




***Your food is the key to your
intelligence***

Together to challenge Alzheimer 's



Goal of our research and why we choose this topic

The elderly are marginalized and lack of attention and supportt, And some believe that death is coming anyway, so care or not does not prevent death.

In through our hospital training we saw some case suffer of Lack nutritional, family, psychological and health care..



Elderly refer to the (old age).

- **Old age** refers to ages nearing or surpassing the life expectancy of human beings, and is thus the end of the human life cycle
- **Older people are exposed to several kinds of problems:-**
 - **1-Physiological**
 - **2-Psychological**
 - **3-Social**
 - **4-Emotional**
 - **5-Financial**

Special Nutrient Needs of Older Adults



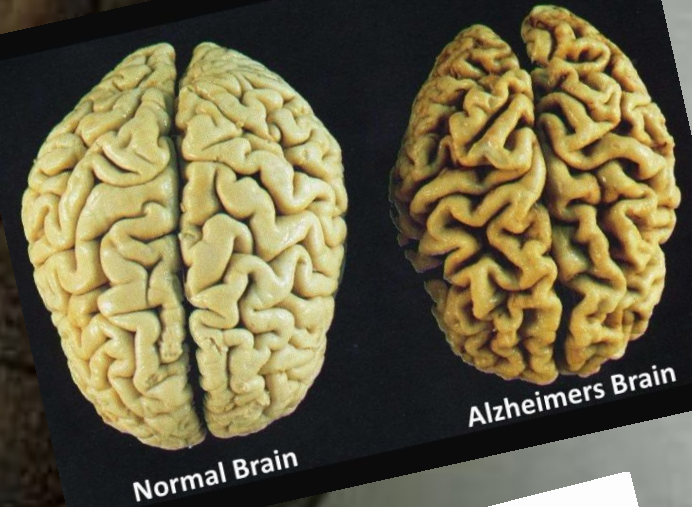
- *Calcium and Vitamin D.*
- *Vitamin B12.*
- *Fibre.*
- *Potassium.*
- *Physical Activity and Rest*

*Referring to the World Health Organization (WHO),
we chose the sixth reason that lead to death*

