



Dementia: Causes and Treatment

Dr. Tim Kockler



Agenda

What is a neuropsychologist?

What are the types of Dementia?

Does lifestyle matter?

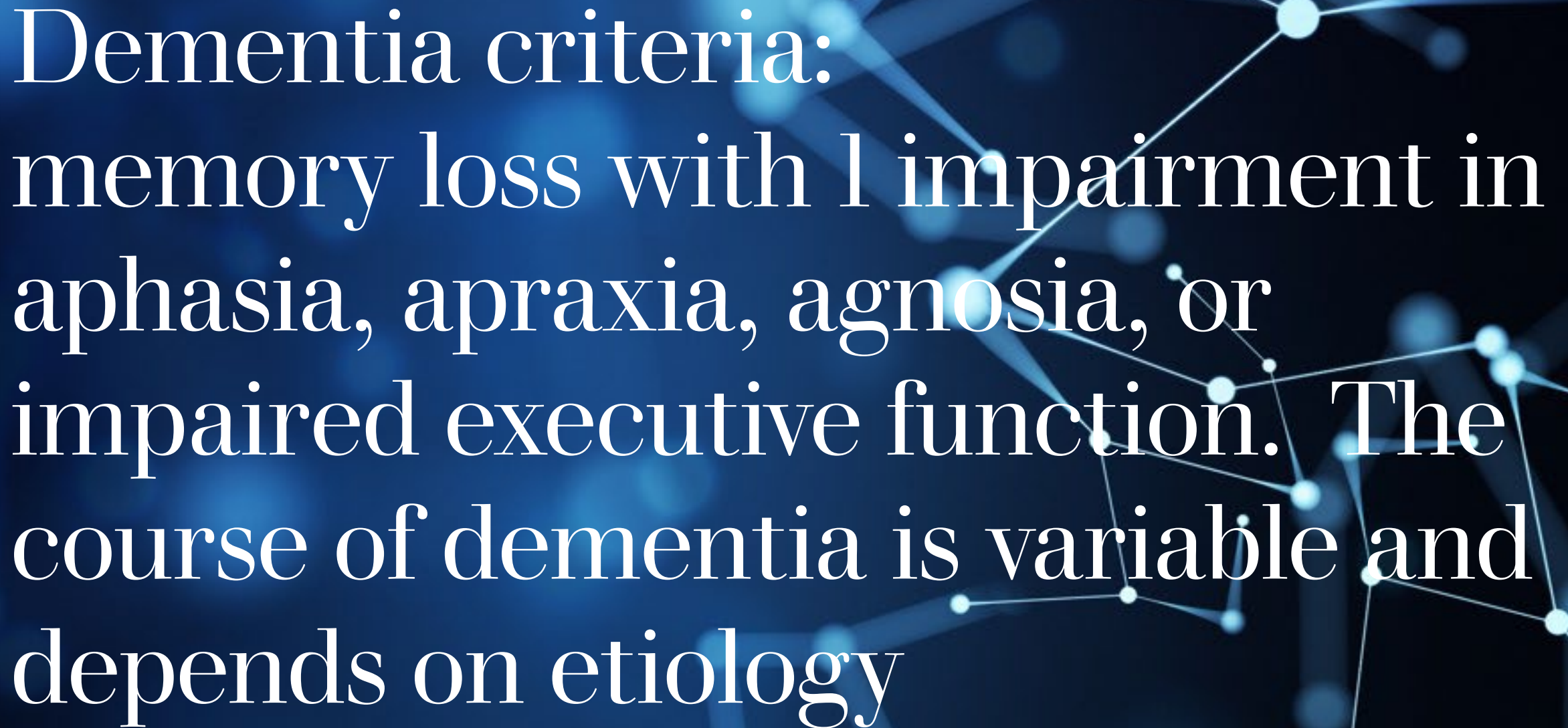




What is a neuropsychologist?



What is dementia?



