

## 2<sup>nd</sup> World summit on HEALTH NUTRITION

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### **The role of nutrition and diet in Alzheimer disease : prevention and management**

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Nutritional neglect for Alzheimer's patients may lead to complications, many researches shows how nutrition and diet could prevent and manage Alzheimer disease (AD).

The risk of developing Alzheimer's disease increase with age . However, there is growing evidence showing that with age, the development of AD and cognitive decline may have dietary risk factors Nutrition appears to be one of the factors that can play a protective role in Alzheimer's disease. I viewed many researches and studies that talks about the subject, and made a comparison between each of them .

Numerous studies have shown that oxidative stress and the accumulation of free radicals are related to the pathophysiology of the disease.

Several studies have shown that there is a correlation between cognitive abilities and serum concentrations of folate, vitamin B12, vitamin B6, and, more recently, homocysteine. However, nutritional factors should not only be studied individually, but also in conjunction with other factors related to Alzheimer's disease: genetics, estrogens, use of anti-inflammatories, and socioeconomic variables. The purpose of this article is to review the latest research in this field.

#### **Biography**

Halima Aladimi studied at the Lebanese International University with a bachelor in Clinical Nutrition and trained in my field at AISabeen Hospital. I also took several training courses in the field of nutrition and in life skills.I have a high ambition and passion in trying new things and I have participated in many events at my university.

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