- Alzheimer's disease

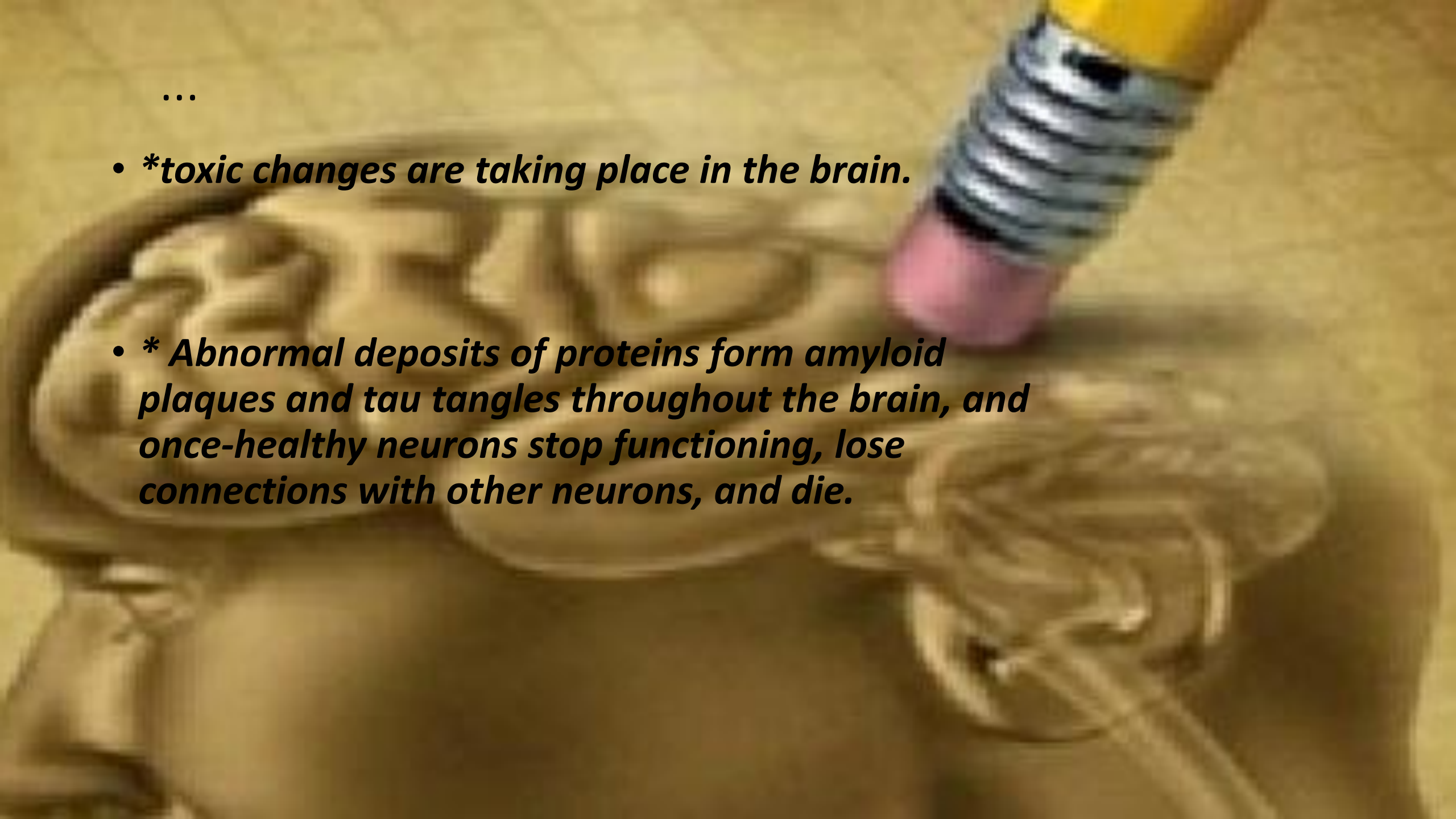
Alzheimer's disease:-

- *regressive brain disorder.
- *slowly destroys memory and thinking skills.
- *an irreversible.
- *Discover by Dr. Alois Alzheimer. In(1906)
- *people seem to be symptom-free **but**



