

## Evading Alzheimer's: 'Cognitive reserve theory' suggests early education may be the best defense

One great hope – for vitamin fans and researchers alike – is that dietary supplements could prevent the worsening of Alzheimer's disease. So far antioxidants, in particular vitamin E, have been disappointing but there has been hope for a supplement called Fortasyn Connect.

Designed to boost brain function, it contains a cocktail of omega 3 fatty acids, minerals and vitamins (specifically DHA, EPA, uridine monophosphate, choline, vitamins B12, B6, C, E, and folic acid, phospholipids and selenium). The concentrations of these nutrients in the blood and brains of patients with Alzheimer's disease are lower than normal.

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[T]he same factors that protect against heart disease – healthy food, keeping your weight down, exercise, lowering high blood pressure, avoiding diabetes and not smoking – protect against blood-vessel disease in the brain, which it is thought contributes to Alzheimer's disease.

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One of the strongest protective factors, though, is education. A 2014 study published in *Lancet Neurology* found the more education a person received early in life, the later they developed dementia, or not at all. That fits with the 'cognitive reserve' theory – the more educated you are, the denser your neural networks, so you have more brain capacity to start with.

While the evidence isn't clear, you certainly can't do any harm by learning a language or a musical instrument in mid-life.

**Read full, original post:** No easy fix for Alzheimer's disease