



Aging and Brain Health

Who we are...

Aging Planning Inc. is an organization that provides Care Management and consultation services. Our objective is to maximize your wellness and independence with expert and caring support.

Our services include...

- Care planning and management
- Long Term Care insurance guidance and management
- Dementia behavior assistance
- Nutrition and brain health guidance
- Residential guidance

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The Problem...

As we age there are many things that we have been “trained” to accept about our journey. Can you name some of these?

- We will become weaker
- We won't be able to do many of the things we did when younger
- Our memory will get worse and we'll develop dementia
- There is nothing we can do to fix these problems

Don't lose hope! There are many steps you can take to help ensure a vibrant life while aging.

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Dementia...

What is dementia?

Dementia is a chronic or persistent disorder of the mental processes caused by genetics, poor nutrition and/or health, brain disease or injury, or vascular issues. Dementia can be marked by memory disorders, personality changes, and impaired reasoning.

In the United States 30% of the population over 60 will develop dementia.

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Dementia (cont)...

The most common types of dementia include?

- Alzheimer's Disease
- Vascular Dementia
- Lewy Body Dementia
- Parkinson's Dementia
- Mixed Dementia
- Frontotemporal Dementia
- Creutzfeldt-Jakob Disease
- Normal Pressure Hydrocephalus
- Huntington's Disease
- Wernicke-Korsakoff Syndrome

I have a document that describes each. Just call or email me if you would like a copy.

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Dementia (cont)...

I've heard mostly about Alzheimer's Disease. Why is that?

Alzheimer's Disease is the most commonly diagnosed form of dementia. It can have a genetic component (APOe4) but not always. There are 3 different types of APOE markers:

- **APOE e2**, the least common, appears to reduce the risk of Alz.
- **APOE e3**, the most common, doesn't affect the risk of Alz.
- **APOE e4**, a little more common, increases the risk of Alz.

Dementia (cont)...

It looks like APOe4 is really bad. What does that mean for me?

Everyone has at least one of the APOe genes. APOe4 is the Alzheimer's genetic marker we've all been hearing about for years. But, did you know that some people have **one** of these alleles and some have **two**!

- If you have 1 APOe4 allele you have a 20-25% change of developing Alzheimer's Disease. 25% of the population has this allele.
- If you have 2 APOe4 alleles you have a 90% change of developing Alzheimer's Disease. 2-3% of the world's population are double allele.

Dementia (cont)...

If I have the APOe4 allele, does this guarantee I'll get dementia?

NO! Not everyone with an APOe4 gene will develop Alzheimer's but you have a predisposition to the disease. By modifying diet, adding certain supplementation, and exercising daily you can live a more normal life and minimize the possibility of developing dementia—even if you are a “double allele”!

Why is diet important? Inflammation in the body starts in the gut. A healthy gut is important for brain health.

Medications...

Some medications are bad for the brain—they are anticholinergic.

Acetylcholine is a neurotransmitter responsible for transmitting nerve impulses within the central and peripheral nervous systems. A drug that is anticholinergic blocks acetylcholine and its critical nerve conductivity.

Why is this important? These drugs can actually cause dementia with prolonged use. Examples include Benadryl, Advil PM, and Tylenol PM. The common component in each is Diphenhydramine, which is very bad for you.

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Drugs with ACB Score of 1

Generic Name	Brand Name
Alverine	Spasmonal™
Alprazolam	Xanax™
Atenolol	Tenormin™
Bupropion	Wellbutrin™, Zyban™
Captopril	Capoten™
Chlorthalidone	Diuril™, Hygroton™
Cimetidine	Tagamet™
Clorazepate	Tranxene™
Codeine	Contin™
Colchicine	Colcrys™
Diazepam	Valium™
Digoxin	Lanoxin™
Dipyridamole	Persantine™
Disopyramide	Norpace™
Fentanyl	Duragesic™, Actiq™
Furosemide	Lasix™
Fluvoxamine	Luvox™
Haloperidol	Haldol™
Hydralazine	Apresoline™
Hydrocortisone	Cortef™, Cortaid™
Isosorbide	Isordil™, Ismo™
Loperamide	Imodium™, others
Metoprolol	Lopressor™, Toprol™
Morphine	MS Contin™, Avinza™
Nifedipine	Procardia™, Adalat™
Prednisone	Deltasone™, Sterapred™
Quinidine	Quinaglute™
Ranitidine	Zantac™
Risperidone	Risperdal™
Theophylline	Theodur™, Uniphyll™
Trazodone	Desyre ™
Triamterene	Dyrenium™
Warfarin	Coumadin™

