

Alzheimer's disease (AD)

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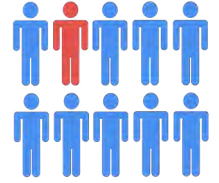


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Alzheimer's disease (AD) is the commonest type of dementia and the fastest growing chronic disease epidemic in the Western world

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:

- Complete primary and secondary education and ensure cognitive stimulation throughout your life** (Icon: Chessboard)
- Avoid repeated head injury (e.g. in sports)** (Icon: Soccer ball)
- Use hearing aids if needed** (Icon: Hearing aid)
- Ensure you get good quality of sleep** (Icon: Sunglasses)
- Do not smoke. Avoid second-hand smoke and air pollution** (Icon: Cigarette pack)
- Do not drink excess alcohol** (Icon: Martini glass)
- Maintain strong social bonds to prevent depression and loneliness** (Icon: Ticket)
- Avoid polypharmacy (using multiple prescription drugs long term) – speak to your doctor about your medications if you are worried about their effect on your cognition** (Icon: Pills)
- Be physically active** (Icon: Sneakers)

Avoid hypertension, type 2 diabetes and obesity by eating a **healthy diet**

Eat a **colourful diet rich in phytonutrients** (supplemented with **vit B12**) emphasising:

- Blueberries
- Herbal teas/coffee
- Whole Grain Rice
- Whole grains
- Herbs/spices
- Beans
- Green leafy veg
- Healthy fats such as...
- Nuts and Seeds
- Extra virgin olive oil

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