

Is Alzheimer's Disease Preventable?



According to a Swedish study cited in the Wall Street Journal, environmental factors more than genetics, contribute to late-life onset of Alzheimer's disease. By studying sets of twins over the age of 80, it was reported that factors such as diet, educational achievement, viruses and cardiovascular health account for more than 50% of the risk factors for late on-set Alzheimer's.

Early on-set Alzheimer's, defined by a diagnosis before the age of 65, is much more strongly influenced by genetics. Fortunately, early on-set Alzheimer's represents only 10% of all cases. Dr. Henry Rusinek, of the New York University School of Medicine said the study validated previous research and "gives us more hope in treatment and prevention of the disease." Another study found that people who become more upset by life events have a greater tendency to develop Alzheimer's.

Researchers are learning more all the time about what causes Alzheimer's. This research is leading to new drug therapies and other treatments. One thing seems clear, maintaining good mental and physical health, especially cardiovascular health, is a good way to increase your chances of avoiding this disease. To learn more, call the Alzheimer's Association, (800) 660-1993, or visit their website at www.alzncal.org

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