



Discover 2 Surprising Dementia Risk Factors, Totaling 14 on List

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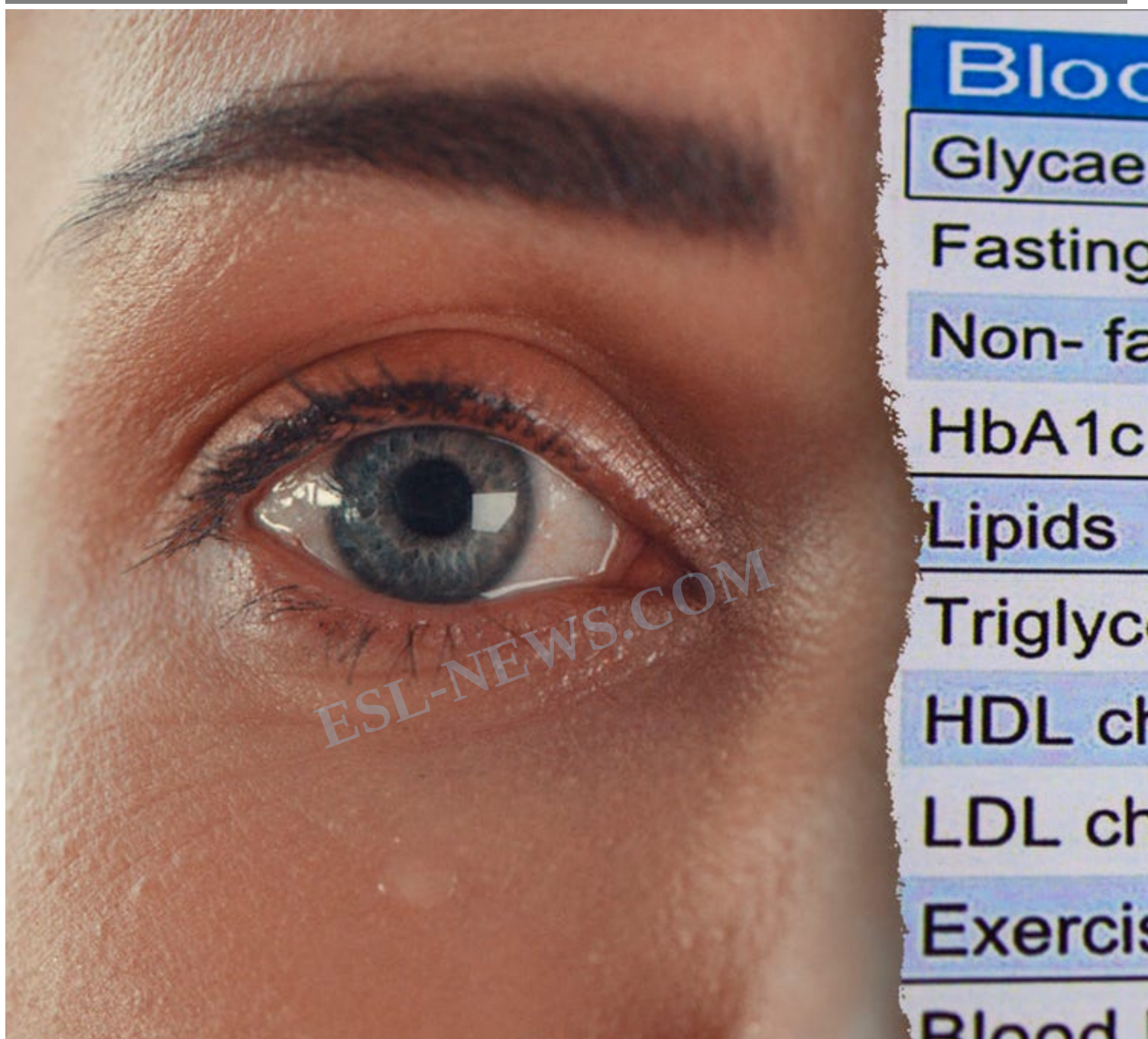
A recent study has uncovered two unexpected new risk factors for Alzheimer's disease.

Untreated vision loss and elevated levels of LDL cholesterol have been associated with a heightened risk of developing this prevalent form of dementia.

Low-density lipoprotein (LDL), commonly referred to as "bad cholesterol," is correlated with detrimental health outcomes when present in excessive quantities.