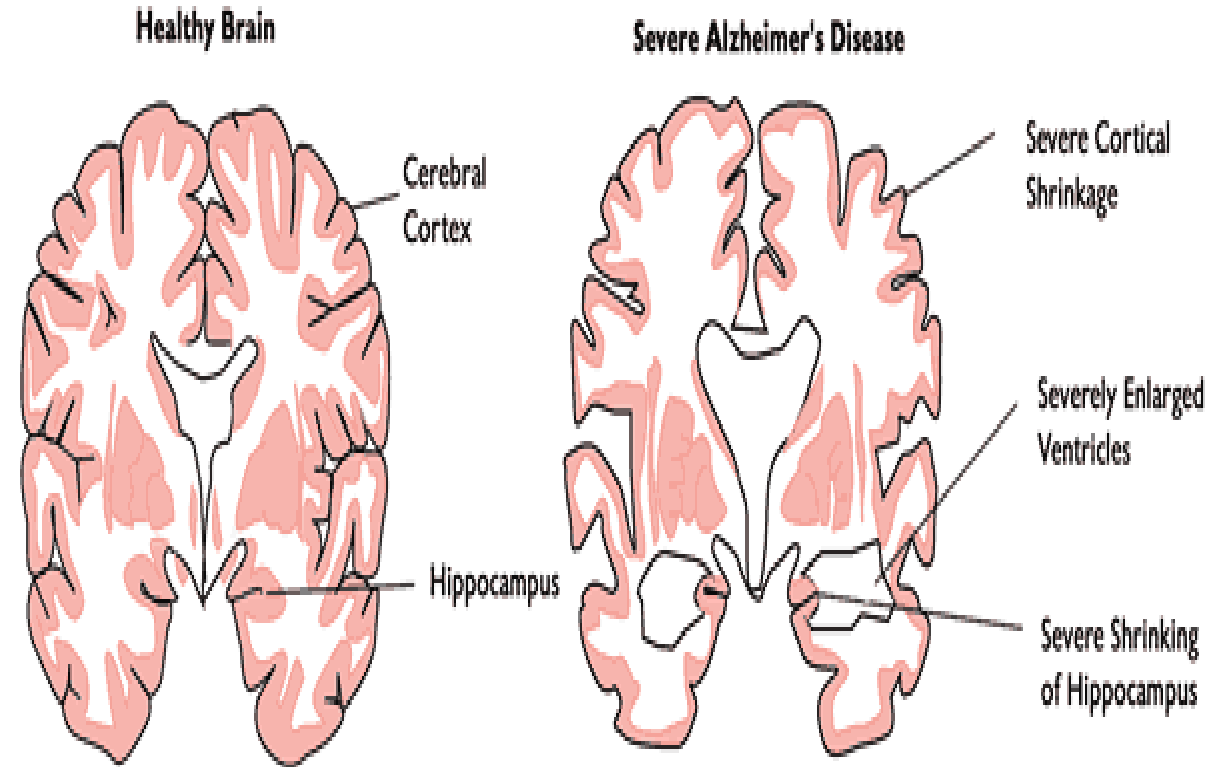
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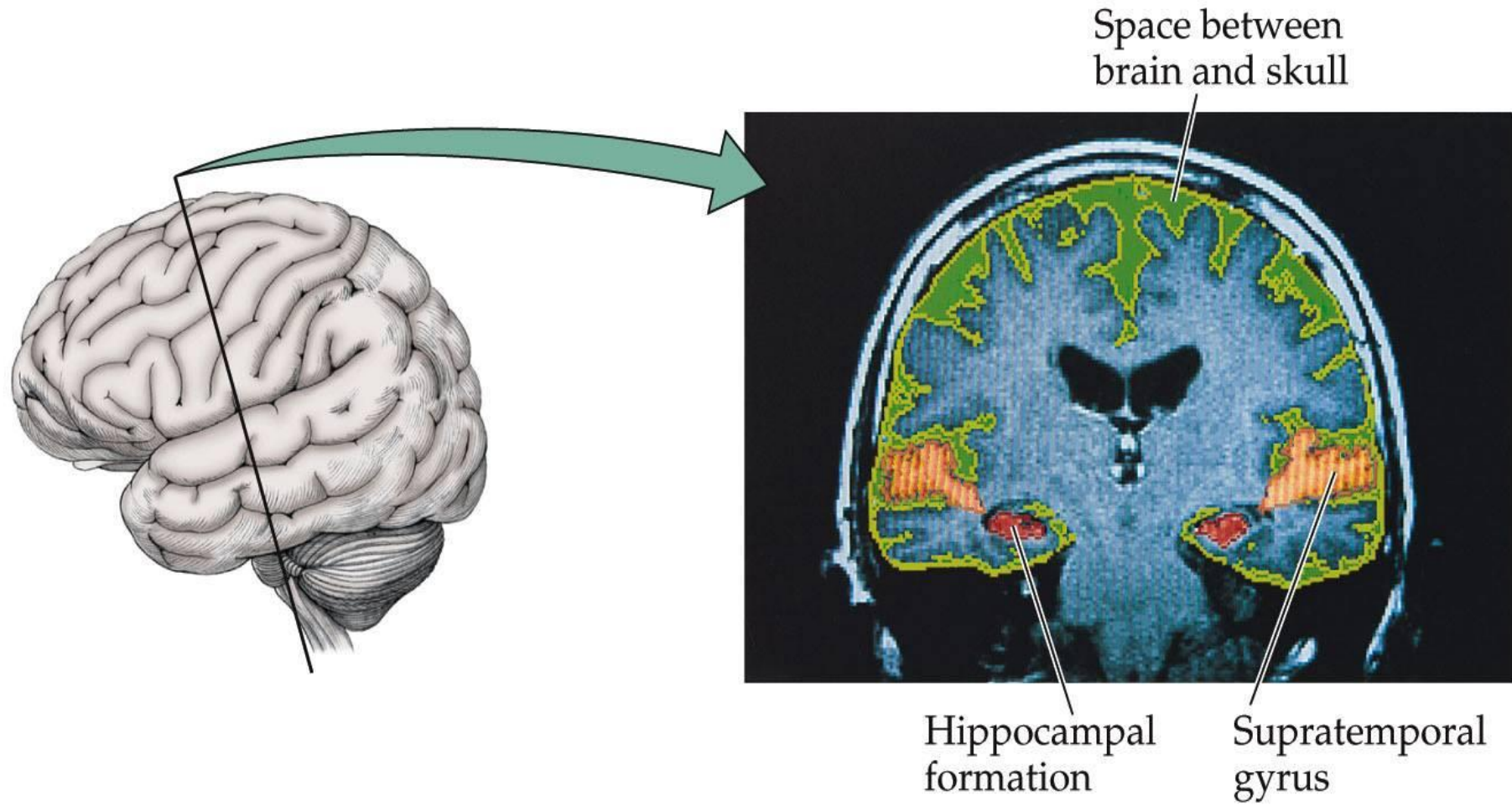
- ****toxic changes are taking place in the brain.***
- **** Abnormal deposits of proteins form amyloid plaques and tau tangles throughout the brain, and once-healthy neurons stop functioning, lose connections with other neurons, and die.***



