Dr. Worden - CBS News Spot for Alzheimer's Awareness Month Transcript

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World Alzheimer's Month Introduction

Personal Family Experience With Alzheimer's

Arizona Prevalence and Aging Population

Family History and Genetic Risk

Distinguishing Dementia From Normal Aging

Warning Signs and When to Get Checked

Testing and Early Detection Tools

Supportive Therapies and Brain Health

[Music] [Music] thank you Steven September is World thank you Steven September is World Alzheimer's month an opportunity to Alzheimer's month an opportunity to raise awareness about the disease raise awareness about the disease demystify it and learn how to support a demystify it and learn how to support a person living with it so Dr Warden is person living with it so Dr Warden is joining us today she is from the Arizona joining us today she is from the Arizona naturopathic Medical Association good naturopathic Medical Association good morning and thanks so much good morning morning and thanks so much good morning thank you so Alzheimer's something thank you so Alzheimer's something that's close to my family my grandmother that's close to my family my grandmother currently has Alzheimer's and it is currently has Alzheimer's and it is really a difficult disease and it really a difficult disease and it affects so many people because the whole affects so many people because the whole family is involved how many people here family is involved how many people here at Arizona have it and and what's your at Arizona have it and and what's your message to them as they they struggle message to them as they they struggle and battle through it right now in and battle through it right now in Arizona it's known about 200 000 people Arizona it's known about 200 000 people now I will say that's the known because now I will say that's the known because the disease starts sometimes 20 years or the disease starts sometimes 20 years or longer before you even have your symptom longer before you even have your symptom so I will tell you that it's got to be so I will tell you that it's got to be more than two hundred thousand the other more than two hundred thousand the other thing about Arizona too compared to the thing about Arizona too compared to the rest of the nation is that in the next rest of the nation is that in the next couple of years we we're going to couple of years we we're going to increase about 34 percent and that's due increase about 34 percent and that's due to the population that we have here with to the population that we have here with our aging Baby Boomers so we have a our aging Baby Boomers so we have a health care health care issue and caregiving in Arizona that we issue and caregiving in Arizona that we need to look at I knew with my need to look at I knew with my grandmother she worked out five days a grandmother she worked out five days a week she had a plant-based diet right week she had a plant-based diet right very healthy and so when we saw her very healthy and so when we saw her cognitive decline we were surprised cognitive decline we were surprised because we said oh she did everything because we said oh she did everything right she was a reader crosswords so is right she was a reader crosswords so is is there is it heredity hereditary are is there is it heredity hereditary are there things you I mean what's the cause there things you I mean what's the cause of it there are many potential causes of it there are many potential causes but one that we do know of that but one that we do know of that increases the risk is an apoe Gene if increases the risk is an apoe Gene if you have a family history and you have you have a family history and you have the apo44 gene your risk increases more the apo44 gene your risk increases more than the normal 20 percent for women and than the normal 20 percent for women and 10 percent for men so it already 10 percent for men so it already increases if we have genetics but there increases if we have genetics but there are other things that can cause dementia are other things that can cause dementia and Mild cognitive decline that we can and Mild cognitive decline that we can do something about so there's a do something about so there's a difference dementia cognitive decline is difference dementia cognitive decline is not part of natural aging first of all not part of natural aging first of all we can do something sometimes it's a we can do

something sometimes it's a vitamin deficiency sometimes it's vitamin deficiency sometimes it's thyroid there are things that can cause thyroid there are things that can cause dementia type symptoms that can be dementia type symptoms that can be corrected but when it's Alzheimer's we corrected but when it's Alzheimer's we don't have great treatments at this time don't have great treatments at this time we have some that are interesting though we have some that are interesting though and and in the works hopefully changes and and in the works hopefully changes in the years to come so if you have in the years to come so if you have noticed a cognitive decline maybe in noticed a cognitive decline maybe in your parents or grandparents what do you your parents or grandparents what do you do and how do you know oh this is this do and how do you know oh this is this is something serious or this is just old is something serious or this is just old age most people ignore the symptoms they age most people ignore the symptoms they don't want to know in fact the don't want to know in fact the statistics show even if you're having statistics show even if you're having those symptoms nobody wants to go to the those symptoms nobody wants to go to the doctor first they're afraid of a doctor first they're afraid of a misdiagnosis or treatment that really misdiagnosis or treatment that really hasn't shown to be beneficial anyway hasn't shown to be beneficial anyway they don't want the stigma they want to they don't want the stigma they want to know because they want to know know because they want to know within within that short time period of five to ten that short time period of five to ten years that they want to get to their years that they want to get to their bucket list and plan with their family bucket list and plan with their family but they're afraid to go to the doctor but they're afraid to go to the doctor and the doctors really aren't utilizing and the doctors really aren't utilizing all the tools that we have such as pet all the tools that we have such as pet scans and biomarkers most doctors don't scans and biomarkers most doctors don't even Primary Care don't even know about even Primary Care don't even know about these types of tests that we can be these types of tests that we can be running to see are we at risk running to see are we at risk so as far as I know like not paying so as far as I know like not paying bills on time for getting you know where bills on time for getting you know where the grocery store is things like that the grocery store is things like that should that be a red flag if that's some should that be a red flag if that's some somebody with Grandma Grandpa anything somebody with Grandma Grandpa anything like that two different types one is like that two different types one is more can't remember it's a Memory type more can't remember it's a Memory type and the other one is going to be more of and the other one is going to be more of those cognition type of processes can't those cognition type of processes can't think can't get that name so if you know think can't get that name so if you know if you have a bad night's sleep and if you have a bad night's sleep and you're trying to you know can't speak you're trying to you know can't speak the next day can't grab that word those the next day can't grab that word those are normal but if it's happening on a are normal but if it's happening on a consistent basis you really need to be consistent basis you really need to be checked because some dementias are checked because some dementias are caused by some of the things I talked caused by some of the things I talked about that can be reversed and if it is about that can be reversed and if it is Alzheimer's it if it is that there are Alzheimer's it if it is that there are some things that are showing up in the some things that are showing up in the in this research and I see in my in this research and I see in my practice and those of us that practice practice and those of us that practice like we do looking at the whole body like we do looking at the whole body ketogenic diet hyperbaric oxygen these ketogenic diet hyperbaric oxygen these are shown to be beneficial with are shown to be beneficial with Alzheimer's also music because Alzheimer's also music because Alzheimer's for some reason doesn't Alzheimer's for some reason doesn't damage the part of the brain that damage the part of the brain that remembers music so you not might not remembers music so you not might not remember your family's name or that remember your family's name or that person but you can remember your person but you can remember your favorite song and sing also meditation favorite song and sing also meditation curtain Korea 12 minutes a day has been curtain Korea 12 minutes a day has been shown to help you with your memory your shown to help you with your memory your focus and attention it's mudros it's focus and attention it's mudros it's using your fingers and your brain in a using your fingers and your brain in a certain way curtain kriya everyone look certain way curtain kriya everyone look it up why not do that to start your day it up why not do that to start your day every day in a balanced great way where every day in a balanced great way where you've used your brain in a way that may you've used your brain in a way that may be protective and has been shown to be be protective and has been shown to be beneficial Dr Borden we appreciate your beneficial Dr Borden we appreciate your time and insight this morning thanks so time and insight this morning thanks so much for joining us on a Sunday thank much for joining us on a Sunday thank you