Drugs with ACB Score of 2

Generic Name	Brand Name
Amantadine	Symmetrel™
Belladonna	Multiple
Carbamazepine	Tegretol™
Cyclobenzaprine	Flexeril™
Cyproheptadine	Periactin™
Loxapine	Loxitane™
Meperidine	Demerol™
Methotrimeprazine	Levoprome™
Molindone	Moban™
Oxcarbazepine	Trileptal™
Pimozide	Orap™

Scoring directions:

- Possible anticholinergics include those listed with a score of 1 in the column to the left
- Definite anticholinergics include those listed with a score of either 2 or 3 in the columns above and to the right

Scoring interpretation:

- Each definite anticholinergic may increase the risk of cognitive impairment by 46% over 6 years.³
- For each one point increase in the ACB total score, a decline in MMSE of 0.33 points over 2 years has been suggested.⁴
- Additionally, each one point increase in the ACB total score has been correlated with a 26% increase in the risk of death.⁴

COMPLETE REFERENCES:

1. Boustani MA, Campbell NL, Munger S, Maidment I, Fox GC. Impact of anticholinergics on the aging brain: a review and practical application. *Aging Health*. 2008;4(3):311-20.
2. Campbell N, Boustani M, Limbil T, Ott C, et al. The cognitive impact of anticholinergics: a clinical review. *Clinical Interventions in Aging*. 2009;4(1):225-33.
3. Campbell N, Boustani M, Lane K, Gao S, Hendrie H, Khan B, Murrell J, Unverzagt F, Hake A, Smith-Gamble V, Hall K. Use of anticholinergics and the risk of cognitive impairment in an African-American population. *Neurology* 2010;75:152-159.
4. Fox C, Richardson K, Maidment, et al. Anticholinergic medication use and cognitive impairment in the older population: the Medical Research Council Cognitive Function and Ageing Study. *J Am Geriatr Soc* 2011; epub ahead of print.

Drugs with ACB Score of 3

Generic Name	Brand Name
Amitriptyline	Elavil™
Amoxapine	Asendin™
Atropine	Sal-Tropine™
Benzotropine	Cogentin™
Brompheniramine	Dimetapp™
Carbinoxamine	Histex™, Carbihist™
Chlorpheniramine	Chlor-Trimeton™
Chlorpromazine	Thorazine™
Clemastine	Tavist™
Clomipramine	Anafranil™
Clozapine	Clozari™
Darifenacin	Enablex™
Desipramine	Norpramin™
Dicyclomine	Bentyl™
Dimenhydrinate	Dramamine™, others
Diphenhydramine	Benadryl™, others
Doxepin	Sinequan™
Flavoxate	Urispas™
Hydroxyzine	Atarax™, Vistaril™
Hyoscyamine	Anaspaz™, Levsin™
Imipramine	Tofranil™
Meclizine	Antivert™
Methocarbamol	Robaxin™
Nortriptyline	Pamelor™
Olanzapine	Zyprexa™
Orphenadrine	Norflex™
Oxybutynin	Ditropan™
Paroxetine	Paxil™
Perphenazine	Trilafon™
Promethazine	Phenergan™
Propantheline	Pro-Banthine™
Quetiapine	Seroquel™
Scopolamine	Transderm Scop™
Thioridazine	Mellaril™
Tolterodine	Detrol™
Trifluoperazine	Stelazine™
Trihexyphenidyl	Artane™
Trimipramine	Surmontil™

The Dementia Diet ...

Just how much do I need to change my diet to stay brain healthy?

A brain healthy diet isn't hard to do but it's not going to be everyone's choice. Here are the basics:

- **No grains.** Wheat, rice, couscous, barley, etc. (they cause inflammation)
- **No sugar!** The key is to eliminate all simple carbs.
- **Eat a large variety of fresh fruits and vegetables**, including raw veggies like salad. **A variety of meat and seafood** is important—especially **organic**.
- **Try to avoid farmed sea foods.** They are high in heavy metals.
- **Intermittent Fasting** is recommended. Animal research shows that I.F. can suppress inflammation in the brain and reduce neurological disorders.

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The Dementia Diet (cont)...

You mentioned supplements? What should I take?

