

# AVOIDING ALZHEIMER'S DISEASE

# 4 PREVENTION TIPS

Alzheimer's is the most common form of dementia.

It involves the formation of plaques and tangles in the brain, leading to severe memory loss and decline in mental function.

Alzheimer's is becoming an increasing challenge, affecting the lives of millions of our parents and peers.

1 IN 11 PEOPLE,  
1 IN 6 WOMEN

age 65+ will develop Alzheimer's disease

Lifestyle choices play a crucial role  
in prevention and treatment!

1

diet

## Greatly minimize animal products

(especially highly cooked), and add more vegetables to your diet

- According to a 1993 study with over 2000 people, subjects who ate meat (including poultry and fish) were more than twice as likely to develop dementia as their vegetarian counterparts; people who ate the most meat in the past did even worse.<sup>1</sup>
- According to a 2013 study, eating cooked meat may be a dementia risk in humans.<sup>2</sup>

2

sleep

## Adequate sleep - a protector against Alzheimer's.<sup>3</sup>

- The proposed mechanism is that good restful sleep helps to clear Amyloid (a chemical compound that is naturally produced during waking hours in healthy humans), out of the blood stream. Since amyloid plaques form in the brain of people with Alzheimer's proper sleep might be a preventative factor.

3

exercise

## 150min of activity weekly. Simply walking may be enough!

- According to Dr. Jordan Antflick at Ontario Brain Institute, one in seven cases of Alzheimer's could be prevented by exercising a minimum of 150 minutes per week, in doses as short as 10 minutes at a time. Moreover, the benefits continue for those who do develop the disease, which means "it's never too late to start exercising," Antflick says. Alzheimer's patients who exercise are less likely to suffer from depression, have better balance to avoid falls and also have improved general cognition.<sup>4,5</sup>

4

social

## Make socializing a priority

- Having many friends could be a protective factor
- New research reports that older women who maintained large social networks reduced their risk of dementia and delayed or prevented cognitive impairment.<sup>6</sup>

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1 <http://www.ncbi.nlm.nih.gov/pubmed/8327020>

2 <http://www.bbc.com/news/health-26323720>

3 <http://www.alzinfo.org/articles/poor-sleep-may-be-linked-to-alzheimers-disease/>

4 <http://www.theglobeandmail.com/life/health-and-fitness/fitness/can-exercise-lower-alzheimers-risk-here-are-the-numbers/article21973369/>

5 [http://www.thelancet.com/journals/laneur/article/PIIS1474-4422\(2814\)2970136-X/abstract](http://www.thelancet.com/journals/laneur/article/PIIS1474-4422(2814)2970136-X/abstract)

6 <http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2007.115923>