

Dementia

Dementia encompasses symptoms that affect mental abilities, disrupting daily life with memory loss, mood changes, and cognitive difficulties. The leading cause of dementia is Alzheimer's disease, but other contributors include depression, certain medications, thyroid problems, chronic infections, head injuries, vascular issues, Parkinson's disease, and **vitamin deficiencies**.

When left untreated, dementia progresses as more brain cells die, worsening the symptoms. However, if caught early and caused by reversible factors like vitamin deficiencies or medication side effects, it can be managed and potentially reversed. Though genetic predisposition plays a role, environmental, lifestyle, and psychological factors also contribute.

Key Risk Factors for Dementia:

- Head injuries
- Certain medications
- Alcohol use
- Low physical activity
- Cardiovascular conditions (e.g., high blood pressure, high cholesterol, diabetes)
- Thyroid dysfunction
- Vitamin deficiencies and poor diet
- Smoking

Proven Methods to Reduce Dementia Risk:

1. B Complex Vitamins:

B vitamins, particularly B6, B12, and folate, are vital for cell processes. They help lower homocysteine (HC) levels, which, when elevated, increase the risk of strokes, heart disease, and cognitive decline. To help reduce HC levels, consider taking a B-complex supplement with 500mcg of vitamin B12.

2. Monitor Cholesterol, Blood Pressure, Blood Sugar, and Weight:

Good cardiovascular and metabolic health lowers the risk of strokes, heart disease, and dementia. Type 2 diabetes, especially if developed during midlife, can increase Alzheimer's risk by 50%.

3. Fish Oil:

DHA, found in fish oil, is essential for memory and cognitive health. Low DHA levels have been linked to cognitive impairment in older adults. For optimal benefits, aim for 1000mg of DHA daily.

4. Be Cautious with Anticholinergic Medications:

Anticholinergic drugs block parasympathetic nerve impulses and are found in sleep aids, allergy medications, heart medications, and antidepressants. High-dose or prolonged use has been linked to an increased risk of dementia. Consult your doctor if you use these medications to explore

alternatives.

5. Vitamin D:

Research has shown that vitamin D deficiency is associated with cognitive decline and dementia. Animal studies indicate that vitamin D supplements can prevent the processes that lead to these conditions. Spend time in the sun and consider supplements to maintain healthy levels.

6. Protect Your Brain:

Always wear a helmet when biking or riding a motorcycle to prevent head trauma that could contribute to dementia.

7. Stay Physically Active:

Regular physical activity strengthens the vascular system and can prevent chronic health issues. Aim for at least 30 minutes of activities like walking, jogging, cycling, or gardening each day.

8. Challenge Your Brain Daily:

Mental stimulation delays dementia onset. Activities like crosswords, word puzzles, and learning new languages keep the brain active. Studies show that bilingual individuals may delay dementia by up to five years compared to those who speak only one language.

9. Maintain Social Connections:

Staying socially engaged can prevent the negative health impacts of loneliness and isolation, helping to sustain good mood and health.

10. Quit Smoking and Limit Alcohol Intake:

Smoking and excessive drinking significantly increase chronic disease risks, including dementia. Daily smokers have a 45% higher risk of Alzheimer's compared to non-smokers. However, moderate alcohol consumption, particularly red wine (1-6 drinks per week), has been shown to have antioxidant benefits and is linked to a lower risk of dementia.

Revision #1

Created 18 January 2025 18:20:47 by sedawk

Updated 20 October 2025 10:56:30 by sedawk