

# Alzheimer's & Vascular Disease

## Heart Disease Risk Factor for AD

### *Overlap Between Alzheimer's and Diseases Broadens With More Research*



The presence of vascular risk factors in middle age is associated with the development of AD more strongly than late-life vascular disease. "Taking care of your heart protects your brain," said Dr. Jack C. de la Torre, a leading researcher in the field. He believes that reducing cardiovascular risk factors as early as possible is key in

the prevention of memory loss and dementia in later years. There is general agreement among the experts that a healthy, balanced diet and regular exercise are the most effective measures people can take to protect their mental health and also protect your heart at the same time. These diseases connected.

### Heart and Head

The risk of developing Alzheimer's or vascular dementia appears to increase as a result of many conditions that damage the heart or blood vessels. These include high blood pressure, heart disease, stroke, diabetes and very high cholesterol. Some autopsy studies show that as many as 80 percent of individuals with Alzheimer's disease also have cardiovascular disease.

High blood pressure, high blood sugar, insulin resistance, diabetes, obesity and physical inactivity - lifestyle factors that cause heart attacks and strokes -

researchers tie to Alzheimer's.

"Taking care of your heart protects your brain," says AD

researchers. They urge preventing Alzheimer's by screening for and treating cardiovascular disease in middle age, years before signs of memory loss and dementia appear.



### LDL Cholesterol Involved in Immune Response

"Vascular risk factors to Alzheimer's disease offer the possibility of markedly reducing incident dementia by early identification and appropriate medical management of these likely precursors of cognitive deterioration and dementia," says Guest Editor Jack C. de la Torre, MD, PhD. "Improved understanding



coupled with preventive strategies could be a monumental step forward in reducing worldwide prevalence of Alzheimer's disease, which is doubling every 20 years."

Vascular disease can affect cerebral blood flow and impair signaling, contributing to Alzheimer's disease (AD). The diagnostics of cardiovascular risk factors in AD are leading to potential therapeutic approaches.