

[IMAGE]

Low Vitamin D = Alzheimer's?

By Editorial Staff

There is no known cure for Alzheimer's disease, a progressive form of dementia characterized by short-term memory loss, confusion, irritability and mood swings, among other symptoms. Despite the lack of a cure for this neurodegenerative disorder, recent evidence suggests a potential link between the condition and low blood levels of vitamin D.

A study published in an August 2014 issue of *Neurology* is the latest to suggest Alzheimer's disease and other forms of dementia are more common in people with vitamin D deficiency. The study involving more than 1,600 elderly adults (age 65 and older) found that the risk of suffering Alzheimer's / dementia increased with the severity of vitamin D deficiency. In other words, lower blood levels of vitamin D equals a higher risk of dementia, including Alzheimer's.

alzheimers - Copyright â Stock Photo / Register Mark While these findings do not necessarily prove vitamin D deficiency causes Alzheimer's (or vice-versa), they do add to a growing body of evidence suggesting a potential link between the two, with additional research needed.

In the meantime, abundant evidence *does* connect adequate vitamin D intake with bone health, cell growth, and immune function; while emerging evidence suggests it could play a role in cancer prevention and other conditions. Talk to your doctor to learn more about the power of vitamin D.

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=2023&no_paginate=true&no_b=true