



Insulin Resistance

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“Age is NOT how old you are—but how many years of fun you’ve had.”
 ~ Matt Maldre



Progressive In-Home Care

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fit FOR thought

Too Much Toxin Exposure?



The sustainability of our environment is directly connected to the sustainability of our health. Our addiction to energy, industrialization, and the millions of pounds of chemicals and heavy metals released every year into our environment should make us all stop and think about how we live. We inhale poisons, we ingest toxins, we absorb toxins through our skin, we are exposed to toxic electromagnetic fields and radiation.

Most of the time we don't sense these toxins, so we don't even have a chance to avoid them. But there is growing evidence that many of them contribute to dementia.

The Detox powerhouses:

- Plants have evolved many protective defenses thru phytonutrients support detoxification. Eat plenty of cruciferous vegetables such as cabbage, broccoli, collards, radish to name a few. Eat at least 2 cups each day. Eating organic is always best. However, several liquid formulas exist to rinse non-organic vegetables prior to eating.
- Include turmeric and curry in your daily diet
- One or two cups of green tea per day boosts live detoxification. Also increases the bodies own internal detox system glutathione.
- High-quality sulfur-containing proteins or foods such as eggs, garlic, a few cloves everyday and onions

Saunas and heat therapies are an ancient method of cleansing. Today the Environmental Protection Agency has shown that sauna therapy increases excretion of heavy metals (mercury, cadmium, lead, fat soluble chemicals PCB's PBB's and HCB's).

REMEMBER.....EAT GREEN AND CLEAN!



Julio Cantero, MD
Medical Director
Center for Brain Health

Insulin Resistance....The New Diabetes 3!

High insulin and high glucose are two of the most important risk factors for Alzheimer's disease.

When we eat too much sugar or refined carbohydrates, don't exercise, and are too stressed, our bodies change. At first, we pump more insulin to keep our blood sugar in check. Then our cells must have more and more insulin to keep our blood sugar even. This is called insulin resistance. This syndrome is also called "prediabetes" because it doesn't meet the strict criteria for diabetes, which is blood sugar over 120.. but damage occurs to your brain and blood vessels even before you get diabetes. The name "prediabetes" gives the impression that you are not quite in trouble yet. Nothing could be further from the truth.

People with insulin resistance and most people with Alzheimer's disease can not optimally metabolize either carbohydrates or fats. The mitochondria, the engine of the cell generates its energy from nutrients combining with oxygen. Carbohydrates break down into glucose and fatty acids break down into ketones, the two main energy sources for the brain. When you are insulin resistant, the mitochondria is not metabolizing glucose, hence memory issues surface. Getting your mitochondria to then utilize its other source of energy - ketones- requires a mild ketogenic diet. Mild ketosis, it turns out, is optimal for cognitive function: beta-hydroxybutyrate increases production of the important neuron-and synapse-supporting molecule BDNF (brain derived neurotrophic factor) among other effects. Restoring insulin sensitivity and metabolic flexibility (utilizing both glucose and ketones) are critical for trophic effects of insulin, minimizing inflammation, reducing obesity and lipid storage, improving cardiovascular status and thereby enhancing cognition.

The evidence is indisputable that silent inflammation (operates under the radar of pain) triggers the production of beta amyloid, a hallmark of Alzheimer's disease.

High levels of glucose become toxic to the brain. Pioneering new work out of Harvard and Brown Universities from Drs. Denis Selkoe and Suzanne de la Monte has proven that insulin resistance (prediabetes) is a major factor in starting the cascade of brain damage that steals the memory of over half of people in their eighties, leading to a diagnosis of Alzheimer's disease.

You don't even have to wait until your eighties to start feeling the effects insulin resistance has on your memory. One study of 2632 of men and women over five years published in the *Journal of the American Medical Association* found that those with metabolic syndrome (or insulin resistance) and inflammation had dramatic declines in cognitive function. This is more serious than forgetting your keys. It is called mild cognitive impairment. (MCI). In fact, new brain imaging techniques called a PET scans which look at brain metabolism (cellular function and activity) have found altered and damaged brain function that occurs far in advance of the diagnosis of dementia.

Insulin resistance, the single most important metabolic contributor to Alzheimer's disease development and progression. Fortunately there are many ways to combat insulin resistance. The solution is a very effective combination of diet, exercise, sleep and stress reduction.

