



## Dementia & Alzheimer's



Clint Daniel, R. Ph.

Dementia is an overall term used for diseases and conditions characterized by a decline in memory or other thinking skills that affects a person's ability to perform everyday activities.

Dementia is caused by damage to nerve cells in the brain, which are called neurons. As a result of the damage, neurons can no longer function normally and may die. This in turn can lead to changes in one's memory, behavior, and ability to think clearly.

Alzheimer's disease is the most common type of dementia. In Alzheimer's disease, the damage to and death of neurons eventually impair one's ability to carry out basic bodily functions such as walking and swallowing. Alzheimer's disease is ultimately fatal.

Alzheimer's disease affects people in different ways. The most common initial symptom is a gradually worsening ability to remember new information. The following are common symptoms of Alzheimer's:

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks at home or at work
- Confusion with time or place
- Trouble understanding visual images/spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality, including apathy and depression

Currently about one in nine older Americans has Alzheimer's Disease (11%), and about one in three Americans over the age of 85 has Alzheimer's (32%). Because Alzheimer's disease is under-diagnosed, half of the estimated 5.2 million Americans with Alzheimer's may not know that they have it. The statistics don't paint a pretty picture.

It was estimated in the year 2000 that there were 411,000 new cases of Alzheimer's disease. In 2010 the number of new cases rose 10% to 454,000. It is estimated that in the year 2030 there will be 615,000 (50% increase) and in 2050 the number may reach 959,000 (a whopping 130% increase).

By 2050 the number of people age 65 and older with Alzheimer's disease will nearly triple from 5 million to a projected 13.8 million, barring the development of a medical breakthrough to prevent, slow, or stop the disease.

So, the questions begs, what can you do now? As I've studied the topic of brain fitness, I have become much more aware that you don't have to sit idly by (in fact you shouldn't) expecting your memory to fade as you grow old. Even though there is a genetic component to this tragic disease, a lot more has to do with the choices you make. In fact, some would speculate that 20% of the risk is genetic and 80% is environmental and the choices you make.

In general there are things you need to avoid and things you need to do for brain fitness. Some of the things to avoid are obvious: heavy metals such as arsenic, continual stress, poor sleep, nicotine and alcohol use, and poor diet. But did you know that lack of exercise, caffeine use, and sugar substitutes can also lead to an unhealthy brain?

In order to promote and protect your brain health you need to be aware of, and make, the proper food and nutrient choices. You probably know many of the foods that are rich in antioxidants and great for your brain such as apples, berries, cherries, kale, spinach, and many others.

There are also many scientifically studied nutrients. Fish oil, specifically DHA, and phosphatidylserine are two of the over 20 well researched nutrients that you may have heard of for brain health. One specific product that I am very excited to tell you about, is **MemorAll** from Xymogen. MemorAll includes the following ingredients:

- Vitamin B6
- Vitamin B12
- Folic Acid
- N-Acetyl Cysteine
- Acetyl L-Carnitine
- Phosphatidylserine
- Gingko Biloba
- Bacopa
- Vinpocetine
- Resveratrol
- Huperzine A

This unique combination of nutrients and botanicals support cognitive function and a healthy memory. We recommend that you take one capsule twice daily for best results.



# ATTENTION DIABETICS



Stacy Teer, PharmD

November is National Diabetes Month! Diabetes affects millions of Americans and is growing at epidemic rates. There is some good news, however. According to the American Diabetes Association, by making some lifestyle changes, many people can delay or prevent Type 2 diabetes. Here's a quiz to find out what you know about Type 2 diabetes.

Answer true or false to each of the following statements.

