

# Alzheimer's disease (AD)

Dr Alicja Baczynska,

Consultant Geriatrician and Lifestyle Medicine Physician

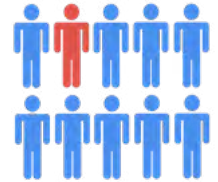


**PLANT-BASED**  
Health Professionals UK

Promoting Sustainable Health and Nutrition

Alzheimer's disease (AD) is the commonest type of dementia and the fastest growing chronic disease epidemic in the Western world

**1 in 10** people over 65 and **50%** of over 85's suffer from AD



AD is also the **most feared** condition among people over 55

Lifestyle factors have a much greater contribution to AD than genetics. Only **3% of AD** cases are caused purely by *genetic mutations*.

The Lancet Commission identified **12 modifiable factors** which altogether account for **40% of AD**.

## To maintain cognition in older age:



The **NEURO** programme created by Team Sherzai is designed to help you prevent AD. It consists in whole food plant-based diet, exercise, relaxation, sleep hygiene and cognitive/social engagement.

Ref:  
Livingston G et al, The Lancet, vol 396, no 10248, Aug 8 2020  
Sherzai D and A, Am J of Lifestyle Med, 13:5, 451-461  
'The Alzheimer's Solution' by Drs Sherzai, Simon & Schuster 2017