook until the salmon is cooked through, about 10 minutes. Let it rest for 2 minutes and then unwrap and serve salmon over a bed of brown rice.

By: Layne Lieberman, RD  
July 23<sup>rd</sup>, 2015 Article

#### Nutrition Facts Per Serving (213g):

304 calories, 13 g fat, 130 mg sodium, 14.3g carbohydrates, 30.4 g protein