Our basic food supply, even when we are eating optimally, just does not provide us with the level of nutrition we had 100 years ago.

Supplements can help fill the gap. What do you think we need?

- **Turmeric.** Turmeric is a natural anti-inflammatory and helps block the development of tangles in the brain. I use Theracurmin.
- **Vitamin D3.** Studies have shown that low levels of D3 are implicated in Alzheimer's. You want a blood level of over 50.
- **Fermented Foods and Probiotics.** Use a good quality probiotic with at least 20 B or more. Sauerkraut, Kombucha, etc is also for health.

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The Dementia Diet (cont)...

What else do I need?

- **Fish Oil** (Omega-3). Our brains use Omega-3 to build nerve cells. Try to use Fish Oil from wild caught sources. Try to avoid farmed seafood.
- **MCT Oil**. MCT allows brain cells to survive better. It also blocks a receptor in the brain that causes memory loss.
- **Spirulina**. contains a powerful plant-based protein called phycocyanin. Research shows this may have antioxidant, pain-relief, anti-inflammatory, and brain-protective properties.
- **Chlorella**. Your brain needs B12 to stay healthy. Chlorella supplies your body with the only form of this vitamin your body can use.

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The Dementia Diet (cont)...

Is there more I should know?

- **Sweeteners.** Good: Stevia, erythritol, and xylitol. Bad: Any other artificial sweetener. I use erythritol for all my baking and sweetening needs. Erythritol tastes like sugar with no aftertaste, it has zero calories, and is low glycemic.
- **Cooking Oils.** Good: Butter, Ghee, Coconut Oil, Avocado Oil, and Walnut Oil. Bad: Canola Oil, Corn Oil, Olive Oil. **Note**: Olive Oil is a very brain healthy oil but only when used cold. Do not cook moderate to high heat with Olive Oil. I do, however, bake with Olive Oil.

Other Dementia Factors ...

Environmental

- **Chemicals:** Bleach, Febreze, Plug-Ins, etc. What are some environmental chemicals you can think of?
- **Plastic Food and Drink Containers.** Plastic food containers tend to shed particulate into the food/drink. Never put hot liquids/foods into plastic storage containers. Hand wash only—heat degrades plastic.
- **Teflon Cookware.** Teflon also sheds. Both plastic and teflon particulate go to the brain. Stainless steel and cast iron cookware are fine.
- **Pollution.** Pollution particulate also goes to the brain. Mask if needed.

The importance of exercise...

I get too worn out to exercise.

Exercise is classified as the most important thing you can do for your brain. An hour is recommended but any movement is beneficial. The good news is that you can break the 45 minutes into 3 or 4 chunks of time that can be done throughout your day. Just get your heart pumping to enhance circulation and oxygenation to the brain.

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Wow, this seems hard...

Don't think of these changes as hard. It's a new adventure!

- **There are lots of great things to eat!** Some of my favorite brain healthy recipes are peanut butter cookies, carrot cake, scones, and more—even tiramisu! You can also phase in your dietary changes.
- **Recipes are abundant.** Don't be afraid to play.
- **Treat yourself.** Find ways to treat yourself and be open to new possibilities!
- **Create joy.** Happiness and joy are key wellness factors—good for both the brain and body. Do what you can to raise endorphins!

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And in other news...

How many of you have put in place documents such as an **Advance Directive** or **Durable Power of Attorney** for Healthcare or Finance?

These documents are very important and I highly recommend you get them completed, but what we are going to talk briefly about is the **POLST** – Physician's Order for Life Sustaining Treatment.

Do you have a POLST?

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POLST...

The POLST is what we call a “**grab and go**” document. This means that if you ever call 911 and are transported to the hospital, the EMTs will look on the side of your refrigerator for this important document.

I also recommend that you attach to the POLST an updated med list with dosages and a contact list with your healthcare representative and doctor information. On your contact list you should highlight the person to be called to speak on your behalf if you are unable to.

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Help at the hospital...

I hear that uneasy groan going through the audience with the idea of having someone else speak on your behalf. Remember, you don't give up your authority or autonomy, but having someone with you can help ensure that your **rights and desires are protected**.

And one last item, if you are being admitted to the hospital, ensure that you are given a **general admission** and admission under observation. There are Medicare rules that make this distinction very important!

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Contact Us...

Thank you for being here today!

Please let me know if I may help you. Aging Planning Inc offers a free 30 minute consultation prior to your contracting to work with us.

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