



7 SECRET
TRIGGERS
FOR ALZHEIMER'S
& DEMENTIA

BY PEGGY SARLIN
AUTHOR OF AWAKENING
FROM ALZHEIMER'S

7 Secret Triggers for Alzheimer's and Dementia

The information in this report shouldn't be secret. Every doctor and health-minded person should be keenly aware of these crucial facts.

But, sadly, the medical establishment keeps disregarding these 7 Triggers for Alzheimer's and Dementia. And millions of people continue to suffer from brain dysfunction that could have been prevented, if only they had known the information you're about to read.

Trigger One: Celiac Disease, the Overlooked Wheat Allergy

You enjoy a wheat cereal and toast for breakfast – and don't realize that every bite is sending chemical messages to your brain that provoke dementia. This unfortunate scenario is all too common in adults suffering from celiac disease, an allergy to gluten in grains -- primarily wheat, rye, and barley.

Researchers at the Mayo Clinic were surprised to uncover a strong linkage between celiac disease and dementia. In a study published in Archives of Neurology, neurologist Keith A Joseph, MD, MST and colleagues examined the medical histories of adult patients with celiac disease who exhibited serious cognitive failures. When they followed gluten-free diets, some of the patients completely recovered their mental function.

Israeli researchers confirmed these findings when they studied case histories of 7 patients over age 60 with celiac disease. Two female patients had been diagnosed as having

Alzheimer's. But when they changed to a gluten-free diet, their mental abilities came roaring back!

Most doctors think of celiac disease as a children's ailment; only 32% of family physicians know that celiac disease is common in adults. If you suspect your cognitive problems may be linked to this overlooked allergy, ask your doctor to give you a blood test for celiac disease. Other celiac symptoms include gas, diarrhea, stomach pain, and weight loss.

If you've got celiac disease, a gluten-free diet could be the miracle you've been waiting for. Get rid of gluten and regain your cognitive function.

Trigger Two: Medications That Steal Your Memory

Maybe you're not really losing your memory and slipping into dementia. Maybe your brain is being addled by the nasty side effects of one or more of your medications.

"Quite frequently, we discover that what looks like dementia in a senior citizen is actually 'pseudodementia'—which is confusion or forgetfulness caused not by aging, but by some other agent, such as a drug interaction," says John P.D. Shemo, M.D., of Charlottesville, Virginia. "Once we get the medications straightened out, the mental symptoms usually disappear."

Some common culprits for inducing dementia are sedatives, hypnotics, blood pressure medicines, and arthritis medications.

The elderly are particularly vulnerable to adverse side effects from medications. As you age, your metabolism slows, allowing medicines to accumulate to potentially toxic levels in your liver and kidney. And often, older people take multiple drugs that create complex interactions and disrupt the central

nervous system.

Wellness.com offers the following list of medications that can provoke dementia:

Medications: Prescription and non-prescription drugs that may cause dementia include: anticholinergics, such as hyoscyamine (Levsin®) or tolterodine (Detrol®); barbiturates, such as secobarbital (Seconal®); benzodiazepines, such as alprazolam (Xanax®) and diazepam (Valium®); cough suppressants, such as dextromethorphan; digitalis (Lanoxin®); monoamine oxidase inhibitors, such as phenelzine (Nardil®); and tricyclic antidepressants (TCAs), such as amitriptyline (Elavil®), doxepin (Sinequan®), and imipramine (Tofranil®). These medications are more likely to cause signs of dementia in the elderly than in younger, healthier individuals.

You can find a list of 136 prescription drugs that may cause cognitive impairment on the website Worst Pills (www.worstpills.org), which is run by Public Citizen, a non-profit group that advocates for health and safety.

Urgently talk to your doctor about your medications, if you're experiencing cognitive problems. See if your doctor will work with you to wean you off of non-essential drugs and discover what's really going on underneath. Once your mind is free of toxic medication, you may quickly regain your mental sharpness, speed, and focus.

Trigger Three: High Blood Pressure Doubles Your Risk of Alzheimer's

Uncontrolled high blood pressure is not just dangerous for your heart. It also can devastate your brain, increasing your risk of vascular dementia six times and doubling your risk of Alzheimer's.

Years before symptoms develop, high blood pressure can quietly wreak havoc in your brain. In fact, the National Institute on Aging says that high systolic blood pressure (over 140 mm) in midlife is a major predictor of dementia.

Dr. Henry Black, Clinical Professor of Internal Medicine at the New York University School of Medicine, commented on a recent Japanese study that followed 550 people over 17 years. Dr. Black said, “There was a clear relationship between midlife blood pressure and increased likelihood of vascular dementia later... (O)ne of the lessons from this very interesting and well-done study is that we need to start paying more attention to elevated blood pressures in people who are in their 40s and early 50s. This is a group that we tend to ignore.”

But it’s not just the middle-aged who need to prevent hypertension. Managing blood pressure in the elderly is also vitally important for brain health. According to a recent University of Western Ontario study, half of people over age 80 with impaired executive function (ability to plan and make decisions) could be protected from developing dementia if their high blood pressure were controlled.

To keep your blood pressure in check, use a variety of strategies, including medication, exercise, and the DASH diet (Dietary Approaches to Stop Hypertension). You might also consider a short daily dose of meditation to control stress.

Trigger Four: Sleep Apnea Damages Brain Cells

For a long time, experts have suspected that sleep apnea triggers loss of brain function. And now a study published in the August 10, 2011 issue of the Journal of the American Medical Association proves it.

