

ALZHEIMER'S and DEMENTIA

Brain damage occurs long before symptoms are obvious. Possible contributions to the brain being damaged: free radicals, decreased circulation, inflammation, metal accumulation, high homocysteine levels, a genetic component.

Reduce risk factors by:

- Follow a heart-healthy diet. See General Diet.
- Lose weight if needed.
- Reduce high blood pressure and cholesterol (diet, exercise, supplements, decrease stress)
- Control diabetes (diet, supplements, medication if necessary)
- Quit smoking
- Exercise – Aerobic 30 min., 3 times a week (increases circulation)
- Protect against head injuries (e.g. use a helmet for biking)
- Get help for depression
 - Depression raises the risk of stroke and other vascular diseases. Depression also is associated with increased levels of the stress hormone *cortisol*, which, at high levels, is toxic to the brain. Dr. Kraskow uses supplements and does several techniques to help with mental and emotional concerns.
- Increase your intake of antioxidants – these reduce the effect of free radicals which may play a role in Alzheimer's.
- Drink only modest amounts of alcohol.
 - Alcohol of any kind has been associated with lower rates of heart disease and also may reduce Alzheimer's risk. Red wine may be especially protective. Studies have shown drinking one glass of red wine per week significantly reduced the risk of developing Alzheimer's.
- Mental Fitness - Lifelong learning/learning new skills, mental challenges, creative challenges, reading, and social interactions all reduce risk.
- Reduce all chemical exposure.
 - Decrease chemical exposure (i.e. paint, pesticides, household, yard and personal care products - visit this website for Personal care product toxicity information: www.cosmeticdatabase.com).
- Detoxify.

Nutrition/Supplements – Dr. Kraskow uses the highest quality, mercury free supplements.

- Antioxidants counteract free radicals
 - OPC Synergy, Vit C, d-alpha-tocopherol
- Circulation Support counteracts narrowing and stiffening of small arteries
 - Systemic Enzymes, Vascular Support, Omega 3 Oils (DHAs), ginkgo biloba, vinpocetine, cyruta plus
- Brain food: nutrition used by the nervous system
 - Brain Terrain, Total Brain, Omega 3 Oils
- Natural anti-inflammatories
 - Total Inflamm
- Healthy Diet – see “General Diet”
 - (High Choline foods: Eggs, liver, fish, legumes, nuts, meats, veggies)
- Moderate Alcohol Consumption
- Reduce homocysteine
 - Homocysteine Redux, Folic Acid
- Individual Supplements that may help:
 - Phosphatidylserine, Acetyl-L-Carnitine, DMAE, Co Q 10, NADH, Ashwagandha, Astragalus, Asian Ginseng, Choline, Lipoic Acid, NAC, B vitamins

The highest compliment our patients can give is the referral of their family and friends.