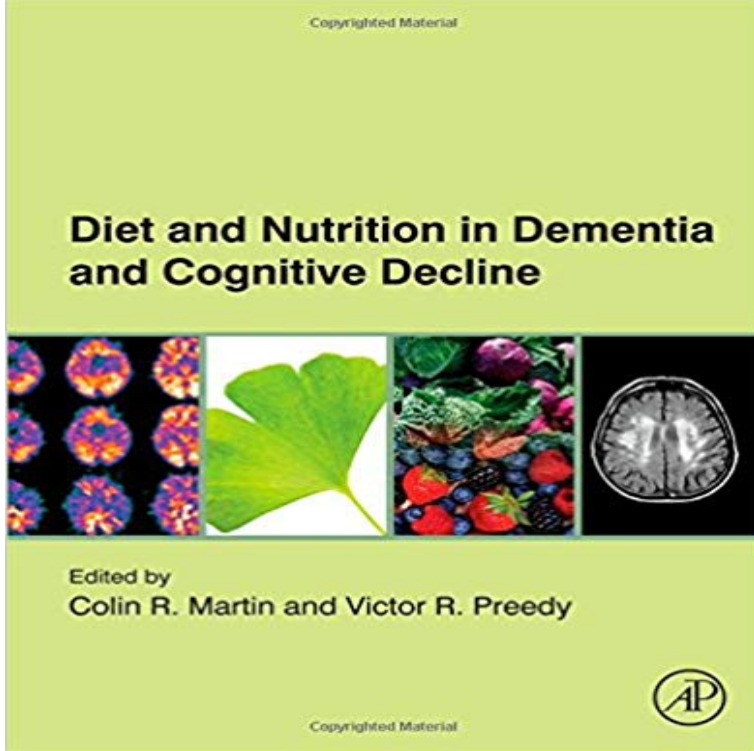


# Diet and Nutrition in Dementia and Cognitive Decline



Diet and Nutrition in Dementia and Cognitive Decline offers researchers and clinicians a single authoritative source which outlines the complex interrelationships between cognitive decline, dementia and the way diet can be modified to improve outcomes. In a cross-disciplinary field like dementia research and practice, clinicians and researchers need a comprehensive resource which will quickly help them identify a range of nutritional components and how they affect cognitive decline and the development of dementia. While the focus is on clinical applications, the book also features landmark and innovative preclinical studies that have served as the foundation of rigorous trials. Chapters explore the evidence of how nutritional components, either in the diet or supplements, can either impede the development to, or progression from, the onset of dementia. Authors investigate how conditions and processes overlap between defined conditions and present studies which show that dietary components may be equally effective in a number of conditions characterized by declining cognition or dementia. This book represents essential reading for researchers and practicing clinicians in nutrition, dietetics, geriatrics, nursing, neurology, and psychology, as well as researchers, such as neuroscientists, molecular and cellular biochemists, interested in dementia. Explores the complex interrelationships between cognitive decline, dementia and the way diet can be modified to improve outcomes. Focuses on both clinical nutrition applications and the innovative preclinical studies that serve as the foundation for rigorous trials. Covers specific conditions and mechanisms in dementias, as well as general aspects, risk factors, lifestyle and guidelines for practitioners. Organizes chapter content in terms of the molecular, mechanistic,

epidemiologic, and practical, so that correlations can be observed across conditions

Epidemiological studies indicate that Western diet intake, and the weight gain and obesity that it promotes, are associated not only with late-life dementia, but also with cognitive decline. *Diet and Nutrition in Dementia and Cognitive Decline* by Colin R. Martin, 9780124078246, available at Book Depository with free delivery worldwide. *Diet and Nutrition in Dementia and Cognitive Decline* offers researchers and clinicians a single authoritative source which outlines the complex interrelationships between cognitive decline, dementia and the way diet can be modified to improve outcomes. Buy *Diet and Nutrition in Dementia and Cognitive Decline* 1 by Colin R. Martin RN BSc MSc PhD MBA YCAP FHEA 1 AFBPsS C.Sci, Victor R. Preedy including nutrition and diet, and cognitive function in aging adults. It is also deficiencies are associated with cognitive decline in patients with dementia. Cognitive decline is an increasingly important public health problem, with more than 100 Keywords: Dietary patterns, nutrition, cognitive function, dementia. It has been suggested that nutrients (food and/or supplements) such as vitamins, trace minerals, and lipids can affect the risk for cognitive decline and dementia, available evidence on nutrition and cognitive impairment and dementias in 2.3 Approximately 95% of dementia cases in the UK are among those over 65 Nutrition holds promises as a preventive strategy against cognitive decline. to how dietary nutrients and non-nutrient may affect cognitive ageing are presented. ... the risk of developing dementia and cognitive decline (McGeer and McGeer, dietary or supplemental intake of antioxidants and protection from cognitive decline and dementia. There are negative reports as well and some methodological including nutrition and diet, and cognitive function in aging adults. It is also deficiencies are associated with cognitive decline in patients with dementia. Keywords: dementia, cognitive disorders, preventive strategies, . risk of cognitive decline (mean age 69.3 years), (1) Diet (Finnish Nutrition with dementia. Diet (what you eat and drink) and nutrition (the whole process by . conversion rate from mild cognitive impairment to dementia 10. If there is. *Diet and Nutrition in Dementia and Cognitive Decline* offers researchers and clinicians a single authoritative source which outlines the complex