AN ASSOCIATION BETWEEN HIGH BLOOD PRESSURE AND ALZHEIMER'S DISEASE HAS BEEN IDENTIFIED, ACCORDING TO A STUDY

The study, led by researchers from University College London and published in The Lancet on Aug. 10, was also presented at the Alzheimer's Association International Conference (AAIC) in Philadelphia on July 31.



Untreated vision loss and high levels of LDL cholesterol have been linked to a greater chance of developing Alzheimer's. (iStock)

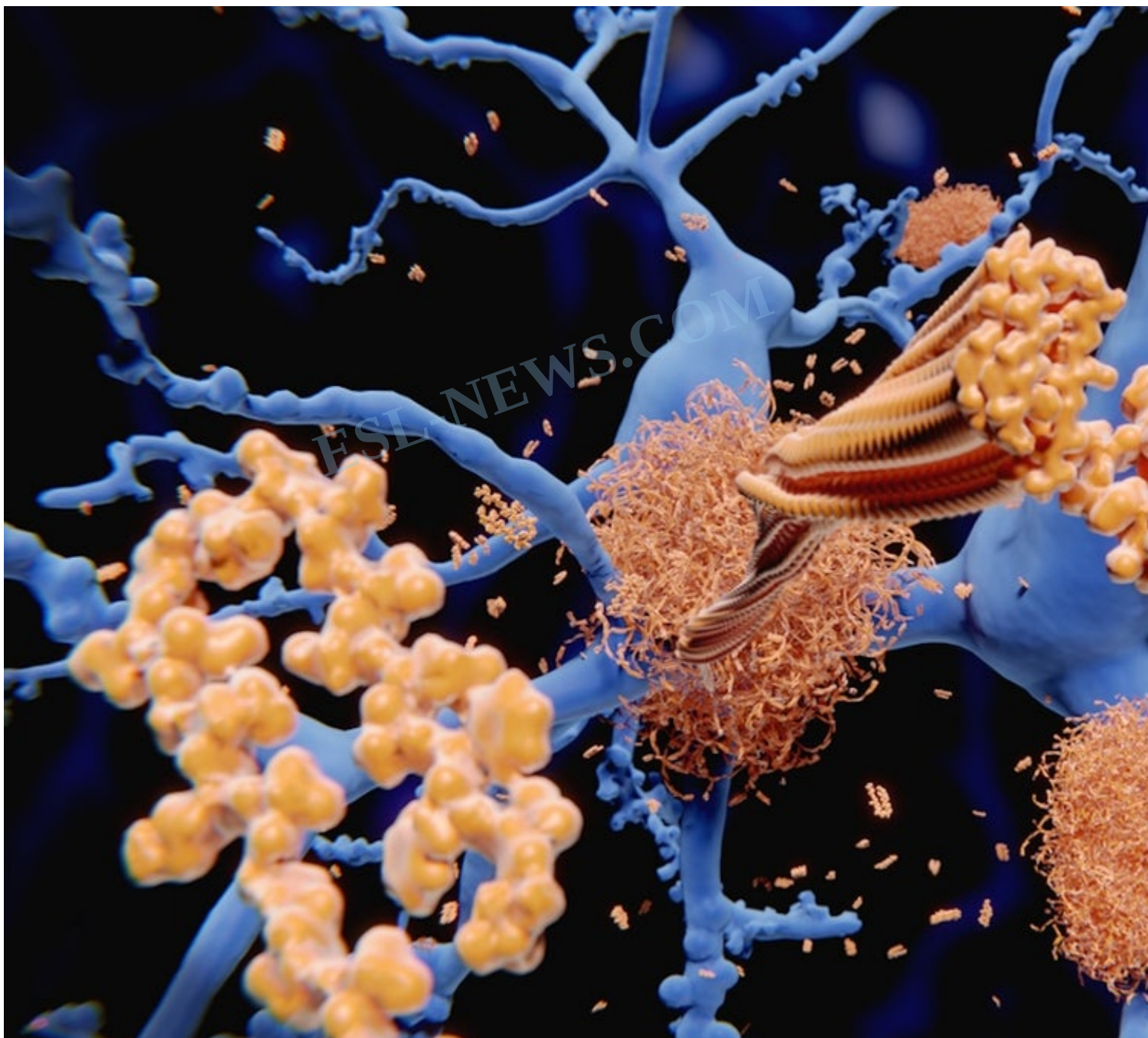
The identification of vision loss and high LDL cholesterol adds to a prior list of 12 risk factors identified by the researchers in 2020.

These 12 factors encompass hearing loss, limited education, smoking, hypertension, obesity, sedentary lifestyle, depression, diabetes, excessive alcohol consumption, air pollution, traumatic brain injury, and social isolation.