Dementia criteria:
memory loss with 1 impairment in
aphasia, apraxia, agnosia, or
impaired executive function. The
course of dementia is variable and
depends on etiology

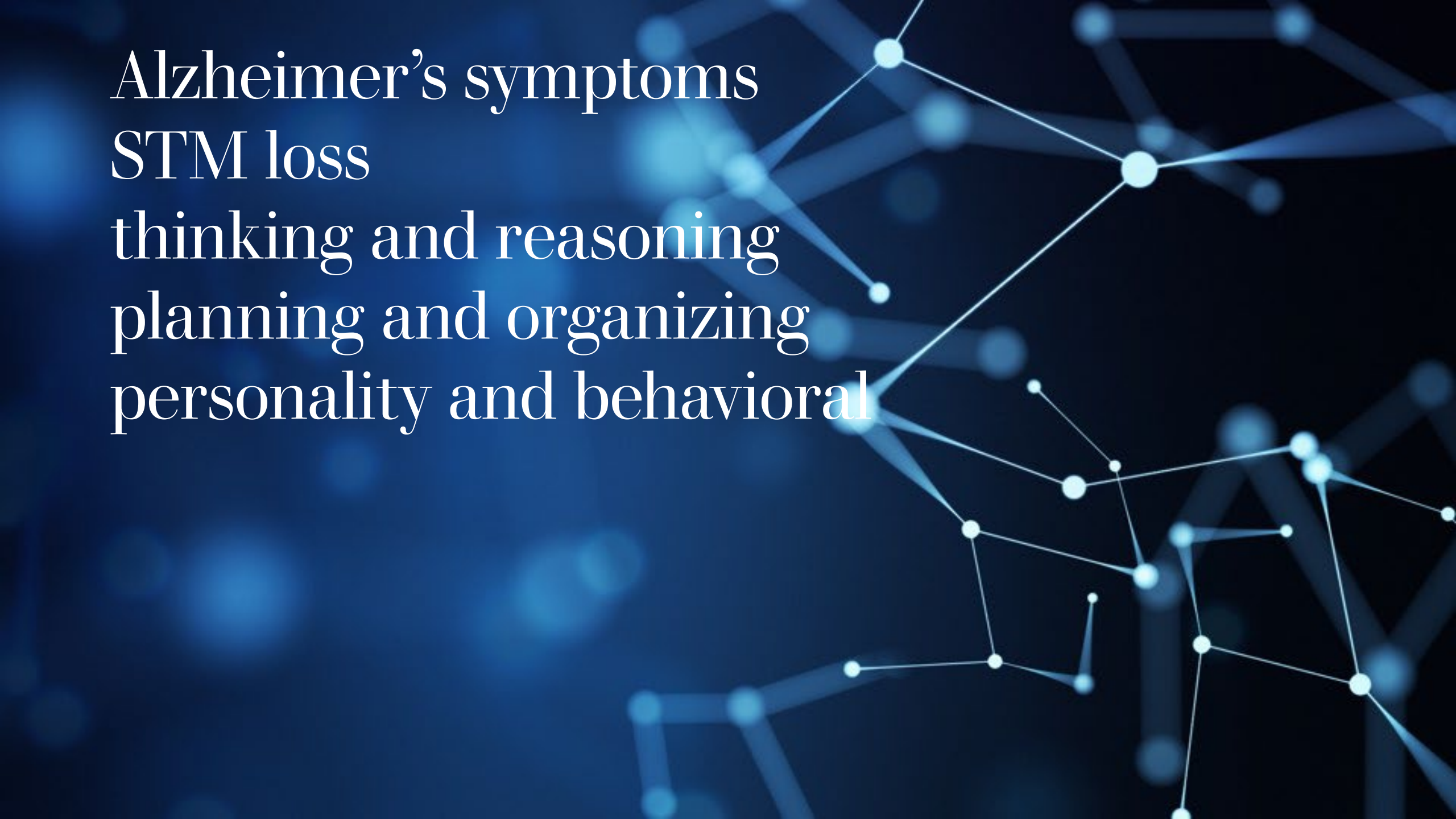
Types of dementia

1. Alzheimer's Dementia
2. Lewy Body Dementia
3. Vascular Dementia
4. Frontal Temporal Dementia
5. AIDS Dementia
6. Alcoholic Dementia





