

ALZHEIMER'S DETECTION?

Last month we talked briefly about how to prevent Alzheimer's or cognitive decline. We mentioned the term "cognoscopy", a term coined by Dr. Dale Bredeesen, who has done ground-breaking work on the functional approach to treating Alzheimer's disease. Once we turn 50 years old, most of us will have our first colonoscopy, a great way to prevent colorectal cancer. What about our brain? Having a "cognoscopy" done at 45 years old is a great way to prevent cognitive decline and evaluate our potential risk factors and contributing factors. Why? We cannot fix or prevent a problem we are not aware of. Most people who are experiencing cognitive decline will, most often, not seek medical care because they have either been told nothing can be done or they have watched friends and loved ones go through the standard medical protocol with little or no results. The earlier the causes of cognitive decline are identified and corrected, the better our chance of avoiding Alzheimer's and even mild cognitive impairment.

A typical neurological evaluation of a patient with cognitive decline includes a brain MRI, CBC (complete blood count), CMP (complete metabolic panel), thyroid panel and B12. Hmm...let's look at what may be missing.

1. Genetics -

In addition to ApoE4, there are dozens of other genes that can raise the risk for Alzheimer's disease.

2. Inflammatory markers -

We now know that chronic inflammation leads to cardiovascular disease, cancer, arthritis, accelerated aging and Alzheimer's disease. We can measure inflammation by looking at C-reactive protein (hs-CRP), ratio of albumin to globulin (A/G ratio), ratio of omega-6 to omega-3 in your rbc's, interleukin-6 (IL-6) and tumor necrosis factor alpha (TNF alpha).

3. Presence of viral or bacterial infections -

These can be implicated in Alzheimer's disease.

4. Homocysteine levels -

This is an inflammatory marker but also a marker of suboptimal nutrition.

5. Toxic exposure -

We would definitely want to know a person's level of mercury and copper here. We would also want to know if they had sufficient zinc levels.

6. Fasting insulin level -

This is an important marker in insulin resistance, diabetes and Alzheimer's disease.

7. Microbiome status -

Understanding and knowing the health of the gut is key. This is done most accurately with a stool test. In my office we also use Vibrant's Wheat Zoomer/Leaky Gut test.

8. Body Mass Index (BMI) -

A BMI less than 30 is optimal for brain health.

9. Hormonal status -

Although this is a controversial area, it is definitely worth investigating. We would want to know our Vitamin D, thyroid, estrogen, progesterone, testosterone, cortisol, pregnenolone and DHEA status.

Yes, this can be somewhat overwhelming, especially since the above is not an all-inclusive list. In summary, the elements of the "cognoscopy" can reveal which synapse-destroying processes may be at work in our brain and ultimately can cause loss of memory and cognitive abilities.

Alzheimer's Disease: A functional approach to prevention and treatment.

Join us on October 21st at 7:00 pm for an exciting workshop at Nutrition and Weight Loss Center. Space is limited so sign up today. Call us at 732-609-3366.



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