People with sleep apnea hold their breath while snoring, disrupting deep sleep and cutting off oxygen to the brain. A

study led by researchers from the University of California, San Francisco found that elderly women with sleep apnea are twice as likely to develop dementia in the next five years as those without it.

Lead researcher Dr. Kristine Yaffe said, "This is the first study to show that sleep apnea may lead to cognitive impairment. It suggests that there is a biological connection between sleep and cognition and also suggests that treatment of sleep apnea might help prevent or delay the onset of dementia in older adults."

20 million Americans have sleep apnea; two-thirds of them are overweight. If you're over 50, overweight, and you snore, you probably have sleep apnea. Men are more likely to suffer from it, but plenty of women have it, too.

Get your sleep apnea treated as soon as possible to prevent permanent damage to the brain. You'll probably need to go to a sleep clinic to have your sleep patterns analyzed. Treatment often includes a CPAP, a breathing device that provides constant pressurized air during sleep.

Trigger Five: Gastric Bypass Surgery Can Starve Your Brain of B12

Dr. Vincent Fortanasce tells a fascinating story about Sophie, a successful lawyer who came to him after she was forced to leave her firm. It seems Sophie's failing memory was causing her to make serious mistakes on the job.

As he recounts in his book, *The Anti-Alzheimer's Prescription*, Dr. Fortanasce noticed a surgical scar across Sophie's abdomen and discovered that she'd recently had gastric bypass surgery. And as Dr. Fortanasce writes, "We're

just learning more about gastric bypass surgery and how it's becoming widely known to cause vitamins B6, B12, and E, iron, and other deficiencies that can lead to dementia, imbalance, and neuropathy.”

Think of gastric bypass surgery as a double-edged knife. It can significantly lower the risk of Alzheimer's by resolving problems with overweight. But at the same time, it boosts the risk of dementia from malnutrition. In fact, 37% of gastric bypass patients develop vitamin B12 deficiency, a condition strongly associated with dementia.

Dr. Fortanasce resolved Sophie's problems by prescribing supplements of vitamins B6 and B12 and iron tablets. If you're planning on having gastric bypass surgery or if you've undergone it, you should definitely discuss supplementation with your doctor.

And take heart from some good news about Alzheimer's and gastric bypass surgery. Researchers at SUNY Buffalo recently found that morbidly obese patients enjoyed a 22% percent reduction in markers of Alzheimer's six months after gastric bypass surgery.

Trigger Six: Diabetes Leads to Alzheimer's, “Diabetes of the Brain”

The diabetes epidemic has struck over 17 million Americans, doubling their risk of developing Alzheimer's. A new Japanese study of 1,000 men and women over age 60 found that people with diabetes were twice as likely to get Alzheimer's within 15 years. And their risk of developing any kind of dementia shot up 1.75 times.

Rachel Whitmer, PhD., an epidemiologist in the research division of Kaiser Permanente Northern California says, "It's really important for the [public's] health to understand that diabetes is a significant risk factor for all of these types of dementia."

In fact, as evidence mounts about the connection between diabetes and Alzheimer's, experts are increasingly referring to Alzheimer's as "diabetes of the brain" or "type 3 diabetes."

Here's how Time magazine explains it: "When the body refuses to make insulin, the condition is called type 1 diabetes; when the body mismanages the hormone, it's known as type 2. Now, scientists report new evidence linking insulin to a disorder of the brain: when the brain prevents the hormone from acting properly, the ensuing chemical imbalance may help trigger Alzheimer's disease. The correlation is so strong that some researchers are calling Alzheimer's disease "type 3" diabetes."

Researchers at Northwestern University showed that Alzheimer's patients' brains are low on insulin and insulin resistant. They also discovered that the toxic amyloid-beta proteins that characterize Alzheimer's brains can disrupt insulin receptors and prevent memories from forming.

If you have diabetes or are at high risk of developing diabetes, you can significantly lower your odds of getting Alzheimer's by adopting a low-sugar, low-saturated fat diet. Try to exercise with moderate intensity five days a week for half an hour, because the health payoffs can be huge. Researchers at Albert Einstein College of Medicine discovered that people at high risk of diabetes who lost 7 percent of their body weight

and exercised regularly slashed their chances of getting Alzheimer's by a stunning 58%!

Trigger Seven: Bad Vision Boosts Alzheimer's Risk

Take care of your eyes and they'll take care of your brain. Older people with poor vision who visited an ophthalmologist at least once were 64 percent less likely to develop dementia, according to a University of Michigan Health System study. But if you have faulty vision and don't get a doctor's help, your risk of Alzheimer's skyrockets 950%!

“Visual problems can have serious consequences and are very common among the elderly, but many of them are not seeking treatment,” said the Michigan study's lead author, Mary A.M. Rogers, PhD.

Using Medicare data, Dr. Rogers' team analyzed records of 625 elderly Americans for an average of 10 years. Employing a scale that ranked vision from excellent (one) to totally blind (six), they discovered that the odds of dementia increased by an average of 52% with each step up the scale.

According to Dr. Rogers, helpful remedies to lower the risk of dementia include surgery to correct cataracts, as well as treatments for glaucoma, retinal disorders and other eye-related problems.

A simple eye test could prove to be a big help in diagnosing early Alzheimer's. When blood vessels in the retina are photographed, abnormal widths in pre-Alzheimer's patients are revealed, according to researchers with Australia's national science agency, CSIRO.

Get your eyes checked and, if possible, get an annual exam in later life. Be sure to consult a neurologist if you still

have problems with reading and writing after your vision has been treated.

Protecting your vision will help you read, write, play games, and enjoy social and physical activities that significantly reduce your risk of Alzheimer's disease.

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