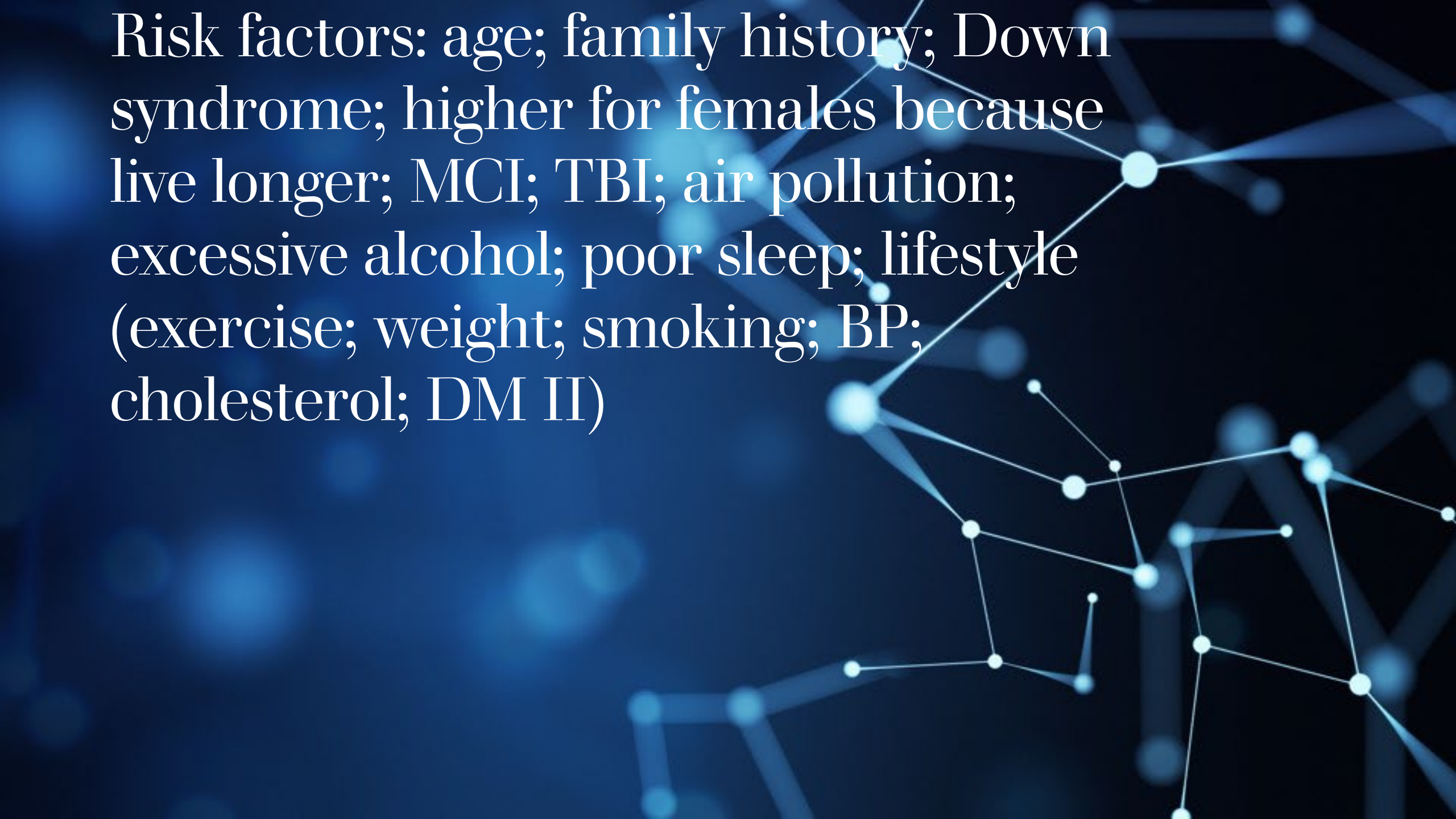
Alzheimer's disease
6 million
early versus late onset
most prevalent
age is a risk factor
medication options

A network diagram consisting of white circular nodes connected by thin white lines, set against a dark blue background with a subtle bokeh effect. The nodes are arranged in a complex, interconnected pattern, resembling a neural network or a data network.

