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Nutrition and dementia

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Eating and having a healthy meal is part of our everyday life and important to everyone, and even to people living with dementia. However, it is almost neglected as area of focus in relation to these diseases. There are many factors that need to be considered in relation to nutrition and dementia, Obesity in mid-life is considered a risk factor for developing dementia in late-life., undernutrition is very common among older people with dementia across the world, evidence had shown that high proportionate intake of cereals, fish, fruits and vegetables within a diet does lower the risk of cognitive decline and dementia, dementia disturbs the central regulation of appetite and metabolism, use of oral nutritional supplements is encouraged to stabilize or even increase the weight of people with dementia. Other ways to enhance the nutrition of elderly people with dementia include training staff in home cares as well as adjusting the design of dining rooms, furniture and tableware to increase appetite. There is currently no evidence of specific nutritional supplementation to modify the course of dementia, but recent discoveries indicate potential for therapeutic benefit and vitamin E (at doses, it may lead to harmful side effects). More ongoing trials are underway to reach further discoveries. The problem of undernutrition in dementia needs much more attention when it comes to research and practice. Studies reviewed by the report indicate that 20-45% of those with dementia in the community experience significant weight loss over one year, and that up to half of people with dementia in care homes have an inadequate food intake.

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