73 % concerned about Alzheimer's Transcript

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Introduction to cognition and the summit

Hi, it's Dr. Sklar with the Thought of the Week. This week, it's about cognition, which, as you know, is one of my favorite topics. I recently was on a menopause summit called Menopausus is a Trip.

It was a great summit, and I spoke about hormones and cognition of course, my two favorite topic. At the end of the menopus summit in which 5,000 people participated, a survey was done to find out what the biggest health concerns were of people who had listened to the summit.

Brain health concerns and dementia risk

And, not surprisingly, 73% of the respondents said the areas of brain function, cognitive health, and memory were their biggest health concerns. And rightly so.

Two-thirds of people with Alzheimer's disease are women. One in three people will die with alzheimer's or some other form of dementia. We expect a huge rise in the number of cases of Alzheimer and other types of Many families are overwhelmed caring for people with these problems.

It drains resources, time, and of course creates broken hearts over what used to be and is no more. I can't sit idly by and let this happen. We know the things that you can do for prevention.

Prevention strategies for protecting cognition

Our series is all about telling you exactly what to do to put yourself in a great position to keep your brain health going for years and years to come.

So I've spoken about exercise in these videos. I talked about sleep. Nutrition is another really big factor. One thing you can do right now is cut out the sugar and the refined carbs.

They are death for your brains. they're not good for heart and blood vessels either. But if the main thing that you are worried about, as were 73 percent of the people on the summit, You need to stop eating sugar and refined carbohydrates.

Cutting sugar and refined carbs

What does that mean? Things made with white flour. Bread, pasta, crackers, cookies, pretzels, all types of snack food. Refined carbs are all around. They're difficult to avoid.

You really have to make a concerted effort to substitute something else. So start thinking about celery with peanut butter or almond butter. Apples with nut butters, nuts for a snack, turkey roll-ups, you know, just using lettuce and turkey.

There are many, many things you can do to substitute for what you think you cannot do without.

Healthy snack and meal substitutions

So you don't have to have sandwiches. You can have salads. We have other options for snacks. And I'm telling you, this is one of the most important things that you do keep your brain going in a healthy way.

I'll be continuing to give you tips every week on how to maintain your brain health well into old age. I'm on a mission

to help a million women keep their brains healthy into age, so help me out with that.

Thank you.