JAMA. 2004;292(18):2237-2242. doi:10.1001/jama.292.18.2237

The New Progressive In-Home Care Model



Nicci Kobritz, CEO
Youthful Aging Home Care

The home care needs of individuals coming into long-term care are changing rapidly. Home care providers understand the threat cognitive and physical impairment has on the ability of our clients to perform daily activities and to continue to live independently. Frailty results from physiologic decline of the brain, endocrine, immune, and skeletal systems resulting in increased hospitalizations, decreased functional status, and eventual institutional death. Statistics support this need for change.

- Frailty affects 7% of individuals aged 60-69 years and grows to 65% for people age 90 and older.
- One in four Americans has multiple chronic conditions, those that last a year or more and require ongoing medical attention or that limit activities of daily living. That number rises to three in four Americans after age 65.
- One in 10 people age 65 and older have Alzheimer's disease; that number grows to 82% by age 75.
- Dementia affects 14% of people age 71 and older – 70% will live at home.

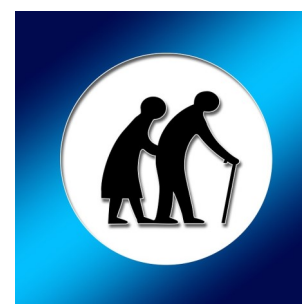
While the traditional model continues to manage the progression of decline until people end up in a skilled nursing facility or memory unit, the Progressive Model facilitates greater independence, focusing on the underlying factors associated with frailty, dementia, and their progression.

The Progressive Model, through its integrated wellness program, focuses on modifiable risk factors:

- Chronic Conditions: micromanaging chronic conditions that are unstable and known to compromise the integrity of the brain.
- Prevention Screenings: sleep apnea, depression, memory, stress, vision, and hearing exams.
- Nutritional Deficiencies: nutritional analysis to include homocysteine levels, vitamin D, folate, B-12, and magnesium.
- Mediterranean Diet: increasing levels of antioxidant-rich fruits and vegetables that reduce silent inflammation.
- Exercise: balance and resistance training at least 20 minutes a day, 3-4 days a week.
- Cognitive Therapy: focusing on mental stimulation programs geared to stabilizing or improving short-term memory.
- Care Management: integrated into the plan of care and carried out by trained proactive caregivers who are supervised by specially trained nurses.

Beginning the process of change can be challenging for the home care provider and requires the willingness of each client to participate. The art of practicing home health begins one client at a time. As clients slowly move along the wellness continuum and improvements are experienced, routines change, and motivation improves.

* Statistics Reference: Alzheimer's Association; CDC; Aged and Aging





Introducing "On Your Side" by our New YA Advocate—Sheila Birnbaum *How Do I pick The Best Hospital?*

Answer: If you have a medical emergency, you'll want to go to the closest hospital possible, of course. But if you have time, it's like the old song says "you better shop around." Just like restaurants or televisions, each hospital is a little bit different. Studies have shown that some hospitals actually do a better job than others of taking care of patients with certain health problems.

As soon as you find out you're in need of hospital care, it's time to become Dr. You and get serious about your hospital search. You'll want to find one that:

- Has good outcomes for treating your condition
- Shares information about their quality & safety performance
- Accepts your health insurance
- Meets other needs you have, such as being close to family

Begin by finding out which hospitals your doctor works with on a regular basis and ask whether one is better than the other for people with medical issues and personal preferences like yours.

Then go online to research. One suggestion is Medicare's hospital compare web tool: www.medicare.gov/hospitalcompare. There you can compare hospitals on their performance and read survey results to see how well patients do during and after their stay or call 1-800-medicare for information you'd find on hospital compare. Another good source of quality and safety of care reporting is the leapfrog: www.leapfroggroup.org You can also go online or call your final group of hospital candidates to learn more about how often your procedure at their hospital (the more often, the better), their experience with your condition, and information about insurance and billing policies.

You should also inquire about the training and background of the doctor who will be treating you if it is not your regular physician.

Take the information you gather and discuss all of it with your health care advisory team. This can include your family, friends and your doctor. But keep in mind that only Dr. You can make the final call about the best place for you.

Sheila Birnbaum's professional career has been devoted to enhancing patient care. As the Director of the Patient Advocacy Program at Robert Wood Johnson University Hospital (RWJUH), Hamilton, NJ, she instituted numerous programs, many which received statewide recognition, including several prestigious rewards.

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