

# What 3 alternatives are not recommended for Alzheimer's



The Alzheimer's Association is a comprehensive resource for its community. Being fully aware that individuals are seeking the latest information on treatment, the association has issued a cautionary assessment on alternative treatments.

The **primary concern** is that no one treatment (even though it may show improvement results) has sufficient research to indicate effectiveness by itself or in conjunction with other *"physician prescribed therapy."*

**Three of the most common items promoted for reducing the risk of Alzheimer's are:**

- Coenzyme Q 10
- Ginkgo Biloba
- Omega – 3 fatty acids

## Coenzyme Q 10

- A natural body producing antioxidant that aids cell function
- It's natural form – ubiquinone has not be studied for Alzheimer's effectiveness
- The synthetic version – idebenone was tested and showed no beneficial results
- There is a lack of information on safe dosage levels and possible harmful effects

## Ginkgo Biloba

- A plant extract used in Chinese medicine for centuries
- Thought to have antioxidant and anti-inflammatory qualities to protect the cell membrane and regulate neurotransmitter transmission
- A large National Institute of Health study over a six years found no significant difference between Ginkgo Biloba and a placebo in reducing risk or prevention

## Omega – 3 fatty acids

- A polyunsaturated fat, with two forms DHA and EPA shown to be beneficial for heart disease and stroke
- There is a suggested link between a high intake of Omega-3s and possible reduced risk for dementia or decline in mental skills.
- The Alzheimer's Disease Cooperative Study showed no significant difference when compared to a placebo, but those without the APOE-e4 Alzheimer's gene had a "slight benefit."
- The Memory Improvement with DHA study showed participants with normal age-related cognitive decline to improved on computerized memory test when compared to a placebo group.
- The Alzheimer's Association is not recommending Omega -3 fatty acids until there is sufficient evidence indicating its effectiveness

For a list of other treatments not currently recommended see [www.alz.org-disease\\_alternative\\_treatments.asp](http://www.alz.org-disease_alternative_treatments.asp)

Source: Alzheimer's Association