Study: Financial missteps could signal future dementia Transcript

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Intro

Financial errors

The human brain

The brain can regenerate

Overthecounter treatments

What can we do

pleasure to be talking with dr al pleasure to be talking with dr al johnson uh getting up early with us out johnson uh getting up early with us out in dallas in dallas internal medicine and an expert on brain internal medicine and an expert on brain health and dementia health and dementia and god knows we could use it these days and god knows we could use it these days uh so financial errors he says can be a uh so financial errors he says can be a sign of dementia sign of dementia and uh dr johnson welcome aboard i think and uh dr johnson welcome aboard i think you're making our your debut with us as you're making our your debut with us as a matter of fact a matter of fact well thank you it's my privilege what well thank you it's my privilege what are the if so financial errors can be are the if so financial errors can be assigned a dimension now how did we come assigned a dimension now how did we come to that conclusion to that conclusion well there was a study done and well there was a study done and published in the journal american published in the journal american medical association medical association adults living alone adults living alone over 20 years and they looked at like 80 over 20 years and they looked at like 80 patients or eighty thousand people and patients or eighty thousand people and they found that they found that there was a fairly high incidence of there was a fairly high incidence of late payments late payments uh on those people when they went back uh on those people when they went back and looked at him and looked at him they did have early dementia and they they did have early dementia and they said it was said it was sometimes occurring as much as six years sometimes occurring as much as six years before the patient was really diagnosed before the patient was really diagnosed wow so um and wow so um and financial errors what do we mean by that financial errors what do we mean by that well like leg payments uh they basically well like leg payments uh they basically based on late payments based on late payments on the your credit score and uh on the your credit score and uh so they had late payments not paying so they had late payments not paying their bills not paying attention to their bills not paying attention to financial financial financial situations and uh situations and uh they just weren't taking care of they just weren't taking care of themselves because of their brain their themselves because of their brain their brain wasn't working brain wasn't working they weren't vigilant in paying they weren't vigilant in paying attention to what they needed to pay attention to what they needed to pay attention to attention to financially dr al johnson with us he's financially dr al johnson with us he's an internal medicine an internal medicine expert on the brain health and dementia expert on the brain health and dementia uh dr johnson it's been said that uh uh dr johnson it's been said that uh probably the one of the greatest probably the one of the greatest creations of the universe is the human creations of the universe is the human brain and we'll be brain and we'll be and we'll be able to figure out just and we'll be able to figure out just about everything but itself is that about everything but itself is that pretty much what you pretty much what you what you found out in your research yeah what you found out in your research yeah exactly exactly exactly if we don't have a brain we don't have if we don't have a brain we don't have maintaining our brain is important for maintaining our brain is important for life and life and when it does slip it makes sense to find when it does slip it makes sense to find out what's out what's going on some people have vascular going on some people have vascular dementia dementia dementia where they're getting less circulation where they're getting less circulation to the brain uh to the brain uh that can be due to blood vessel disease that can be due to blood vessel disease either carotid disease or maybe due to either carotid disease or maybe due to microvascular disease microvascular disease in the brain there are in the brain there are different nutrients that can help to different nutrients that can help to calm down the inflammation calm down the inflammation uh nitro dioxide precursors uh nitro dioxide precursors there are some medications and then i there are some medications and then

i have an outpatient hyperbaric center have an outpatient hyperbaric center where those vascular dementia people uh where those vascular dementia people uh get into the hyperbaric chamber get into the hyperbaric chamber just like a chamber they use for diving just like a chamber they use for diving accidents where you increase accidents where you increase oxygen to the brain by 10 times with the oxygen to the brain by 10 times with the bends and over a period bends and over a period period of time you get new vascular uh period of time you get new vascular uh cure formed and uh cure formed and uh increase the oxygen and brain function increase the oxygen and brain function wow how cool is that wow how cool is that because you know once upon a time doctor because you know once upon a time doctor they said that you know the brain really they said that you know the brain really couldn't remanufacture itself couldn't remanufacture itself well the older you get it gets less well the older you get it gets less plastic or plastic or acidity the ability to regenerate but acidity the ability to regenerate but yes the brain can regenerate uh we see yes the brain can regenerate uh we see that with the that with the dementia we see that with traumatic dementia we see that with traumatic brain injury brain injury uh strokes uh that there's uh strokes uh that there's a area of idle cells a area of idle cells around the stroke area around the dead around the stroke area around the dead area and uh area and uh that regenerates that you can wake that that regenerates that you can wake that up up up get a good response and what do you get a good response and what do you think of these uh over-the-counter think of these uh over-the-counter medicines or over counter treatments and medicines or over counter treatments and things like prevagen and all do those things like prevagen and all do those actually do those actually work with actually do those actually work with memory and things like that memory and things like that have you seen any any sign that those have you seen any any sign that those those really are as effective as they those really are as effective as they say they are say they are well you know they wouldn't be saying it well you know they wouldn't be saying it uh uh uh without being allowed to say it and some without being allowed to say it and some studies behind it right studies behind it right i have patients that take it and say yes i have patients that take it and say yes it does help them it does help them so uh i sure think it's so uh i sure think it's worth a try sure and see what what your worth a try sure and see what what your own own own results are with it the the other thing results are with it the the other thing the older people like this that are the older people like this that are single by themselves sometimes they're single by themselves sometimes they're taken advantage of taken advantage of by crooks where they try to get them to by crooks where they try to get them to invest in shams invest in shams and send them money and this happened to and send them money and this happened to my wife's great aunt my wife's great aunt where she was going to walmart uh where she was going to walmart uh make making out uh checks to make making out uh checks to uh an individual that was just scamming uh an individual that was just scamming her money her money wow and she was getting money orders of wow and she was getting money orders of what she was doing right and sending what she was doing right and sending them them them to them uh some similar thing happened to them uh some similar thing happened by my mother-in-law by my mother-in-law uh so i i know how that can happen uh dr uh so i i know how that can happen uh dr al johnson al johnson and uh and quickly doctor do you see and uh and quickly doctor do you see anything uh on the horizon that's anything uh on the horizon that's helping out with things like alzheimer's helping out with things like alzheimer's well they're they're working on it to well they're they're working on it to try to figure out what does try to figure out what does help with it one of the studies shows help with it one of the studies shows that if you keep your brain active that if you keep your brain active is a big thing that is a big thing that maintain the activity uh volunteering maintain the activity uh volunteering uh playing games uh uh playing games uh music across all those things crossword music across all those things crossword puzzles helps delay it right crossword puzzles helps delay it right crossword puzzles ruku things like that um ruku things like that um help out too exactly exactly all right help out too exactly exactly all right sir dr johnson where do we go for more sir dr johnson where do we go for more information information information uh you can go my website uh you can go my website johnsonmedicalassociates.com johnsonmedicalassociates.com johnsonmedicalassociates.com all right sir thank you very much all right sir thank you very much pleasure having you with us we'll stay pleasure having you with us we'll stay in touch in touch oh you're welcome thank you all right oh you're welcome thank you all right