Alzheimer's symptoms
STM loss
thinking and reasoning
planning and organizing
personality and behavioral

Alzheimer's causes

Scientists believe that for most people, AD is caused by a combination of genetic, lifestyle and environmental factors that affect the brain over time. Less than 1% is genetic



Risk factors: age; family history; Down syndrome; higher for females because live longer; MCI; TBI; air pollution; excessive alcohol; poor sleep; lifestyle (exercise; weight; smoking; BP; cholesterol; DM II)

Difference Between Alzheimer's & Lewy Body Dementia

Alzheimer's

Women have a higher chance of developing

Median survival age is 84.6 years old

Caused by amyloid plaques and neurofibrillary tangles in the brain

Most common type of dementia



Lewy Body Dementia

Men at higher risk

Median survival age is 79 years old

Second most common type of dementia

Caused by a buildup of Lewy body proteins in the brain





LBD symptoms

- Visual hallucinations
- movement disorders
- poor regulation (ANS) (HR, BP, etc)
- cognitive decline
- sleep difficulties
- decreased attention
- depression
- lack of motivation (apathy)



LBD causes
abnormal build up of proteins into
masses known as lewy bodies

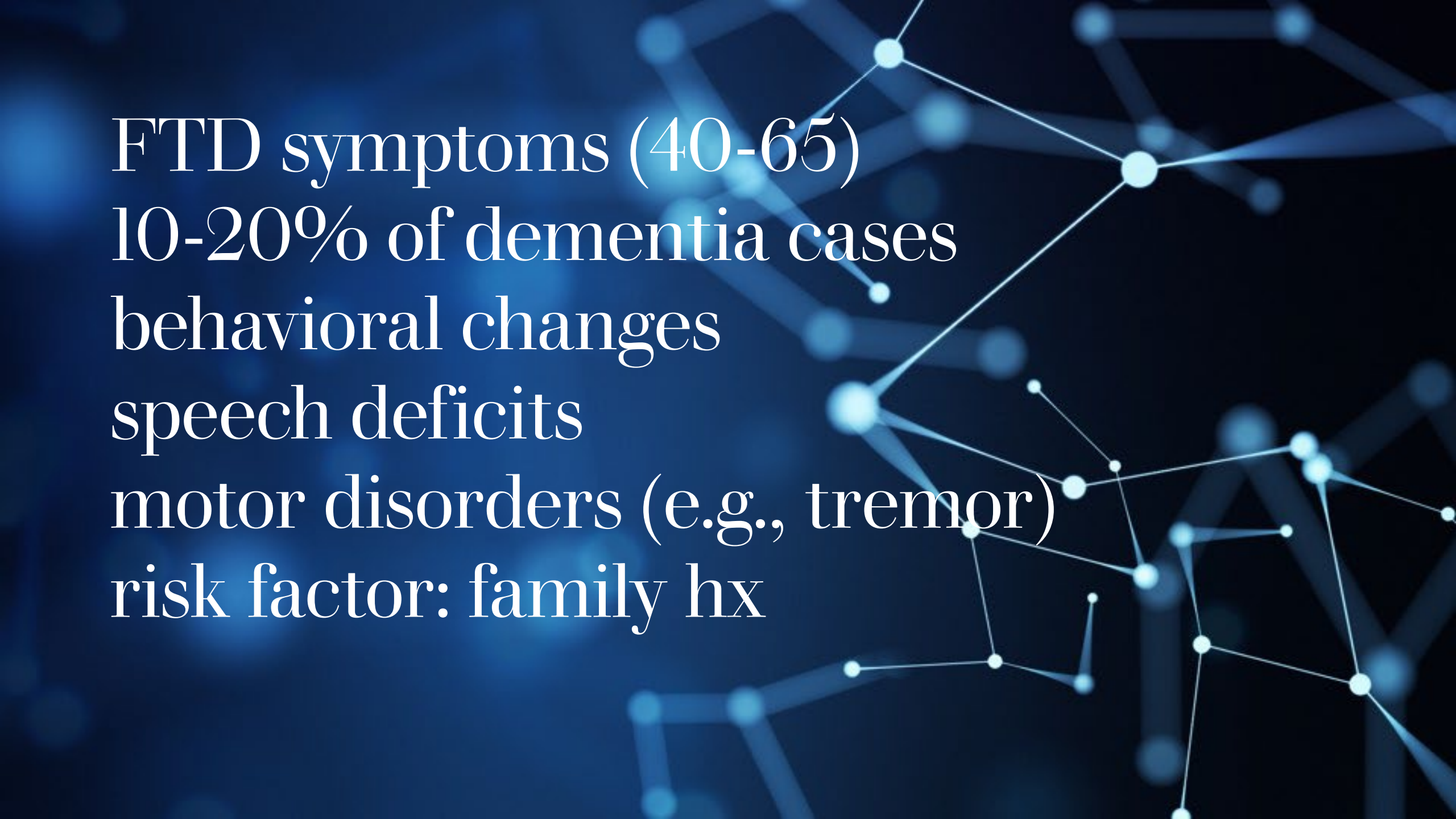


Lewy
body

A network diagram with white nodes and lines on a dark blue background. The nodes are connected by thin white lines, forming a complex web of connections. The background is a gradient of dark blue, with some nodes and lines appearing slightly blurred, suggesting a depth of field effect.

LBD risk factors: age (> 60 ; more men than women; family hx)





FTD symptoms (40-65)
10-20% of dementia cases
behavioral changes
speech deficits
motor disorders (e.g., tremor)
risk factor: family hx



FTD causes
genetic mutations but > half no
family history



Professor Longo asserts,

Nutrition is the most powerful way to alter how fast we age and whether we are going to get age-related conditions.

