**Presentatie over dementie en alzheimer**

**Woensdag 10 november 2021 Donaat Vernieuwe**

***Wat is het verschil tussen dementie en alzheimer***

[*https://www.vegro.nl/advies/zelfredzaamheid/verschil-dementie-en-alzheimer#gref*](https://www.vegro.nl/advies/zelfredzaamheid/verschil-dementie-en-alzheimer#gref)

*Bij iemand met dementie kunnen de hersenen informatie niet goed meer verwerken.*

*Alzheimer is een vorm van dementie.*

***Google: What percent of 80 year olds have Alzheimer's?***

*Age is the greatest of these three risk factors. As noted in the Prevalence section, the percentage of people with Alzheimer's dementia increases dramatically with age: 3% of people age 65-74, 17% of people age 75-84 and* ***32% of people age 85 or older*** *have Alzheimer's dementia.Mar 10, 2563 BE*

1. **10 Warning Signs You Already Have Dementia** 22 min.

Nederlandse ondertitels <https://youtu.be/Cd3u0yav_bU>

Van 0 tot 09’00

Types of dementia – Early detection and prevention (reversable?) - Tolerance – Stages – Detection: poisture and movement - Causes of dementia – Use it or loose it: fuel – stimulation …. Excerise!

Stages:

1. Normal
2. Very mild decline Forgets occasionally
3. Early stage dementia Forget names, what you just read/did
4. Moderate decline Simple math 100 -7 -7 -7 Planning
5. Mid stage dementia Moderate/severe decline

***Signs of the early stages:***

* *Tremor*
* *Smaller handwriting*
* *Smell capacity lowers*
* *Sleep quality lowers*
* *Hunched poister*
* *Loss of armswing*

*When you pay attention to poisture and armswing: you’ll reinforcing brainfunction.*

***When do we have to worry?***

 ***Dementia Normal with age***

*Chronic poor judgement Occasional bad choices*

*Unable to manage a budget Now and then missing a bill*

*Loosing track of date, time, season Forgetting which day it is*

*Loosing things, unable to retrace steps Loosing things time to time*

*Difficulty being coherent (structure, reasoning) Sometimes searching a word*

From 14’58” to end (starts with Biden)

1. Mid to late stage dementia Can’t recall spouse name……
2. Late stage dementia

***Reversable until stage 3….***

1. **Early detection of Alzheimer's disease: Elli Kaplan at TEDxPeachtree 2012**

<https://youtu.be/b6fnQ7gYol0>

Van 4’38” tot 7’27”: 3 min English generated

Oogbewegingen, aandacht voor beelden. 100% zekerheid!

1. **UF researchers find that 'peanut butter' test can help diagnose Alzheimer's disease** 02’00” English generated

<https://youtu.be/z1mcAAgrCnw>

*Info van Danny van het BPH: in het BPH doen ze lichamelijke en psychologische testen om Alzheimer vast te stellen. Een opvolging daarvan kan een MRI scan zijn.*

1. **There Is Some Hope For Those With Alzheimer's Disease**

<https://youtu.be/MxuGJZDnMuU>

Vanaf halfweg interessant. 3’43” – 7’20” : 4 min. English generated

Mind diet: **berries, green vegetables and less animal fat**: cognitive decline 7,5 year younger (2015)

Other study: **1 or 2 servings of green vegetables per day**: 11 year younger in age.

Medication Aricept… side effects…

Supplements 200mg vitamin E, 300mg vit.C + beta carotine (red orange pigment in fruits and vegetables like carrots but also onions, is converted in the body in vit.A).

*Aricept is één van de medicamenten die ze volgens Danny in het BPH succesvol toedienen.*

*Van Google:*

*What does* ***Aricept*** *do to the brain?*

*Aricept (donepezil)* ***improves the function of nerve cells in the brain****. It works by preventing the breakdown of a chemical called acetylcholine (ah SEET il KOE leen). People with dementia usually have lower levels of this chemical, which is important for the processes of memory, thinking, and reasoning. Feb 1, 2564 BE*

1. **Here's how patients say they reversed early Alzheimer's symptoms**

3 min. English generated

<https://www.youtube.com/watch?v=YHVgpRbukjc>

1. **What 2 Servings Of Mushrooms A Week Does To The Brain!** 3 min.

English generated

<https://youtu.be/WvAI3mtFImY>

# What you can do to prevent Alzheimer's | Lisa Genova Nederlandse ondertiteling <https://youtu.be/twG4mr6Jov0>

# 1,813 Synapse Photos and Premium High Res Pictures - Getty Images Neuron Neuron

#  Synaps

# 7’20” tot einde 14’ : 7 min.

# *Ons DNA bepaalt niet alleen of we Alzheimer krijgen.*

# *Preventie punten:*

# *Goede slaap*

# *Lichaamsbeweging*

# *Dieet*

# *Iets compleet nieuws leren*

# Extra’s:

# What Eating Just 1 Mushroom A Day Does To Cancer Risk!

<https://www.youtube.com/watch?v=DUvri4X6i2I>

"Benefits of Blueberries for the Brain

<https://youtu.be/xdjtf1oXypo>

# 9 Foods To Eat Every Day To Protect The Brain From Alzheimer's & Dementia! The Neuro9

# <https://youtu.be/pRlSG1Jm_O0>