Alzheimer's Disease Interventions May Reverse Cognitive Decline As Seen in Human And Mice Studies

Background: Although Alzheimer's Disease is not genetic, every person has the potential to develop tau tangle and amyloid beta plaques that disrupt cognitive abilities with growing age. Growing older is in inevitable, but losing your memory does not have to be. Longitudinal studies of human and rat test subjects have shown Alzheimer's Disease symptoms can be delayed in later stages and possibly reversed in earlier onset subjects.



Methods. Researchers performed a variety of human and mice studies to test reduction of Alzheimer's Disease symptoms. Ideally, one study provided their participants 900mg of polyunsaturated fatty acid supplementation for several weeks while others expected participants to acquire their own supplementation. Another study used transgenic and mutated mice that were given clinical trial pharmacological interventions to alleviate Alzheimer's Disease symptoms. The control and experimental mice displayed various stages of Alzheimer's Disease. Human experimental groups would be assessed for cognitive improvement by mini

Results: After 24 weeks, 485 total human participants over 54 years of age in a randomized double blind-study that spanned across 19 different locations in the United States showed significant improvement in memory, cognition, and learning ability compared to those who did not supplement with polyunsaturated fatty acids. The mice study concluded that pharmacological interventions would decrease amyloid beta plaque aggregation by almost 50% with pharmacological interventions.

Discussion: At this time there is no cure for Alzheimer's Disease and health care providers can only treat symptoms and attempt to provide comfort. Further research and development involving increased polyunsaturated fatty acid supplementation by diet and pharmacological

means may end the unnecessary suffering of Alzheimer's Disease patients.



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