

Dementia, not just in the elderly...

Remember the person who cleaned up after you when you were a baby; played with you in your childhood; argued with you when you were a teen; and was always there for you when you reached adulthood. If that loving parent has suddenly become stubborn, ill-mannered, wired, agoraphobic, or even mistakes you as a stranger; it can be a result of dementia.

Dementia is not a disease, but a combination of symptoms, not just memory loss but also a decline in other cognitive functions. These other symptoms include: deficits in language and speaking, problems with simple calculations; alterations in judgment, attention, and personality; and may result in hallucinations and imagination issues, to name a few. Worsening symptoms can eventually affect a person's relationship or occupation. Worldwide, an estimated 24 million people live with some form of dementia. Without a major medical breakthrough in the fight against dementia, this number could reach 84 million, who will have age-related memory loss, by the year 2040.

(Alzheimer's Association, National Center for Health Statistics and the Center for Disease Control)

There are many causes of dementia; and dementia does not just occur in the elderly. Damage and degeneration of the brain are the most difficult cases to cure. On the other hand, dementia caused by medication, emotion, metabolism, and hormone imbalance, hardening of the arteries, hydrocephalus or malnutrition can be reversible in all age groups. Alzheimer's disease is the major cause of dementia (approximately 60%), and is mostly seen in those over 65 years of age. Maintenance of elderly nutrient intake can greatly reduce the risk of dementia in the future.

(Alzheimer's Association, 2012 Alzheimer's Disease Facts and Figures)

To help prevent dementia, increasing nutrients such as vitamin E, fish oil, and Gingko are recommended. These nutrients help protect nerve cells and decrease brain cell damage.

Nutrition vs. Dementia :

Nutrients	Potential Function of Nutrients	Recommendation
Vitamin A + Vitamin E + Selenium	Help increase antioxidants in body to prevent dementia. Am J Med. 2000 Nov;109(7):577-85.	Prime Shield
Ginkgo Biloba Extract	Significantly improved memory, attention, and mood-stabilizing effects. Psychosomatic Medicine 1999; 61: 712-28.	Prime Ginkgo
Omega-3 Fatty Acid	Anti-inflammatory effect to decrease cell damage, and dementia. BMJ. 2002 October 26; 325(7370): 932-933.	OmegaRich
Lecithin	Improve memory function. J Nutr Sci Vitaminol 1996; 42:47-54.	NH Lecithin
Vitamin B Complex	Reduce cognitive impairment in people at risk of dementia. Journal of Internal Medicine 2003; 254 (1) :67-75.	B Strong
Coenzyme Q10	Regulate cell metabolism and protection from oxidative damage and neurodegeneration. Curr Med Chem. 2011;18(26):4053-64.	Oxy Rich