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- **the first part of brain start damage is called (hippocampus) its important in forming memories*
- ** And then damage is widespread, and brain tissue has shrunk significantly.*

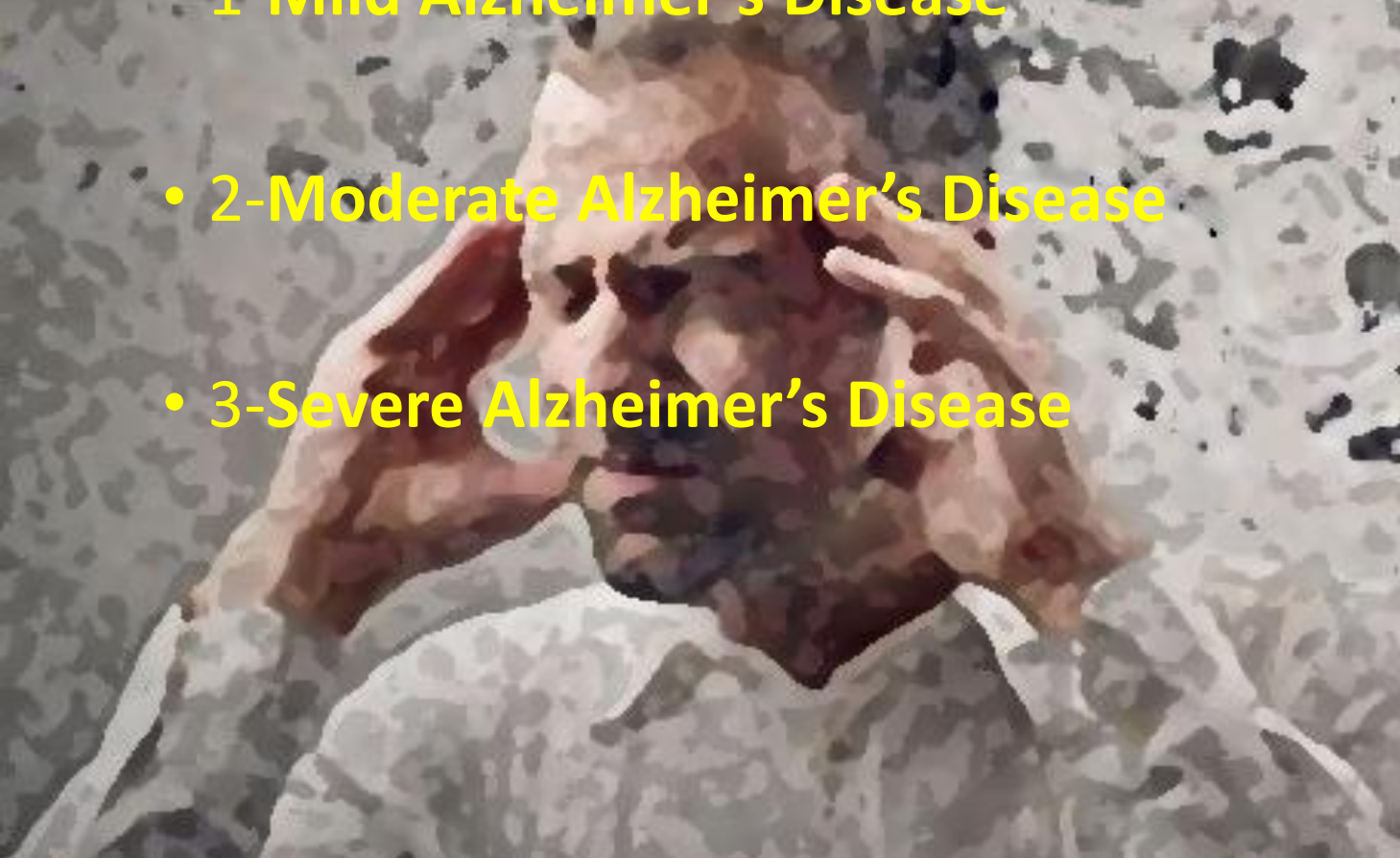




Biological Psychology 6e, Figure 7.25

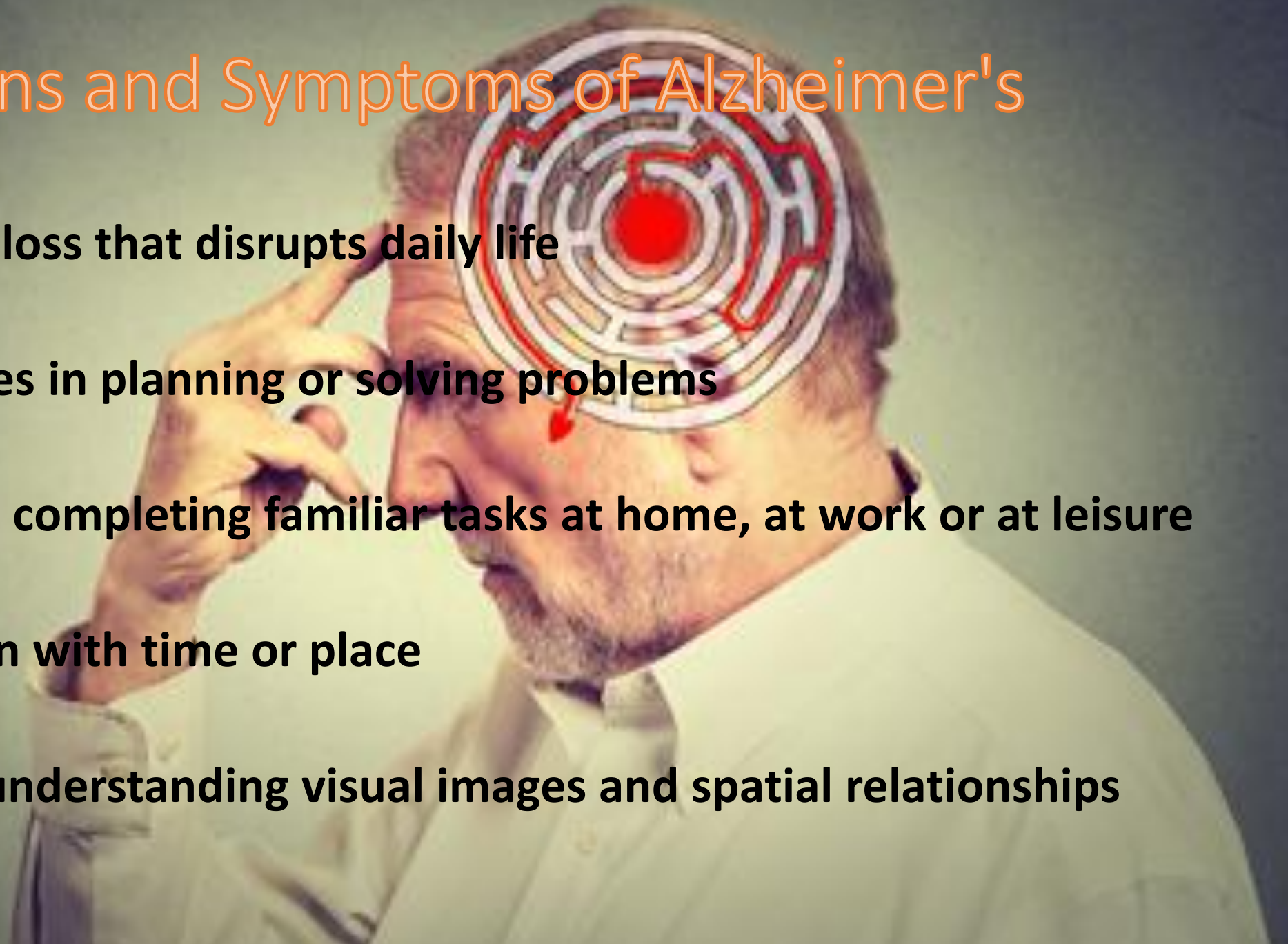
Stage of the disease:-

- 1-Mild Alzheimer's Disease
- 2-Moderate Alzheimer's Disease
- 3-Severe Alzheimer's Disease



