

9th International Conference on

ALZHEIMER'S DISEASE & DEMENTIA

October 16-18, 2017 | Rome, Italy

Unified theory of Alzheimer's disease: Evolution is the key to Alzheimer's prevention and early treatment

Jennie Ann Freiman

Mount Sinai School of Medicine, USA

The Unified Theory of Alzheimer's Disease (UTAD) defines what drives Alzheimer's, bringing all known causal risk factors into a logical, biological context which in turn provides an actionable prevention and early treatment strategy. UTAD identifies five broad categories of contributing lifestyle factors, all of which are necessary for ongoing growth and function of the hippocampal memory center. The specific lifestyle led by each person, each with a unique set of deficits, means there are as many causes of Alzheimer's as there are lifestyles. Individual measures such as increasing exercise or adopting a Mediterranean diet are minimally successful because they address only one aspect of the risk complex. Standard medications cannot compensate for disease-causing deficiencies because a healthy lifestyle cannot be put in a pill. Likewise, clinical trials continue to disappoint because they offer too little, too late, and treat symptoms and results of the disorder, rather than root causes. Alzheimer's is preventable, and in its early stages, treatable, due to hippocampal neurogenesis and neuronal rejuvenation, but only with a systematic approach. Through education and fundamental rethinking of what drives Alzheimer's, we can move away from dependence on drug solutions to empowering healthy choices. UTAD rejects the conventional dogma that has driven Alzheimer's research and treatment in favor of a doctrine based on evolutionary needs of the ancestral brain, which dominated human history for almost 2 million years. UTAD was published by Dr. Michael Nehls in 2016 in the Journal of Molecular Psychiatry and has been successfully adopted by medical practitioners.

Biography

Jennie Ann Freiman and Michael Nehls (Germany) are co-writing a book on UTAD for health practitioners who wish to incorporate the plan into their professional practice, and for lay people proactive in their care. Freiman received her M.D from the Mount Sinai School of Medicine in NY. After a successful career in gynecology, she launched Oobroo Inc, a wellness company, and writes and blogs on wellness issues. Prevention and early treatment of Alzheimer's disease is her passion. Freiman has previously published in the New England Journal of Medicine and many lay publications.

DrFreiman@gmail.com

Notes: