

# Alzheimer's & Genetics

## Avoid Using the "Genetics" Crutch

*"Environmental Factors Proven More Important Than Genetics for Most Diseases Including AD"*



There are two types of Alzheimer's disease (AD), familial and sporadic. Familial is caused by an inherited genetic defect but causes ~1% of AD. Sporadic is "random" AD and is responsible for 99% of cases.

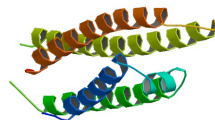
Another genetic marker is the ApoE allele. Those with type 4 are

more susceptible to Alzheimer's disease. However it is not a death sentence and those with ApoE4 often do not contract AD because their lifestyle helps them avoid the disease.

Do not use genetics as an excuse. You have control over your good health, not mom and dad.

### Alzheimer's - Inherited Trait or Lifestyle?

People with the inherited trait ApoE4 are involved in about 50% of AD cases. Is this gene bad or good? Considering most Alzheimer's patient are 85+ years old, they have outlived the average. And many ApoE4 carriers never develop disease. However those with two ApoE4 alleles are presumed to have much higher risk, all other factors being equal.



There is also evidence that the ApoE2 allele may serve a protective role.

One research study suggests that ApoE4 was acquired during human evolution to provide protection against bacteria, viruses, and other human pathogens.

Solution: Be aware of your risk and, if you have the e4 allele, adjust your lifestyle so that you are one of the carriers that never develops AD.

### Nature vs Nurture

There is much more to AD than just genetics. Often identical twins - exact genetic copies of each other - don't both develop Alzheimer's disease.

"It is not uncommon for a twin to develop Alzheimer's disease five years after his brother was diagnosed," a noted researcher says. "but even in identical twins - one twin develops Alzheimer's disease and the other never develops the disease."

Since identical twins have the same genes, any difference in Alzheimer's disease risk would likely be caused by some outside, environmental factor. Here "environmental" refers to your INTERNAL environment, or how you care for yourself.