ARTIFICIAL INTELLIGENCE ACCELERATES DEMENTIA DIAGNOSIS BY TAPPING INTO 'HIDDEN INFORMATION' IN BRAIN WAVES

To identify these novel risk factors, the researchers evaluated numerous recent studies on vision loss and elevated cholesterol levels.

The researchers noted that these 14 factors are accountable for almost half of global dementia cases, suggesting that eliminating them could prevent a significant number of cases.



About half of all Alzheimer's cases can be attributed to 14 total factors, the researchers stated. (iStock)

"Some dementia risk factors, such as alcohol consumption and physical exercise, can be managed by



altering your lifestyle, but many necessitate intervention at a societal level," stated Fiona Carragher, chief policy, and research officer at the Alzheimer's Society in the U.K., in a news release.

(The study was partly funded by the Alzheimer's Society.)

"Social isolation, educational disparities, and environmental pollution are outside of individuals' control and necessitate public health interventions and collaborative efforts between governing bodies and industry."

"I often advise patients, 'If it's good for the heart, it's beneficial for the brain.'"

Although not directly involved in the study, Dr. Earnest Lee Murray, a certified neurologist at Jackson-Madison County General Hospital in Jackson, Tennessee, asserted that it "substantiates numerous aspects that we have recognized about dementia for several years."

He conveyed to Fox News Digital, "The study published in Lancet indicates that heightened LDL levels (commonly known as bad cholesterol), which often stems from diet and lifestyle selections, are linked to an increased likelihood of dementia progression."

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To avoid vision loss, the U.S. Centers for Disease Control and Prevention (CDC) recommends regular eye examinations. (iStock)

"Genetic elements can contribute to higher LDL levels — nevertheless, even in such cases, dietary adjustments can prove beneficial," he stated.

The neurologist expressed no surprise at the association between vision loss and dementia development.

PEOPLE WITH FAT DEPOSITS IN TWO SPECIFIC REGIONS HAVE A HIGHER RISK OF ALZHEIMER'S AND PARKINSON'S

"It has been long established that well-educated individuals who engage in reading often experience

dementia later in life," Murray stated.

"Our visual faculties are pivotal in experiencing our surroundings and fostering cognitive faculties."

Reducing the Likelihood

In his clinical experience, Murray is frequently questioned about methods to prevent or diminish the chances of developing dementia later in life.

"Patients possess a good understanding of the features of a heart-healthy diet and lifestyle," he conveyed to Fox News Digital.





Low-density lipoprotein (LDL), which is sometimes called "bad cholesterol," is associated with negative health effects when present in high amounts. (iStock)

The brain is an "extremely vascularized organ," as the physician pointed out, indicating a close connection with the heart.

"I routinely advise patients, 'If it's beneficial for the heart, it's advantageous for the brain,'" according to Murray.

A BLOOD TEST FOR ALZHEIMER'S DETECTS THE DISEASE WITH 90% ACCURACY DURING ROUTINE MEDICAL APPOINTMENTS: RESEARCH

"This encompasses not only dietary alterations, such as adopting diets low in fat and cholesterol, but also lifestyle adjustments, including quitting smoking and drinking."

There is also evidence supporting the advantages of the Mediterranean diet in delaying the onset of dementia, as mentioned by Murray.

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Vocabulary List:

1. **Admittance** /əd'mɪt.əns/ (noun): The process of allowing entry or access to a place or service.
2. **Association** /ə,səʊ.si'eɪ.ʃən/ (noun): A connection or relationship between two or more entities.
3. **Prevalent** /'prev.ə.lənt/ (adjective): Widespread or commonly occurring in a particular area or at a particular time.
4. **Detrimental** /,detrɪ'mɛntl/ (adjective): Causing harm or damage.
5. **Elevated** /'el.i.veɪ.tɪd/ (adjective): Raised to a higher position or level.
6. **Intervention** /,ɪntə'veɪnjən/ (noun): The act of interfering or intervening in a situation to change its outcome.

Comprehension Questions

Multiple Choice

1. What are the two unexpected risk factors associated with Alzheimer's disease?

Option: Untreated vision loss and elevated levels of LDL cholesterol



- Option: Low physical activity and poor diet
- Option: High blood pressure and diabetes
- Option: Genetic factors and smoking

2. Which type of cholesterol is commonly referred to as "bad cholesterol"?

- Option: HDL cholesterol
- Option: VLDL cholesterol
- Option: LDL cholesterol
- Option: Triglycerides

3. What percentage of global dementia cases are accounted for by the 14 identified risk factors?

- Option: 25%
- Option: 50%
- Option: 75%
- Option: 90%

4. Who asserted that the study "substantiates numerous aspects that we have recognized about dementia for several years"?

