

Alzheimer's Disease

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Purpose of Study

Alzheimer's disease is a progressive and unbearable neurological disorder that affects millions of people worldwide. Currently, there is no cure for Alzheimer's disease, and available treatments only help to manage symptoms to a certain degree. This poster will discuss innovative treatments for Alzheimer's Disease.

Background

Alzheimer's disease is the most common type of dementia. It is a progressive disease beginning with mild memory loss that gets worse over time. Alzheimer's disease involves parts of the brain that control thought, memory, and language. It can seriously affect a person's ability to carry out daily activities.

Risk Factors

Scientists do not yet fully understand what causes Alzheimer's disease. There likely is not a single cause but rather several factors that can affect each person differently.

- Age is the best-known risk factor for Alzheimer's disease.
- Family history—researchers believe that genetics may play a role in developing Alzheimer's disease. However, genes do not equal destiny. A healthy lifestyle may help reduce your risk of developing Alzheimer's disease. Two large, long-term studies indicate that adequate physical activity, a nutritious diet, limited alcohol consumption, and not smoking may help people.

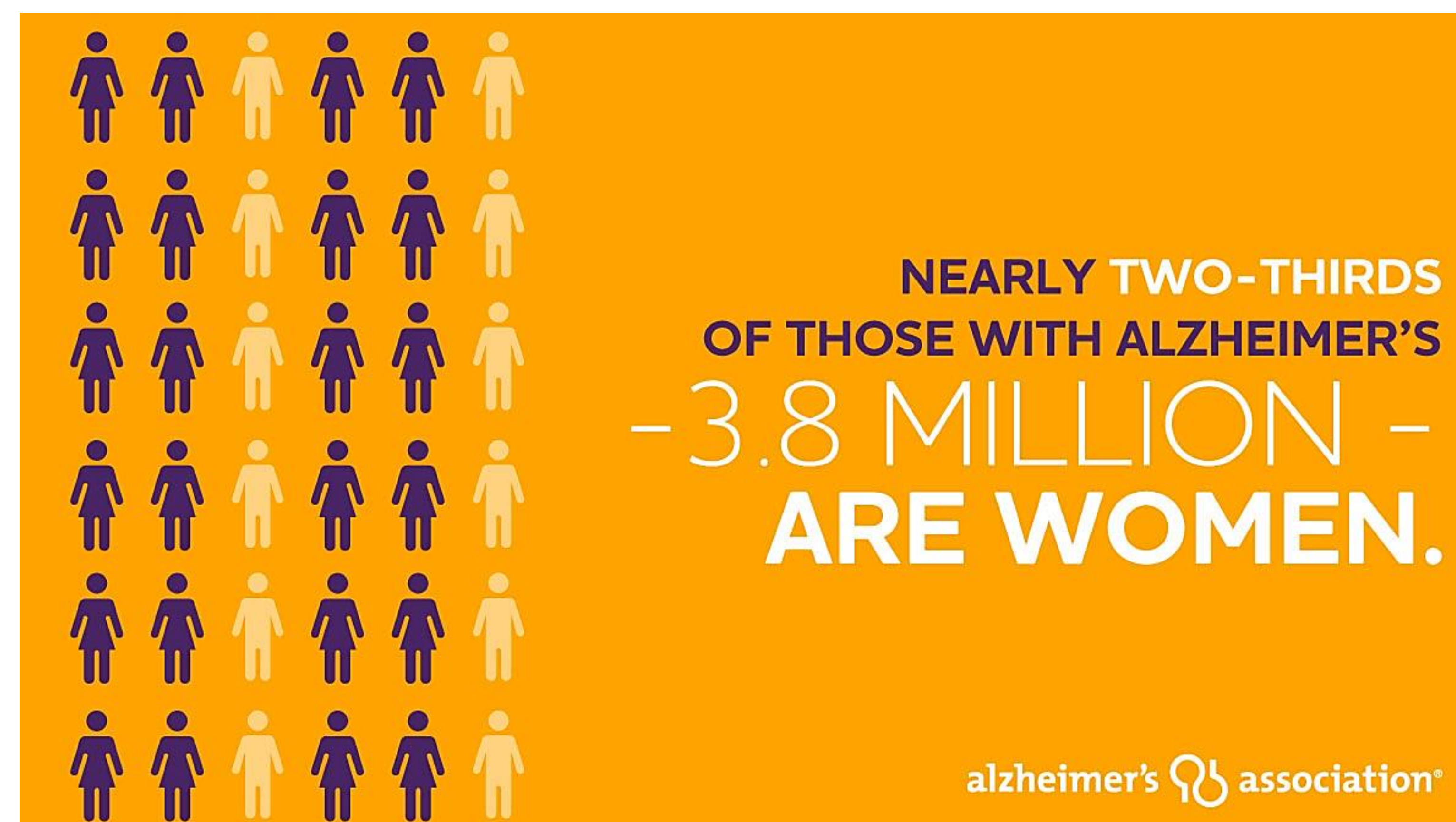
Symptoms of Alzheimer's Disease

Some symptoms include:

- Memory loss that disrupts daily life
- Changes in mood, behavior, or personality
- Poor judgment, leading to bad decisions.
- Loss of spontaneity and sense of initiative.
- Losing track of dates or knowing current location
- Misplacing items and not being able to retrace steps to find them
- Taking longer to complete normal daily tasks.
- Repeating questions or forgetting recently learned information.

Disparities with Alzheimer's Diagnoses

About 1 in 9 people age 65 and older (10.7%) has Alzheimer's. Almost two-thirds of Americans with Alzheimer's are women. Older Black Americans are about twice as likely to have Alzheimer's or other dementias as older Whites.



Discoveries and Innovation

- 1. Immunotherapy:** involves using the body's own immune system to target and remove abnormal protein deposits in the brain that are associated with Alzheimer's disease.
- 2. Gene therapy:** involves modifying genes in the brain to reduce the accumulation of amyloid and tau proteins, which are hallmarks of Alzheimer's disease.
- 3. Stem cell therapy** involves using stem cells to replace damaged or dead cells in the brain.
- 4. Nutritional interventions:** Some studies suggest that certain dietary interventions, such as the Mediterranean diet, may help to reduce the risk of Alzheimer's disease or slow its progression.
- 5. Cognitive training:** involves using computer-based games and exercises to improve cognitive function in people with Alzheimer's disease.

Conclusion

In conclusion, while there is currently no cure for Alzheimer's disease, there are several innovative treatments that offer hope for the future. These include immunotherapy, gene therapy, stem cell therapy, nutritional interventions, and cognitive training. Continued research into these approaches will be crucial in developing effective treatments for this devastating disease.

References

Data was obtained from:
The Centers for Disease Control and Prevention
PUBMED
WedMD
Mayo Clinic

