

## Alzheimer's disease and its Prevention: Epidemiology

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Alzheimer's disease which is a form of dementia has been one of the deadly disease since 2001. There is no cure and no effective treatment. Alzheimer's disease presents policy-makers with many challenges, including, the cost pressures on long-term medical care worldwide. Alzheimer's disease is a progressive disease of the human brain that is characterized by impairment of memory and a disturbance in at least one other thinking function. When we hear about Alzheimer's disease we automatically think of older people. This is because this disease most often occurs in adults after the age of 65. Statistics show that one in eight individuals will have Alzheimer's after they reach age 65. The purpose of this study is to create awareness of Alzheimer's and how it can be prevented through research that has been made that plenty of omega-3 fats which Evidence suggests that the DHA found in these healthy fats may help prevent Alzheimer's disease and dementia by reducing beta-amyloid plaques and such omega-3 fats can be found mostly in sea food such as salmon, tuna etc. Methodological and theoretical orientation: Alzheimer's disease has always been diagnosed by immunochemical assay directly or indirectly detecting the presence or absence of an apolipoprotein E type 4 (ApoE4) isoform or DNA encoding ApoE4 in the subject. Findings: Initial studies indicated that repetition priming was immune to the effects

of aging and greatly reduced in Alzheimer's disease (AD). As more studies have been performed, however, these initial conclusions appear less clear than before and, in the case of AD, actually misleading. Conclusion: Due to my vivid research since AD cannot be cured or treated but rather prevented awareness should be created and people should encouraged to take more omega- 3 fats since that may prevent AD.

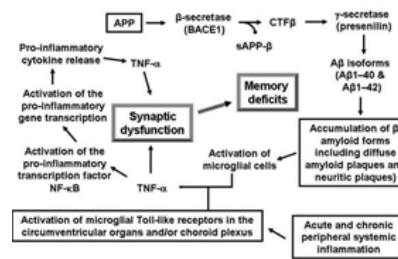


Fig. 1: Showing the mechanism of DHA found in Omega 3 fats reducing beta-amyloid plaques

### Speaker Biography

Seth Omari Mensah is a 4th year student of the Kharkov National Medical University of Ghanaian nationality. He has attended and presented on schistosomiasis with Sustainable Medical Missions (May 2016), and attended numerous conferences held in Ukraine regarding various topics of healthcare. He is researching on tropical diseases to assist Sustainable Medical Missions with their conferences within the continent of Africa.

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