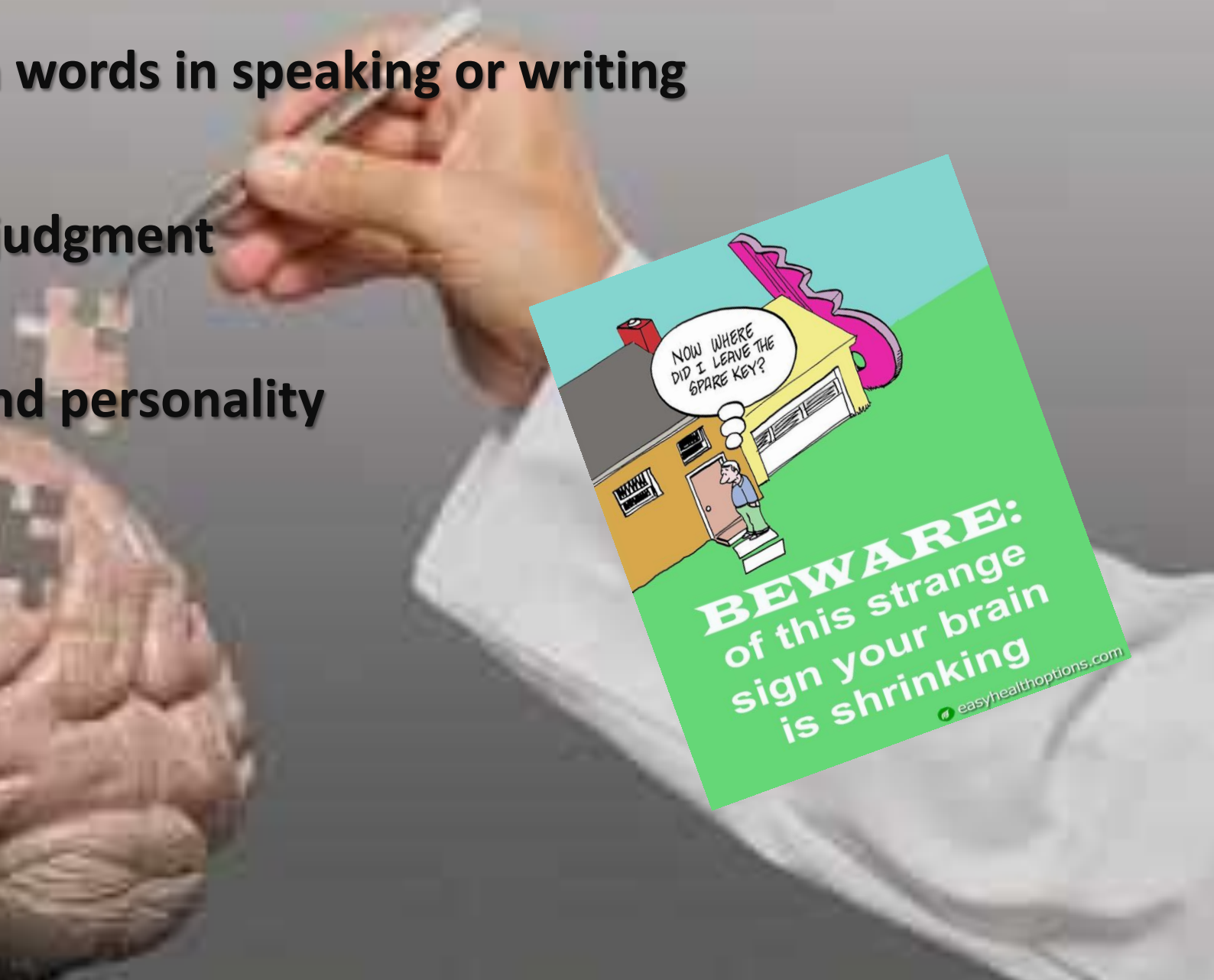
Early Signs and Symptoms of Alzheimer's

- 1-Memory loss that disrupts daily life
- 2-Challenges in planning or solving problems
- 3-Difficulty completing familiar tasks at home, at work or at leisure
- 4-Confusion with time or place
- 5-Trouble understanding visual images and spatial relationships



