

Guillermou

Worldwide there are more than 50 million people living with Alzheimer's disease or other dementias. By 2050, rates could exceed 150 million. Control diabetes, high blood pressure, obesity, smoking, sedentary lifestyle, depression, cognitive inactivity, and Social isolation and other environmental factors could potentially prevent the disease. Dietary advanced glycation end products (AGEs) are a heterogeneous group of compounds that form when reducing sugars are heated with proteins, amino acids, or lipids at high temperatures for a prolonged period. It is known that the presence and accumulation of AGEs in numerous types of cells and tissues prevail in the pathology of many diseases such as dementia, cardiovascular system, diabetes, neuropathy, atherosclerosis, aging, nephropathy, retinopathy and chronic kidney disease and cancer.

In general, between 8% and 18% of cancer patients have diabetes. It is well documented that long-standing type II diabetes is an established risk factor for cancers of the urinary tract, liver, biliary tract, pancreas, colon, endometrium, kidney and breast. Modern diets, containing a high proportion of processed foods and therefore a high level of AGEs, cause deleterious effects leading to a multitude of unregulated intracellular and extracellular signaling and inflammatory pathways.

Studies have also shown that AGEs affect intestinal health associated with neurodegenerative diseases. The formation of advanced glycation products, by reaction of sugar molecules with proteins and other biomolecules, produces endothelial damage in the brain, which can result in cognitive decline, stroke, and neurodegenerative diseases such as Alzheimer's disease.

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The effects of hyperglycemia, including excessive glucose entry into cells independent of insulin, can induce oxidative stress and a secondary innate immunity-dependent inflammatory response, which can damage CNS cells, thereby promoting neurodegeneration and dementia. . Advanced glycation end products (AGEs) may exert similar proinflammatory effects through activation of receptors for advanced glycation end products (RAGEs). Furthermore, long-term hyperglycemia can promote brain insulin resistance, which in turn can promote the accumulation of A aggregates and tau hyperphosphorylation.

Advanced glycation end products may originate in the brain, as in AD there are alterations in the expression and signaling functions of insulin and insulin-like growth factor; This dysfunction is known as "type 3 diabetes." Brain origin of advanced glycation end products could be the cause of increased urinary advanced glycation end products, excluding systemic diabetes, and could be an early marker for the development of dementia.

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juststeve

Yes Gui, in concert with purportedly pursuing brain exercise activities cleaning up our personal environment, food sources, entertainment choices can greatly improve our chances of avoiding the worst dementia, or Alzheimer's negatives.

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Very true Just. Also an interesting report. Early detection and classification of dementia can help close this diagnostic gap and improve management of disease progression. Altered oscillations in brain activity during sleep are an early feature of neurodegenerative diseases and can be used to identify those on the verge of cognitive decline. Participants were classified as having dementia, mild cognitive impairment, or cognitively normal based on clinical diagnosis, Montreal Cognitive Assessment, Mini Mental State Examination scores, clinical dementia rating. Dementia classification algorithms show promise for incorporating routine sleep EEG dementia detection techniques. The findings reinforce the concept of sleep as a window to neurodegenerative diseases.

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Posted On 05/17/2024

skupe59

As Dr. David Perlmutter just reported this week, working on the computer is equally as healthy as puzzles, card games, etc.

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Olitor

On May 7 I had an MRI because a doctor thought I had a neuroma. I didn't, but I was found to have a discreet, non-specific supratentorial leukopathy. My doctor told me that for most people it's not a problem. Unfortunately, my heredity works against me. Both my father and my paternal grandmother died of Alzheimer's disease. My mother also suffered from senile dementia. I'm going to fight to avoid the disease, but if that fails and the leukopathy develops, I'll resort to assisted suicide. meant they were looking for a schwannoma.

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annadams1970

I am not in agreement regarding fats. I am doing a 3 to 1 high fat keto diet and my brain has never been better. I fast one full day a week and have a cheat meal on Fridays. My Lyme is under control and I have zero brain fog unless I cheat on my routine. I have watched many with cognitive issues heal with this. My current Dr. Is Courtney Hunt in Scottsdale, AZ.

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juststeve

Good to keep in mind to take up something new for mental health, memory health many are blocking themselves from trying in the first place by a fear of not performing like the 'expert, masters.' The goal is to exercise to find and expand our potential best. Fear of embarrassment, my performance, painting, garden, whatever is not world class. A focus on strengthening old skills and enhancing our range of awareness and not concerned with a public performance most likely to never be done is what is important. Also, important many things one can learn or pick up can have huge dividends in areas one would never have expected to be remotely related. Such things ramp up our Intuitions and problem solving.

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1.957 / 5.000 Good practices Just. Yes, learning, curiosity and enthusiasm for living in health. Also consider yoga. Patients with type 2 diabetes are more likely to experience cognitive decline (1.5%) and dementia (1.6%) than healthy people. Although cognitive impairment negatively affects patients with type 2 diabetes mellitus (T2DM), it is the least addressed complication of patients with T2DM. This study attempts to examine the changes in cognitive performance of patients with T2DM and the probable factors contributing to the changes after yoga practice for 12 weeks. The mean amplitude of the N200 ERP component showed a significant group difference after the intervention, demonstrating improved neural efficiency in the process of conflict monitoring and response inhibition.

Patients with T2DM showed reduced heart rate and improvement in recordings of brain electrical activity obtained by continuous stimulation of a sensory or information processing pathway, within a given context after yoga practice without any corresponding change in other parameters. of heart rate which demonstrates a general improvement in cardiac activity. Along with this yoga practice, HbA1c levels were also reduced in patients with T2DM, indicating better glycemic control.

Furthermore, HbA1c levels were negatively correlated with reaction time after the intervention, indicating an impact of glycemic control on cognitive performance. Conclusion. The 12-week yoga practice improved cognitive performance by improving conflict monitoring and response inhibition processes. Furthermore, the improvement in cognitive performance after the intervention was facilitated by better glycemic control. journals.sagepub.com/.../15500594241249511 (2024).--

Posted On 05/17/2024

juststeve

Yes, Gui Yoga whether the Hatha - physical challenging - Yoga or Meditative - Prayer,(for those able to convert to whatever their Religion is,) or both combined help keep the mind and body working together, and the Mind in a Focus, purposeful state. Less hurry scurry scattered activities. Less energies and resources depleted on thoughts when carefully observed can lead one to the realization, most of the many run away freight train mind need little if any attention. A more focused mind can channel more on the most necessary task at hand. And, sometimes that task can be as simple as just a rest, relaxation from a world demanding distracting hustle and bustle.

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