

Are You At Risk?

LUMA^{TC}

ONCE-A-DAY, SCORED TABLETS

Alzheimer's Risk Factors Suggesting Preventative Use Of LUMA^{TC} Tablets

As you age, your brain wears individually based on multiple factors & nerve cell death can begin to occur.

- **Age 40 Or Above** - Silently in our 40's nerve cell deterioration can begin to occur in our brain. This "pre-clinical stage" is the time for prevention.
- **Age 65 or older** - Age is the biggest risk factor for Alzheimer's, doubling over 65.
- **Gender** - There are twice as many women as men over 65 with Alzheimer's disease.
- **Genetic Factors** - APOE-4 is the strongest genetic risk factor for Alzheimers disease, MTHFR Polymorphism is a risk factor for AD. To find out your risk call DVD 985-629-5742 for these genetic test.
- **Family History** - Cognitive Impairment, Memory Loss, Dementia, Alzheimer's, Parkinson's, Huntington's, or ALS Disease.
- **Homocysteine Levels Over 11mm/L** - One of the factors that has been implicated in affecting the rate of brain atrophy, is high levels of an amino acid called homocysteine. Studies show that raised levels increase the risk of Alzheimer's Disease by 50%. Call your doctor for a test.
- **Mental State** - History of Depression, Bi-Polar Depression, Loneliness, Seclusion or Fear of Aging.
- **Diabetes** - Diabetes can cause several complications, such as damage to your blood vessels. Many people with diabetes have brain changes that are hallmarks of both Alzheimer's Disease and Vascular Dementia.
- **Previous Head Trauma** - Over the past 30 years, research has linked moderate and severe Traumatic Brain Injury to a greater risk of developing Alzheimer's Disease or another type of Dementia years after the original head injury.
- **Lack Of Exercise** - Physical Activity Benefits The Brain. Studies show people who are physically active are less likely to experience a decline in their mental function.
- **Moderate to Heavy Alcohol Or Tobacco Use** - People who smoke a pack of cigarettes or more a day develop Alzheimer's Disease years earlier than those who do not, & heavy drinking of alcohol increases the risk even more.
- **Cardiovascular Issues** - Hypertension, Stroke, High Cholesterol or Obesity.
- **Toxic & Chemical Exposure** - Heavy Metals Such As Lead, Mercury, Arsenic, Cadmium, Pesticides or Insecticides.

"The neuro pathological processes of Alzheimer's disease occur up to TWENTY years before clinical symptoms of the disease. Analysis of brain amyloid imaging and cerebrospinal fluid biomarkers demonstrate early deposition of amyloid in individuals with known risk factors. These findings raise the possibility of preventing clinical symptoms!!!"

Alzheimer's Disease Genetic Risk Factor APOE-4 Also Affects Normal Brain Function, Georgetown U., Current Alzheimer Research, 2016