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- 6-New problems with words in speaking or writing
- 7-Decreased or poor judgment
- 8-Changes in mood and personality



A close-up photograph of an elderly woman with a joyful expression, smiling broadly. She is holding a silver fork with a single cherry tomato on it, positioned near her mouth. In the background, a large bowl of thick, reddish-brown soup is visible. The overall scene conveys a sense of healthy eating and well-being.

Nutrition and Alzheimer disease

Good Food good Brain:-

- **1- Minimize your intake of saturated fats and trans fats:-** saturated fat are found in meat and some oil , trans fat are found fried food and hydrogenated oil.
- **2-Eat plant-based foods:-**Vegetables, legumes (beans, peas, and lentils), fruits, and whole grain.
- **3-Take a B12 supplement:-**Have your blood levels of vitamin B12 checked regularly as many factors, including age, impair absorption.


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- *4-Choose aluminium-free products.*
- *5-Avoid vitamins with iron and copper. If using multivitamins, choose those without iron and copper, and consume iron supplements only when directed by your physician.*
- *6-Exercise for 120 minutes each week. Include aerobic exercise in your routine,* 5-Trouble understanding visual images and spatial relationships
- *, three times per week.*



In our training we were exposed to this question and we tried to find an answer:-

- How to convince someone with Alzheimer's to eat?



If we have Alzheimer patient in our home
what the step to deal with him

An elderly woman with short grey hair is seated at a table, looking down at a plate of food with a thoughtful or sad expression. She is wearing a light-colored cardigan over a purple collared shirt. The background shows a window with patterned curtains and a white teapot on the table.

At first the big problem for patient its loos her appetite:-

Because:-

-Not recognizing the food :-The person may no longer recognize the foods you put on his or her plate

- Poor fitting dentures:- some time eating is painful and the patient can not tell you for any reason***
- Medications:- New medications or a dosage change may affect appetite. If you notice a change, Read the side effects of the drug and call the doctor.***

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- ***Not enough exercise***:- lack of physical activity lead to lack and loose of appetite.

- ***Decrease sense of taste and smell.***



Nutrition tips:

- -Encourage the patient to move and practice some activities to stimulate the feeling of hunger.
- -Avoid forcing him to eat.
- -Provide his favourites foods.
- -Do not punish him if he does not eat.



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- *Check the food temperature .*
- *Keep the table setting simple.*
- *Give the patient plenty of time to eat.*
- *Serve only one or two food at the meal time.*



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• *-Prepare food easy to chew or swallow.*

