

Alzheimer's Risk Factors

Many Risk Factors are in Your Control

“After age, diet and lifestyle decisions are the most impactful risk factors for Alzheimer’s.”



New research suggests that your diet and risk of developing Alzheimer's disease are connected, and via similar pathways that cause type 2 diabetes.

Contrary to popular belief, your brain does not require glucose, and actually functions better burning alternative fuels, especially ketones, that are

derived by digesting healthy fats.

Alzheimer's and other brain disorders may be caused by the constant burning of glucose for fuel by your brain.

Alzheimer's disease was dubbed "type 3 diabetes" in 2005 when researchers discovered that in addition to your pancreas, your brain also produces insulin, and

Sugar Saga

Alzheimer's is now the third leading cause of death in the US, behind heart disease and cancer

A growing body of research suggests there's a powerful connection between diet and risk of developing Alzheimer's disease, via similar pathways that cause type 2 diabetes

Recent research shows that sugar and other carbohydrates can disrupt your brain function even if you're not diabetic or have any signs of dementia

Long-term, sugar can contribute to the shrinking of your hippocampus, which is a hallmark symptom of Alzheimer's disease

The researchers propose that lowering glucose levels, even if they're within the "normal" range, may have a positive influence on cognition in older people.



Sugar Damages Brain Structure and Function

People who are heavy smokers in their midlife years are more than doubling their risk of developing Alzheimer's disease or other forms of dementia two decades later, a new study shows.

While smoking has long been known to increase the risk of dying from cancer and heart disease, researchers in Finland



who took part in a survey between 1978 and 1985, say they've found strong reason to believe that smoking more than two packs of cigarettes daily from age 50 to 60 increases risk of dementia later in life. Scientists at the University of Eastern Finland and at Kuopio University Hospital, Finland, analyzed data from 21,123 members of a health care system