Food for Thought



Brain food

Blueberries

Brazil Nuts

Coconut oil

Cod liver oil

Green tea

Quinoa

Rosemary



Stress

Chamomile

Ginseng

Licorice root

Passionflower

Raw nuts

Scullcap

St. John's Wort



Anti-cancer

Garlic, onion, chives

Kale, spinach, etc

Beans

Berries

Nuts

Sweet potatoes

Curry, turmeric, ginger



Anti BP

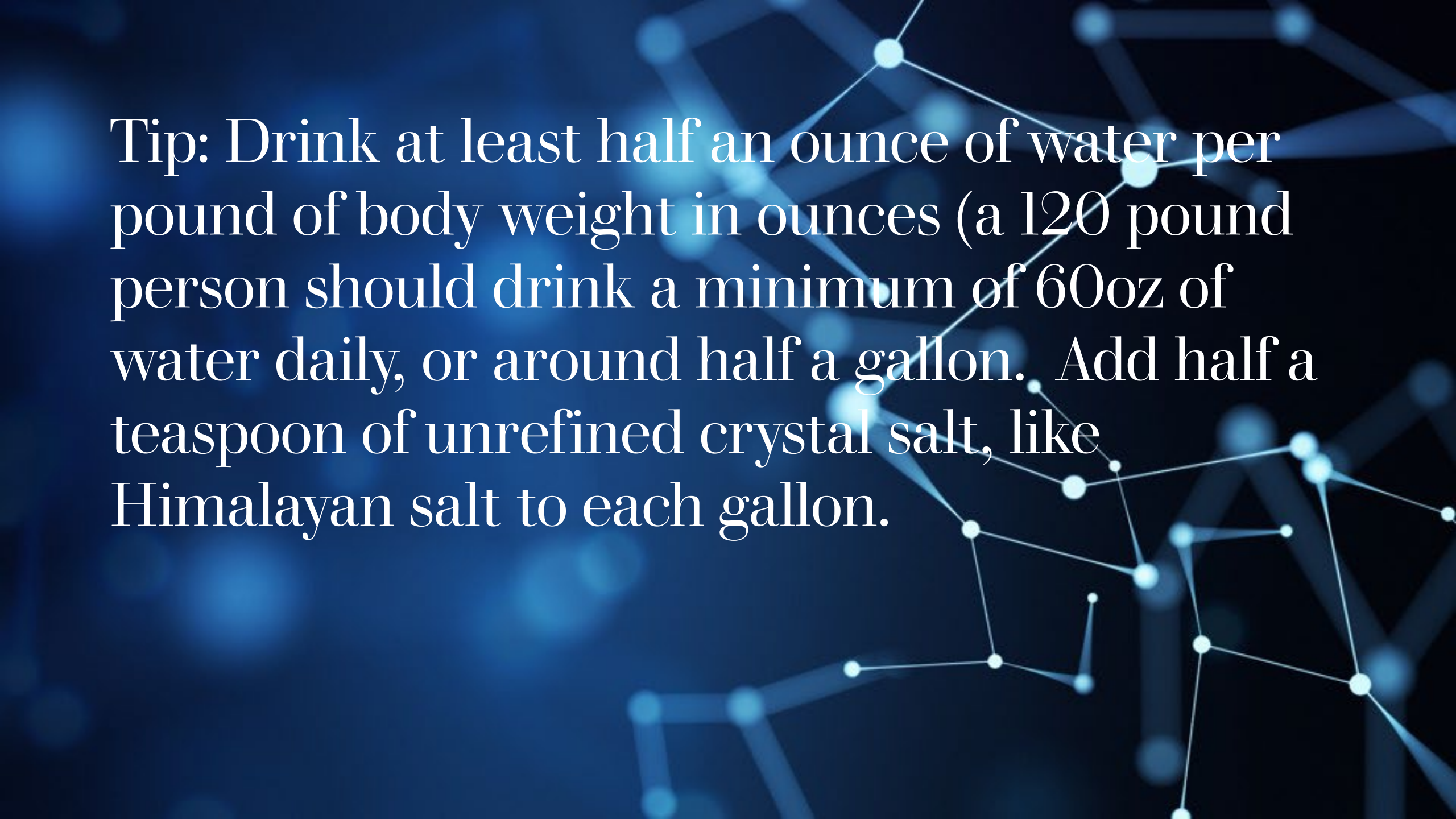
Apples

Bell peppers

Cabbage

Celery juice, warmed

Garlic



Tip: Drink at least half an ounce of water per pound of body weight in ounces (a 120 pound person should drink a minimum of 60oz of water daily, or around half a gallon. Add half a teaspoon of unrefined crystal salt, like Himalayan salt to each gallon.



Avoid fried food. This includes nearly every kind of chip, pretzel, and other prepared snack food. Sorry.

TYPICAL TUSCAN BREAD SALAD

Ingredients

Stale bread

Fresh onion or spring onion sliced thinly

Salad tomatoes cut into small cubes

Sliced cucumber; sliced celery

Basil leaves, torn into pieces

Extra virgin olive oil

Red wine vinegar

Directions

Soak the bread in a bowl of cold water—it must be Tuscan bread, even best if baked in a wood oven and a bit stale, even hard; let sit 30 minutes in the refrigerator to reconstitute it. Then squeeze out the water; do this 3 or 4 times. Place in a large serving bowl, and cover with all the other ingredients. Dress with salt, oil, and a little vinegar, mixing well. Let rest for half an hour, and before serving, taste to determine if more oil or vinegar is needed.

Keys to longevity

1. Walk fast an hour a day
2. use the stairs
3. Walk on the weekends
4. Moderate exercise 2.5 – 5 hrs a week
5. weight training or weight free exercise
6. consume at least 30 grams of protein in a single low carb meal 1-2 hrs after training



Movement is medicine!



Order now. Food for your Thoughts

Thank You

1224 S. River Road, Suite B-208

St. George, UT 84790

O: 435-632-1445

tk4nsic@gmail.com

www.drkockler.com

