Olive Oil May Reduce the Risk of Dementia-Related Deaths (NEW STUDY!) Transcript

(Transcripts are generated by AI and may contain errors)

Study Overview and Cohort Details

Olive oil might just be really good for our brain health. This new analysis from the Harvard Nurses Health Study and Health Professionals Follow-Up Study looked at olive oil consumption and the risk of dementia-related deaths.

They followed over 92,000 health professionals in America for 28 years and collected their diet, lifestyle, and health information every two to four years.

Olive Oil Intake and Lower Dementia Risk

they found that those who consumed at least seven grams or about one and a half teaspoons of olive per day had a 28% lower risk for dementia related deaths compared to those who rarely or never consumed olive oil.

And each 5 grams or about 1 teaspoon was associated with a 9% lower risk. These results were consistent amongst most subgroups, whether smokers, non-smokers exercisers less active individuals and so on.

But one notable finding is that the results for most clear amongst those with the APOE4 gene which is a risk factor for Alzheimer's disease.

Gene Subgroups and Diet Quality

Now that doesn't necessarily mean that olive oil isn't beneficial for those without that genetic variant, but it's just not clear whether it is or isn t because the results were not statistically significant.

Another important point to make is that Olive oil appeared to be beneficial regardless of diet quality, so the appear to be explained by those who consume more olive oil just eating healthier overall.

And finally what olive Oil replaces in the diet is also important. They found that substituting five grams of olive-oil daily in place of margarine or mayonnaise could result in a 10% lower risk while the replacement of butter or vegetable oils did not yield any significant results.

What Olive Oil Replaces and Possible Mechanisms

But I should note that in the earlier years of this study, the margarines may have contained a lot of trans fats. So the results may not apply to the trans fat free margarnes that are on shelves today.

And as for how olive oil enacts its benefits, The authors speculate on many mechanisms, including the polyphenols in olive, oil improving inflammation, oxidative stress, and blood brain barrier function.