• *-Don't worry about neatness.*

• *-Use a "watch me " technique.*

• *- Serve finger food.*

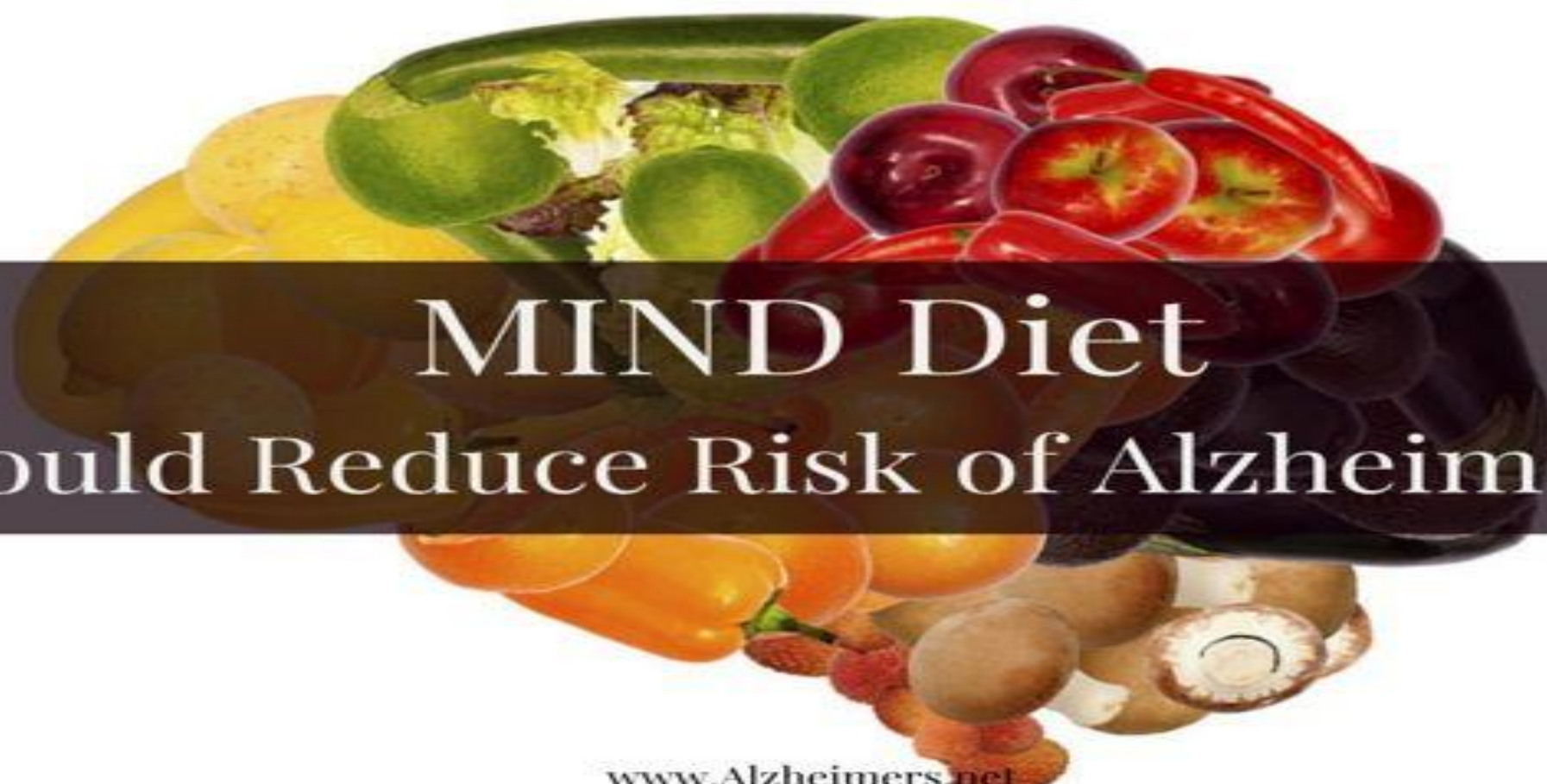


A wooden bowl filled with fresh vegetables and fruits. The bowl contains a variety of items including green leafy lettuce, broccoli, cherry tomatoes, and blueberries. The bowl is set on a wooden surface, possibly a cutting board or another wooden bowl. The background is white.

What type of Diet we can use it or chosen?



The perfect one is:-



MIND Diet

Could Reduce Risk of Alzheimer's



MIND Diet

- *its mean Mediterranean-DASH Intervention for Neurodegenerative Delay.*
- *designed to promote a healthy mind and lower the risk of Alzheimer's disease.*
- *These two diets that have been found to have several health benefits.*
- *The Mediterranean diet focuses on eating foods that are as natural as possible, while limiting unhealthy fats and red meat.*
- *The DASH (Dietary Approaches to Stop Hypertension) diet, as its name suggests, is aimed at helping to ease hypertension. It focuses on helping people to eat foods that can lower their sodium intake and blood pressure.*



The MIND diet recommends

**Eating 9 foods daily:-*

- *Vegetables*
- *Green leafy vegetables in particular*
- *Berries, especially blueberries*
- *Nuts*
- *Beans*
- *Whole grains*
- *Fish*
- *Poultry*
- *Olive oil*

**Avoiding five types of foods:-*

- *Fried or fast food*
- *Red meats*
- *Cheeses*
- *Butter and stick margarine*
- *Pastries and sweets*



Benefit of MIND Diet?

- ***The MIND Diet May Reduce Harmful Beta-Amyloid Proteins.***
- ***The MIND Diet May Decrease Oxidative Stress and Inflammation***