

Aging Issues

From Countering Erroneous Beliefs to Preventing Memory Loss

by

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- Introduction
 - Bible verses
 - Job 32:7-8 – I said, Days should speak, and multitude of years should teach wisdom. But there is a spirit in man: and the inspiration of the Almighty giveth them understanding.
 - I Corinthians 12:14 – For the body is not one member, but many.
 - Philippians 4:13 – I can do all things through Christ which strengtheneth me.
- Erroneous beliefs concerning age
 - I can no longer be productive
 - All my friends are dead and gone
 - Since I am over sixty-five years of age, I will probably die very soon
 - America is a youth-oriented culture; there is no place for me
 - No one needs me anymore – Christ needs you
 - There is no hope – Philippians 4:13
- Tips for the family
 - Be on the watch for depression and suicidal thinking
 - Be on the watch for senility or dementia – IMAJO
 - Be careful with retirement
 - Tell them you need them
- Early Cognitive Delay (ECD)
 - Up to 50% of people over 65 complain of ECD. It consists of:
 - Decreased ability in finding the right word
 - Trouble remembering names
 - Trouble concentrating
 - Decreased recall of location of objects

- After 5 years half of the people with ECD have dementia according to some studies. Thus, early detection with treatment measures are essential to try to deter the progression to dementia. Treatments tried for ECD and/or Alzheimer's dementia include:
 - Physical exercise
 - Mental exercise
 - Antioxidants (such as vitamins, etc.)
 - Anti-inflammatory agents (NSAIDs)
 - AchIs
 - Cerefolin NAC – FDA approved
 - Statins
 - Vitamin E
 - Selegiline (Eldepryl)
 - Ginko biloba
 - Omega-3 fatty acids
 - Estrogen (trophic factor for neurons)
 - Rosiglitazone used in diabetes mellitus insulin resistant (insulin and beta amyloid compete for insulin degrading enzymes)
 - Lithium
 - Amyloid antagonists
 - AMPA agonist
 - GABA-A antagonist
 - Phosphodiesterase and purine antagonists
 - Amyloid vaccine
 - Inhibitors of B-secretase or Y-secretase preventing amyloid plaque
 - Inhibitors of AB42 protein (tarenflubil) preventing amyloid plaque
 - Inhibitors of AB amyloid plaque (tramiprosate and clioquino)
 - Peroxisome proliferator (rosiglitazone)
 - Dimebon – a mitochondria action drug in Russia
- Alzheimer's Dementia
 - Dementia is global impairment in cognitive functioning. Alzheimer's dementia (66%) and multi-infarct dementia (10-30%) are the two most

common types. Symptoms can become severe with the A's of symptoms.

“The 3 A's – apraxia, aphasia, and agnosia” is the mnemonic:

- apraxia – without ability in movement
- aphasia – without words
- agnosia – without recognition of objects

○ Other symptoms include:

- low energy
- low enthusiasm
- disengagement
- passivity
- decreased affection
- emotion lability
- coarse
- unreasonable
- self-centered
- resistive
- disinhibited
- delusions (30-50%)
- hallucinations
- tearfulness
- feelings of worthlessness
- anxiety (40%)
- aggressiveness
- pacing
- apathy
- sleep interruptions

○ Number of dementias are:

- 10% of the population has mild to moderate dementia by age 65 years
- 5% of the population has severe dementia by age 65 years
- Thus, up to 15% of the population by age 65 has dementia

- Alzheimer's risk

Risk factors for Alzheimer's dementia include:

↑ risks

- age
- female
- genotype – ApoE4
- no alleles = 50% by 80 years
- 2 alleles = 90% by 80 years
- ↑ 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

During the next several years approximately 500,000 new cases of Alzheimer's dementia will develop per year.

- Threats to memory recorded in literature
 - Wordsworth in Recollection of Early Childhood – 1806
 - Pushkin, Russia's most celebrated poet – 1830
 - Cicero – “Memory is the guardian of all things”
- Focuses for Caregivers
- Conclusion