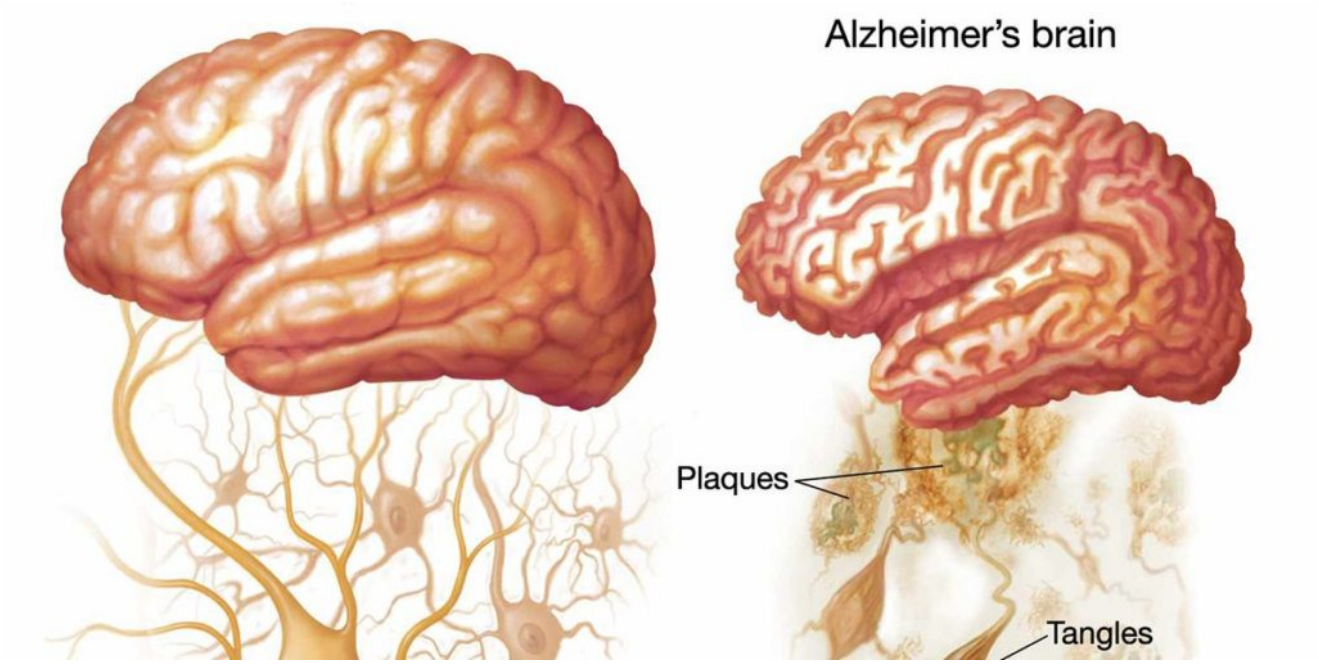
HEALTHY TIPS

This Vitamin Deficiency Increases the Risk of Alzheimer's

By bestfolkmedicine · 05/08/2018 · 2 min read



As seen on Time, elderly individuals with a moderate and severe vitamin D deficiency have a higher risk of dementia and Alzheimer's. This has been shown by a study that was recently published. Unfortunately, Alzheimer's is the sixth major reason for death in the U.S. and a person develops it every 66 seconds. From 2000, the death cases caused by it have elevated by staggering 89 percent. These days, more than 44 million people in the world have dementia and the number is expected to triple by 2050 as the global population ages.

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Until now, there has been no cure found for it and most of the treatments are only able to slow down the progression of the disease. Let us learn more about the study which found the link between vitamin D deficiency and Alzheimer's.

Vitamin D Deficiency: The Reason for Alzheimer's?

The research team, according to Time, spent 6 years in studying 1658 American citizens at the age of 65 or older who at the beginning of the study were not diagnosed with dementia, stroke, or heart disease and who were able to walk on their own.

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It was concluded that the ones who were moderately lacking vitamin D had a 53 higher chance of developing a form of dementia whereas those with severe lack of this vitamin had 125 percent greater likelihood of getting the illness.

However, although there was a connection discovered between dementia and vitamin D deficiency, the study did not establish a causal link.

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As explained by the head of the study, Dr. David Llewellyn, the next step would be clinical trials in order to determine if eating foods containing this vitamin or taking supplements can slow down or avert the onset of dementia and Alzheimer's. Be that as it may, the findings are definitely encouraging and even if a small percentage of people reap its benefits, it can have huge public health implications given the costly nature of dementia and its devastating effects.

Foods Rich in Vitamin D

- **Fish like mackerel, salmon, and tuna**
- **Some dairy products**
- **Orange juice**
- **Soy milk**
- **Cereals**
- **Cheese**

- **Beef liver**
- **Egg yolks**

Want to learn more? Do not forget to check out the video shown below:

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https://youtu.be/O43_WSRURjs

Sources:

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TIME

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