

# Resisting Alzheimer's



Perhaps you are one of the 78 million Americans entering their 60's or perhaps you are the generation behind. Any thought of dementia or Alzheimer's seems to be far away and only for the truly elderly.

You may not realize it but brain damage may be occurring over several years before you even become aware there are problems.

While researchers have made significant discoveries about the nature of dementia and Alzheimer's any **effective treatment options are still on the far distant horizon**. No one knows for certainty why some will develop dementia or Alzheimer's and others will not, but medical and mental health professionals do know there are things that contribute to keeping your brain as healthy for as long as possible.

Imagine that you're not feeling well and your doctor prescribes a medication. After taking it for several days, the medication doesn't seem to be working and you stop taking it. Next, you may try another medication, then another and eventually you turn to other doctors, still with no results.

Finally, you find a doctor who tells you – yes you have these symptoms, but no one medication will help you. His advice is that **you need to consider a number of treatment options at the same time**. It's their synergistic effect of working together that will bring you the most relief, not necessarily a cure, but at least relief.

**This is similar to the state of recommendations for overall brain health.** No one thing will make your brain healthy, but **a number of things together** can be beneficial. It's also good to keep in mind that no one combination of things will work for everyone and it may require trying a number of options. Therefore, it's important to maintain an on-going consultation with your health care provider to monitor your overall physical and mental health.

**The following is for information purposes only.**

A place to start and learn more is in video below with the preventive recommendations from Dr. Greg Cole of the University of California, Los Angeles.

They include –

- Knowing your family history
- Consider treatment for high blood pressure, diabetes, and high cholesterol
- Exercise
- Diet
- Use of statins to reduce bad cholesterol
- Social engagement
- Use of supplements: Fish Oil, Folate, Curcumin (a derivative of the Indian spice Turmeric), Non-steroidal anti-inflammatory drugs

As this series continues, some of these options for healthier brains will be discussed in greater detail.