

[IMAGE]

Vitamin E Slows Alzheimer Decline

Alzheimer's is a serious disease that is known throughout the medical community as the most common form of dementia. There is no cure for the disease, which worsens as it progresses, and eventually leads to death. The disease is usually diagnosed in people over 65 years of age, although the less-prevalent early-onset Alzheimer's can occur much earlier.

New research shows although there is no definitive cure, there are ways to slow the progression of this disease.

A recent study published in the Journal of American Medical Association tested to see if Vitamin E will "slow progression of mild to moderate AD" in older patients. At the end of the five year study, researchers concluded that "among patients with mild to moderate AD (Alzheimer disease), 2000 IU/d of alpha tocopherol (Vitamin E) compared with placebo resulted in slower functional decline. These findings suggest benefit of alpha tocopherol (Vitamin E) in mild to moderate AD by slowing functional decline and decreasing caregiver burden."

Talk to your doctor about starting any new supplement.

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