

Spiritual Help for Seniors

by

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- Introduction
- Bible verses
 - I Corinthians 12:14 – For the body is not one member, but many.
 - Romans 8:28 – And we know that all things work together for good to them that love God, to them who are the called according to his purpose.
 - I Peter 5:7 – Casting all your care upon him; for he careth for you.
 - II Chronicles 20:12 – ... for we have no might against this great company that cometh against us; neither know we what to do: but our eyes are upon thee.
 - Isaiah 43:2 – when thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.
 - Daniel 4:35 – And all the inhabitants of the earth are reputed as nothing: and he doeth according to his will in the army of heaven, and among the inhabitants of the earth: and none can stay his hand, or say unto him, What doest thou?
- Spiritual Helps
 - Emphasize hymns from the past; memory feelings may be stronger than factual feelings. Old hymns have a simple message, utilize repetition, and elicit an emotional response.
 - Never Alone
 - I Am Resolved
 - Sweet Hour of Prayer
 - Emphasize pleasant memories from the past; past memory is stronger than recent memory.
 - Share their favorite Bible verse(s) daily

- John 3:16 – For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.
- Psalms 23:1-4 – The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.
- II Chronicles 20:12 - ... for we have no might against this great company that cometh against us; neither know we what to do: but our eyes are upon thee.
- Emphasize word memorization as long as possible; memory is largely in words.
- Early cognitive delay

With the spotlight on the baby boomers and the fear of Alzheimer's dementia, mild memory problems of early cognitive delay is also a concern. Cerefolin NAC (L-methylfolate + methylcobalamin or B₁₂ + N-acetylcystein) is now approved for the treatment of early cognitive delay. Thus, a group of vitamins and an amino acid precursor of acetylcholine have been shown to help in early memory problems. Instructions used to predict conversion to dementia include:

 - clinical interview
 - subjective memory impairment
 - normal cognitive function
 - no significant functional impairment
 - blood
 - APOE4 genotype
 - B-amyloid protein
 - CSF b-amyloid
 - CSF tau protein
 - neuropsychological test

- Mini-Mental Examination
- Montreal Cognitive Assessment (www.mocatest.org)
- neuroradiology
 - PET scan
 - MRI volumetry of hippocampus and whole brain
 - MRS—SV technique if possible with ↓ NAA/Cr
and ↑ MI/Cr
and ↑ Ch/Cr

- Risk factors for Alzheimer’s dementia include:

↑ risks

- age
- female
- genotype – ApoE4
- ↑ cholesterol
- ↑ homocysteinemia
- diabetes mellitus
- head injury
- psychological stress
- ↑ BP
- smoking

↓ risks

- ↑ education
- ↑ mental exercises
- ↑ antioxidants (omega-3 fatty acids; vitamins C, E, B₆, B₉, B₁₂; curry—curcumin)
- NSAID
- ↑ physical exercise with ↑ oxygen to the brain

- Utilize memory techniques – repetition, chunking, acronyms (homes).
- Do not challenge anger; in those with dementia lability comes into play and anger can be aroused easily
- Be sure they take their medications for dementia if present including:
 - Cerefolin NAC
 - AchEIs (Aricept, Exelon, Razedyne)
 - Memantine (Namenda)
- Give medical hope including – possible drugs of the future for dementia:
 - Immunotherapies (vaccine for Alzheimer’s) - ↓ amyloid plaque
 - Inhibitors of B-secretase preventing amyloid plaque - ↓ amyloid plaque
 - Inhibitors of γ-secretase preventing amyloid plaque - ↓ amyloid plaque
 - Inhibitors of AB42 (tarenflubil) secretase preventing amyloid plaque - ↓ amyloid plaque

- Inhibitors of AB amyloid plaque (tramiprosate and clioquinol) -
↓neurofibrillary tangles
- Statins might prevent amyloid plaque
- Peroxisome proliferator (rosiglitazone) - ↑insulin sensitivity which
↓AB→↓amyloid plaque
- Donepezil – drug in Russia, works at mitochondria level, also AChEI,
BChEI, NMDAR, HI
- Remem – methylene blue, blocks tau oligomers and dissolves tau
tangles
- Warning signs of dementia
 - The mnemonic is IMAJO:
 - I = impaired intellectual function
 - M = impaired memory
 - A = impaired affect (cries easily, quick to anger)
 - J = impaired judgment
 - O = orientation impaired (time, place, person)
- Conclusion
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