



SAVE YOUR MEMORY



Did you know that there are drugs that can affect your memory? Some of the medications that we take regularly for allergies, colds, high blood pressure, and depression may be associated with an increased risk of developing mild thinking and memory problems especially in people who have genetic risk factors for Alzheimer's disease. Some of those medication include:

- Anticholinergic Medications (ex: Benadryl, Oxybutynin, Amitriptyline)
- Psychoactive Drugs (ex: Alcohol, Caffeine, Nicotine)
- Antidepressant drugs (ex: Zoloft, Lexapro, Prozac)
- Anticonvulsants drugs (ex: Phenytoin, Carbamazepine, Valproate)
- Histamine H2 Receptor Antagonists (ex: Pepcid, Zantac)
- Corticosteroids (ex: Prednisone, Dexamethasone)
- NSAIDS (ex: Ibuprofen, Naproxen)
- Cardiac medications (ex: Atenolol, Carvedilol, Metoprolol)

A study published in 2022 called, "Association of anticholinergic medications and Alzheimer's Disease biomarkers with incidence of mild cognitive impairment among cognitively normal older adults", found that over the course of a decade, people with no signs of memory problems who are taking at least one anticholinergic drug were 47% more likely to develop mild cognitive impairment compared to those who were not taking such drugs. Cognitive impairment can be a precursor to dementia.



What lifestyle changes can you make now to help improve your memory?

- Quit smoking
- Exercise
 - 150 minutes of moderate-intensity exercise per week
- Control blood pressure
- Manage blood sugar
- Maintain a healthy weight
- Eat a healthy diet
 - Mix of fruits, vegetables, whole grains, lean meats and seafood, low-fat or nonfat dairy products
 - Limit sugar
- Stay connected with your loved ones
- Treat hearing loss→ Those with mild to moderate hearing loss are 2-3 times more likely to develop dementia!
 - Protect your ears from loud sounds
 - Get hearing aids if needed
 - We can help you with OTC Hearing aids at Bremono!
 - Learn more about hearing aids here!
- Sleep well
- Prevent head injury
- Limit alcohol consumption

Learn more how healthy lifestyle choices can save your memory here!



What about medications that can help with memory? Does Prevagen sound familiar?

Prevagen is made with apoaequorin. Apoaequorin is a calcium binding protein found in luminescent jellyfish. It is used as a dietary supplement that claims to improve memory and verbal learning.

What is the evidence?

- A randomized, double-blind, placebo-controlled study known as The Madison Memory Study, was designed to examine the effect of the active ingredient in Prevagen on memory in older adults. Individuals were separated into two groups: experimental and placebo.
- 218 individuals were include in this study
- No statistically significant results were observed over the entire study population

So what does all that mean?

- Randomized→ individuals were put into groups randomly
- Double -blinded→ the researchers and the participants had no idea who was receiving the medication or the placebo (medication that looks identical to the actual medication, but in this case was just rice flour)
- No statistically significant results likely means that there is no difference in Prevagen vs. placebo observed in this trial

Overall, the best way to help save your memory is to keep yourself healthy by spending time with loved ones, being active, eating healthy and keeping regular check-ups with your doctor!