RealHealth Clinics

HEALTH INFORMATION SHEET

Myths About Alzheimer's

Alzheimer's Isn't Fatal: No one survives Alzheimer's It severely impacts the brain. Aside from significant memory loss, the destruction of brain cells brought on by the disease also causes loss of bodily functions, including a person's ability to talk, walk, connect with other people, think, and eat leading eventually to death.

Relatives Have it, So Will You. Genes do play a role in our chances of developing the disease, but only a small number of cases are a truly inherited form. If you have a parent or sibling who has Alzheimer's disease, you have a three times greater risk than someone who doesn't. Part of this is genetic while a larger part is environment. Family member often have the same external and internal environment due to similar habits, behavior, and geography. That is the biggest reason for disease overlap within families. Thus you have control over your fate.

Alzheimer's is Exclusive to Old People. One out of every eight persons who is over the age of 65 has AD, but the disease is not exclusive to older people. People in their 30's and 40's can develop early-onset Alzheimer's. The first documented case of AD, Auguste Deter was in her 50s. Those susceptible to Alzheimer's have a failing immune system. The biggest risk is aging and old age. However, in the U.S. chronic disease is becoming epidemic, including Alzheimer's. Sufferers are mostly those who are in otherwise poor health due to a failing immune system.

Alzheimer's is the Same as Dementia. Alzheimer's disease is a type of dementia. These "neurodegenerative" diseases as classified by the type of brain functions they impair. However, new science is showing common and/or overlapping root-cause(s). It is quite clear that these diseases are quite similar. From a patient's perspective, the label "dementia" or "Alzheimer's" is meaningless. What is important is the cause, thus a true diagnosis that goes beyond the symptoms.

Memory Loss is Normal. As people age, it's normal to occasionally forget something, such as a name or the title of a movie you recently watched. However, the National Institute on Aging cautions that intermittent forgetfulness is not the same as the serious memory loss associated with Alzheimer's disease. If memory loss becomes an issue, consider warning signs associated with AD. Many people live into their 100s and still have what we consider "sharp intellect," and so can you.

Alzheimer's Disease Isn't Preventable. This simply isn't true. More and more evidence shows how lifestyle strategies can help reduce the risk or delay the onset of Alzheimer's, such as: 1. Eating a healthy diet including fish, vegetables and nuts. 2. Challenging your brain with puzzles, hobbies and learning. 3. Controlling blood sugar with diet. 4. Staying active socially. 5. Exercising regularly. 6. Avoiding vices. These strategies are also beneficial for cardiovascular health, which may play a role in the development of Alzheimer's disease.

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