1. Reducing your body weight by 5-10% can produce a 58% reduction in diabetes.
2. Just 30 minutes a day of moderate physical activity can significantly reduce Type 2 diabetes symptoms.
3. A healthy diet for Type 2 diabetics is basically just an overall healthy diet.
4. Diabetes is more common in African Americans, Latinos, American Indians, Asian Americans and Pacific Islanders.
5. An unexplained or unusual weight loss is a symptom of diabetes.
6. Products listed as low fat are always good choices for a diabetic.
7. Nearly all adults with Type 2 diabetes are overweight, and more than half are obese.

Answers: 1) True; 2) True; 3) True; 4) True; 5) True; 6) False. They are often high in sugar or sodium. 7) True

Source: National Diabetes Education Program

If you are already living with Type 2 diabetes, you may have questions. Here are some of the common questions we get at the pharmacy:

## What are my blood glucose goals?

The fasting blood glucose levels should be between 70-130mg/dL. The postprandial (1-2 hours after a meal) and before bedtime glucose levels should be <180mg/dL.

**What is a hemoglobin A1C test?** It is a test that measures your average blood glucose control for the past three months.

**When should the A1C test be performed?** The test should be performed at least two times per year in patients who are meeting their treatment goals and quarterly in patients whose therapy has changed or are not meeting their treatment goals

**What is my goal A1C?** Most diabetics typically should maintain their A1C to below or around 7% depending on the situation.

**What is my goal blood pressure?** For people with diabetes, kidney disease, or coronary artery disease have a goal of less than 130/90 mmHg.

**What lifestyle modifications can I do to manage my blood pressure?** Weight reduction. Adopting a DASH diet that is

rich in fruits, vegetables, and low fat dairy products with a reduced saturated and total fat content. Reduce sodium intake to less than 2400 mg per day, which is about 1 teaspoon of table salt per day. Stop smoking. Increase physical activity to at least 30 minutes per day, most days of the week if approved by healthcare provider. Limit alcohol consumption to no more than two drinks per day for men and one drink per day in women and lighter weight persons.

**What immunizations do I need to get?** Everyone six months of age or older with diabetes should receive an annual influenza vaccine. All diabetics two years of age or older should be vaccinated with the pneumococcal vaccine. Anyone over 64 years of age who received the pneumococcal vaccine more than five years ago should be revaccinated one time. All adults with diabetes should be vaccinated with the hepatitis B series.

## What supplements should I use to help with my diabetes?

Current research would suggest that if you have diabetes or even if your fasting blood sugar is above 90, it's time to do something about it. The following supplements are highly recommended:

**Vitamin D3:** 2,000-5,000iu of D3 will help control blood sugar and protect against complications. Have your D3 levels checked, it should be between 40-65ng/dl.

**Multivitamin rich in B vitamins:** many diabetes medications deplete you of B vitamins which are needed for energy and protection from complications.

**Magnesium:** 150-300mg two times per day helps with glucose utilization and insulin sensitivity.

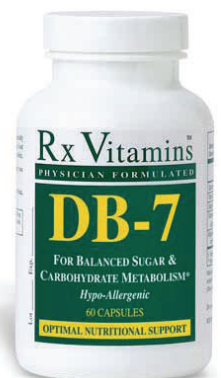
**Fish oil:** 1-2 grams two times per day of omega-3 essential fatty acids found in fish oil help protect the heart.

**Chromium:** 500-1,000mcg two to three times per day before meals will help with glucose utilization.

A combination product that I have found to be best for our diabetic patients is **DB-7**. DB-7 provides nutrients that help promote proper blood sugar regulation and carbohydrate metabolism.

Standardized gymnema sylvestre stimulates the insulin-producing beta cells in the pancreas and increases sensitivity of insulin receptor cells. Chromium, zinc, vitamin C, and vanadium are all involved in insulin and blood glucose functions. For best results, take two capsules daily.

If you have any other questions, please stop by and ask.



# The Pilgrim's Thanksgiving

Finish this sentence: "Thanksgiving would not be Thanksgiving without turkey and..." Many of you may have said FOOTBALL! Of course, there were probably those of you who answered with another food: stuffing, pumpkin pie, mashed potatoes. But the pilgrims probably didn't have any of that on the first Thanksgiving.

