



## Alzheimer’s disease: Its connection to what we Eat, How Our Metabolism’s Work and Type 2 Diabetes Mellitus: A Discussion of the Current Evidence

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### Abstract:

Alzheimers Disease (AD) is a disease that has challenged and confused medicine, its top minds and medical research teams possibly the most of all diseases: it has been studied for decades, has acquired massive funding amounting to billions of dollars globally and yet, to date, it feels like we are not getting any closer to an effective medical treatment for the disease. At times, it feels as if it is the most elusive disease on the planet! Substantial epidemiological evidence clarifies and indicates that Type 2 Diabetes Mellitus (T2DM) is undeniably associated with cognitive impairment. Simply put, this is due to a failure in the action of glucose absorption in the neurons for energy production. (1)

As part of the work that we do at the Nutrition Network, we would like to better address the association between AD, cognitive decline and its link to diet and lifestyle, with a focus on the carbohydrate imbalance in the Standard Recommended Diet. I will be giving a review of the current and emerging trends in this area and sharing a sample of patient data where possible.

In this talk I will explore the following topical areas, many covered in the article I published in the SA Psychiatry Journal in 2018, updated with new areas and inputs. (9)

There is early evidence that the adaptation to a ketogenic diet and the use of blood ketones as energy is associated with overall neurological and vascular health (2 & 3).

Using South Africa and its metabolic health problems as a premise for the role that Insulin Resistance (IR) and latter Type 2 Diabetes (T2DM) play in neurological decline. (4)

I will share an analysis of input in this area based on a sample of doctors and physicians trained by the Nutrition Network. The analysis includes varied perspectives based on patient case studies.



I will formulate a recommendation set for required research that is lacking in this area, presenting some pilot data we have worked on in this regard.

### Biography:

Jayne believes research in healthcare needs better funding and strong minds. As the Chief Operating Officer of The Noakes Foundation, she established Eat Better South Africa NPO alongside Prof Noakes and her inspiring colleagues. After realizing the dichotomy between brand research budgets and human health research, she decided to leave the corporate research world and took the leap into medical and biological research to bring her experience in big biz research into new areas to effect change to human health. Jayne is an MBA, High Dip in Marketing and International Relations, graduate. She completed her MBA at Leeds University where she wrote her thesis on the regulation of marketing to children in the food and fast food categories, later conducting digital integration analysis and Pan European media research and strategy evaluation. She is also a Movement Medicine Teacher, a Mind-Body Medicine Practitioner, and a mom.

### Publication of speakers:

1. Kandimalla, R., Thirumala, V., & Reddy, P. H. (May 01, 2017). Is Alzheimer’s disease a Type 3 Diabetes? A critical appraisal. *Bba - Molecular Basis of Disease*, 1863, 5, 1078-1089.

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