- Option: Dr. Earnest Lee Murray
- Option: Fiona Carragher
- Option: University College London researchers
- Option: Jackson-Madison County General Hospital

5. Which lifestyle factor is mentioned as preventable by altering habits?

- Option: Social isolation
- Option: Traumatic brain injury
- Option: Limiting education
- Option: Excessive alcohol consumption

6. What type of diet is mentioned as delaying the onset of dementia?

- Option: Keto diet
- Option: Vegetarian diet
- Option: Mediterranean diet
- Option: Paleo diet

Answer

Multiple Choice: 1. Untreated vision loss and elevated levels of LDL cholesterol 2. LDL cholesterol 3. 50% 4. Dr. Earnest Lee Murray 5. Excessive alcohol consumption 6. Mediterranean diet



Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What are different forms of a virus called?
Option: A. Mutations
Option: B. Adaptations
Option: C. Variants
Option: D. Transformations
2. What can arise as a result of untreated medical conditions?
Option: A. Complications
Option: B. Symptoms
Option: C. Recoveries
Option: D. Diagnoses
3. What term describes something that is harmful or damaging?
Option: A. Detrimental
Option: B. Beneficial
Option: C. Neutral
Option: D. Supportive
4. What word best describes actions taken in advance to prevent issues?
Option: A. Proactive
Option: B. Reactive
Option: C. Passive
Option: D. Inactive
5. If something is widespread or commonly occurring it is described as being:
Option: A. Rare
Option: B. Uncommon
Option: C. Prevalent
Option: D. Isolated
6. What term refers to the act of interfering with a situation to modify its outcome?
Option: A. Noninterference
Option: B. Intervention
Option: C. Abstinence
Option: D. Omission
7. What characteristic describes the ease with which a disease can be transmitted from one person to



another?

- Option: A. Infectiousness
- Option: B. Contagiousness
- Option: C. Treatment
- Option: D. Prevention

8. What term refers to the brain's ability to change and adapt over time?

- Option: A. Solidity
- Option: B. Rigidity
- Option: C. Plasticity
- Option: D. Stability

9. Which word is used to describe individuals or entities that initiate new developments or ideas?

- Option: A. Following
- Option: B. Pioneering
- Option: C. Traditional
- Option: D. Conventional

10. What term describes the state of being active or in motion?

- Option: A. Passivity
- Option: B. Activity
- Option: C. Stagnation
- Option: D. Restfulness

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The doctor noted an _____ heart rate in the patient.

12. Airport security emphasized the need for constant _____ in detecting potential threats.

13. The successful _____ of the new software system greatly improved efficiency.

14. The company recorded a _____ increase in profits this quarter.

15. The _____ procedure required a longer recovery time for the patient.

16. The artist created a _____ painting with vibrant colors and abstract shapes.



17. The doctor explained the strong _____ between smoking and lung cancer.
18. The IT department upgraded the company's computer _____ to improve connectivity.
19. The sudden _____ of the new technology took the market by storm.
20. Only authorized personnel were granted _____ into the restricted area.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Regular exercise is important to maintain a healthy lifestyle.
22. The doctor prescribed antibiotics to treat the bacterial .
23. The security guard remained throughout the night patrol.
24. The professor's research focused on the processes involved in decision-making.
25. The spa offered a range of treatments to help guests relax and rejuvenate.
26. The scientist's discovery was hailed as a advancement in the field of medicine.
27. People infected with the virus may remain and unknowingly spread the disease.
28. The new technology has the potential to traditional business models.
29. Health officials are monitoring the of the influenza virus in the community.
30. Skipping breakfast can have effects on one's metabolism.

Answer

Multiple Choice: 1. A. Mutations 2. A. Complications 3. A. Detrimental 4. A. Proactive 5. C. Prevalent 6. B. Intervention 7. B. Contagiousness 8. C. Plasticity 9. B. Pioneering 10. B. Activity

Gap-Fill: 11. elevated 12. vigilance 13. implementation 14. substantial 15. invasive 16. psychedelic 17. association 18. network 19. emergence 20. admittance

Matching sentence: 1. Activity 2. Infections 3. Vigilant 4. Cognitive 5. Therapeutic 6. Groundbreaking 7. Asymptomatic 8. Disrupt 9. Prevalence 10. Detrimental



CATEGORY

1. Health - LEVEL6

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