

# How can I reduce the risk of Alzheimer's disease? Here are 3 tips

While there currently is no cure for Alzheimer's disease — the most common type of dementia — there are healthy steps a person can take to reduce their risk or possibly prevent it.



Jessica Caldwell, PhD, a neuropsychologist with Cleveland Clinic, shared her top tips for keeping Alzheimer's at bay. She has three.

Jessica Caldwell, PhD (left), a neuropsychologist with Cleveland Clinic, shared her top tips for keeping Alzheimer's at bay. Cleveland Clinic/iStock© Cleveland Clinic/iStock

Caldwell first recommends incorporating exercise into one's daily routine.

"The reason exercise is so important is that it multitasks," Caldwell said in commentary provided by Cleveland

Clinic.

"First and foremost, when you exercise, a chemical is released in your brain immediately and over the long term that supports your memory system in the brain."

Exercise can also help sharpen the ability to grow new neural pathways and learn new things, the doctor added. Studies have shown that resistance training and physical exercise can decrease the formation of beta-amyloid plaques, which are proteins that build up in the brain and lead to the development of Alzheimer's disease.

## **THESE ADULT VACCINES COULD REDUCE SENIORS' RISK OF ALZHEIMER'S, STUDY FINDS: 'HEIGHTENED IMMUNE RESPONSE'**

### **LOSS OF SMELL COULD BE WARNING SIGN FOR FUTURE ALZHEIMER'S DISEASE, RESEARCHERS SAY**

"In addition, exercise can aid in reducing stress hormones and inflammation in the body – both of which, if chronic, can cause problems for your memory system and your Alzheimer's disease risk," Caldwell said. Any kind of moderate-intensity exercise, like a brisk walk, will provide benefits, Caldwell said. Strive for a goal of 150 minutes per week, she recommends.

The doctor's second tip for preventing Alzheimer's disease is to get enough sleep — ideally between seven and eight continuous hours per night.

If you don't get proper sleep, it could impact your memory the next day, Caldwell warned.

"When we sleep, during certain stages of our sleep and not others, our brain actually clears debris," she said.



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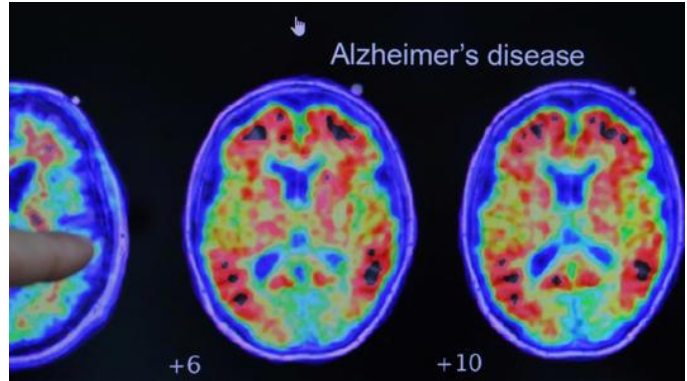
"When we sleep, during certain stages of our sleep and not others, our brain actually clears debris," said Caldwell with Cleveland Clinic.

Photo Illustration by Ute Grabowsky/Photothek via Getty Images© Photo Illustration by Ute Grabowsky/Photothek via Getty Images

"One of the types of debris our brain clears is amyloid, the protein that builds up in unhelpful and pathological ways when it comes to Alzheimer's disease."

Finally, Caldwell recommends adopting a Mediterranean diet, which focuses on eating healthy fats, whole foods, leafy greens, whole grains, fruits, nuts, seeds, and herbs and spices.

"Research has shown this kind of diet is good for your brain and heart health," she said.



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A doctor points out evidence of Alzheimer's disease on PET scans at the Center for Alzheimer Research and Treatment at Brigham And Women's Hospital in Boston, Massachusetts. REUTERS/Brian Snyder/File Photo© REUTERS/Brian Snyder/File Photo

In March, researchers from the Rush University Medical Center in Chicago, Illinois, analyzed the autopsy results of 581 participants of the Rush Memory and Aging Project.

The participants had provided their complete dietary information at the start of the study.

As Fox News Digital reported in March, those who followed a Mediterranean diet — particularly eating green, leafy vegetables — showed fewer signs of Alzheimer's in their brain tissue.

There are currently more than six million Americans living with Alzheimer's in the U.S., according to the Alzheimer's Association. That number is expected to grow to nearly 13 million by 2050.

## Daily dose of vitamin D could reduce the risk of early-onset dementia

Joe Pinkstone



Vitamin D© Provided by The Telegraph

Taking daily vitamin D supplements and living a healthy lifestyle could reduce the risk of developing early-onset dementia, a study suggests. British scientists have found for the first time that the risk of the disease, which sees dementia symptoms start before 65 years of age, can be reduced. **It was previously thought the disease was caused solely by genetics and there was nothing**

**people could do to lower their risk.**

However, according to an analysis, vitamin D deficiency, depression and a history of stroke can all increase the risk of early-onset dementia, while alcohol abuse, social isolation, hearing impairment and heart disease also increase the risk.

The NHS recommends everyone over the age of four take **a daily vitamin D supplement of 10 micrograms** if they are often inside or not exposed to sunlight. The body makes vitamin D following exposure to the sun and people with darker skin can struggle to make as much as people with lighter skin

University of Exeter researchers found 15 lifestyle and health-related factors that can lower the risk of developing the condition. Most are modifiable, the scientists said, and are the same things which also increase the risk of normal dementia. The study published in JAMA Neurology, analysed data from more than 350,000 people enrolled in the UK Biobank project and found a total of 485 cases of young-onset dementia.