Now, I don't want to burst too many bubbles, but the reality is that most of what we "remember" as being present at the first Thanksgiving, historically, was not possible. You can easily take pies off the table. There were no ovens, sugar, or flour. They may not have even had turkey, chances are it was duck, goose, or swan. But there was definitely a meal of celebration.

Have you ever stopped to think about the circumstances the pilgrims faced? Consider this, the Mayflower's keel—which is the beam that ran at the bottom of the ship, from the front to the back—was just 64 feet long. That's roughly the distance from the pitcher's mound to home plate. The pilgrims, all 102 of them, would have spent the majority of the journey in what was called the 'tween decks. It's an area you can't even stand up in, only about four and a half feet high. In terms of square feet, it was about the size of half a basketball court. And they spent 65 days in that area while they make progress across the ocean at a rate of two miles per hour.

There were 102 passengers on the Mayflower—by the following spring there were 50 survivors. That is a staggering statistic. But here they are celebrating a holy day of thanksgiving in response to God's extraordinary provision. It's a testament to resilience and hope. These were real spiritual heroes.

So as Thanksgiving approaches this year, look back and see how God's been good to you. But also ask yourself what have you sacrificed for your Savior and remember the great sacrifice of the pilgrims who stepped out in faith to start our great country.

**Happy Thanksgiving from all of us at Boudreaux's New Drug Store. God bless!**

*"Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving."*

**- W. T. Purkiser**

## THE BEST MEDICINE... LOL

**Wife:** "There's trouble with the car. It has water in the carburetor."

**Husband:** "Water in the carburetor? That's ridiculous."

**Wife:** "I tell you the car has water in the carburetor."

**Husband:** "You don't even know what a carburetor is. Where's the car?"

**Wife:** "In the swimming pool."

Biblical Health Tip...

## You Don't Need to be Uptight

God's Word contains a simple formula to help you reduce stress and tension in your life.

*Philippians 4:4* – Rejoice in the Lord always. I will say it again: Rejoice!

To rejoice it is helpful to ... **COUNT YOUR BLESSINGS**  
*Philippians 4:5* – Let your gentleness be evident to all. The Lord is near.

### **BE GENTLE TO OTHERS**

*Philippians 4:6* – Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

### **PRAY INSTEAD OF WORRYING**

*Philippians 4:7* – And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**FINAL RESULT: PEACE** (which allows you to relax)

# November Tidbits

## ODOR EATERS

A number of foods are capable of removing odors. Vanilla extract placed in a bottle top in the refrigerator will remove odors, while dry mustard is commonly used to eliminate onion odors from hands and cutting boards.

## I WONDER WHERE THE YELLOW WENT

Stale milk will do a great job of cleaning plant leaves. The protein "casein" has a mild cleansing effect on the plant cell walls.

## SMILE!

A method of cleaning dentures that works as well as the expensive brands is just soak them overnight in white vinegar.

## A NUTTY SOLUTION

The broken edges of nuts can be rubbed gently on wood furniture to mask scratches. Just find a nut that matches the color and the results will surprise you. The most common ones are pecans, walnuts, and hazlenuts.

# 20% OFF

## ANY REGULARLY PRICED NUTRITIONAL SUPPLEMENT

One coupon per customer.  
Good through November 29, 2014.



# Boudreaux's

NEW DRUG STORE

The Problem Solvers

## In this Issue:

Dementia & Alzheimer's.....	Pg 1
Attention Diabetics .....	Pg 2
Thanksgiving.....	Pg 3
The Best Medicine... LOL.....	Pg 3
Biblical Health Tip... Don't be Uptight.....	Pg 3

Return Service Requested

404 E. Prien Lake Road  
Lake Charles, LA 70601

The Problem Solvers  
NEW DRUG STORE  
Boudreaux's

