



Multimodal Clinical Management Approach to Patients with Moderate Alzheimer's Disease

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Alzheimer's Disease (AD) by the Numbers

5
Million

Americans living
with AD

203
Billion

Direct costs of
AD in billions
(US)

Alzheimer's disease is the most common form of dementia accounting for 70% of all dementia cases. There are currently no methods to prevent, cure, or meaningfully slow its progression

AD: Identification of Modifiable Factors

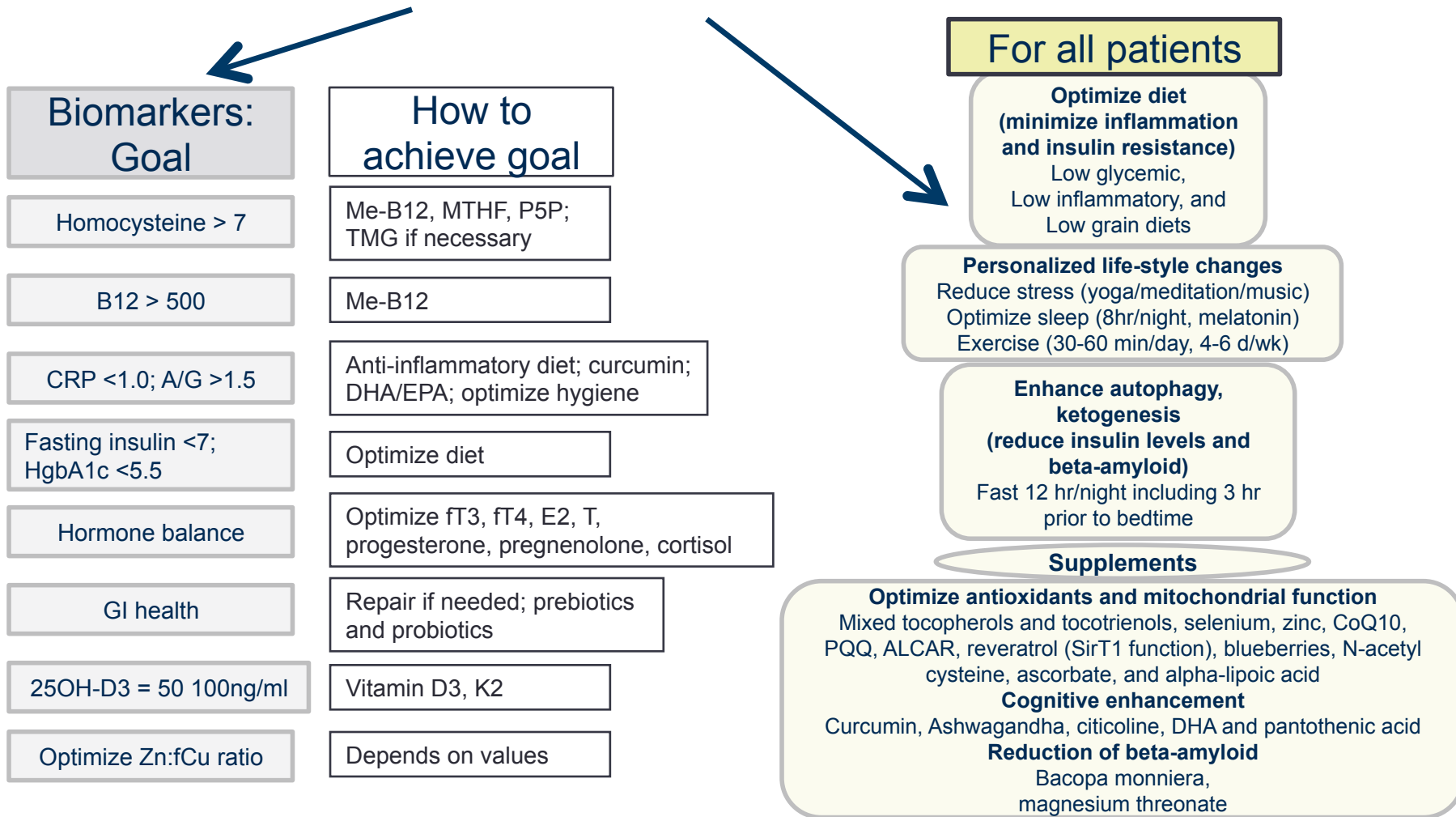
- In 2015, Xu and colleagues conducted the first comprehensive systematic review and meta-analysis of risk and protective factors for AD that could be modified via personal, clinical and public strategy
 - Their findings suggested an effective diet, relevant medications, appropriate biochemical exposures, psychological condition, pre-existing disease and life-style changes may be promising options for preventative strategies in AD
 - Healthy dietary pattern, high folate intake, cognitive activity, high Ab42/Ab40 ratio, fish consumption, high education, physical activity and high vitamin E and C intake were identified as protective factors in this disease

AD: A Comprehensive Therapeutic Approach

- Identification of protective factors in AD, especially those relevant to nutritional and life-style patterns, provides new opportunities for the development of novel therapeutic programs
 - To slow progression of this neurodegenerative disease
- In 2014, Bredeisen reported the positive impact on cognitive decline in patients of moderate AD
 - Use of a novel, comprehensive, and personalized therapeutic program provided proof-of-concept evidence that modulation of protective factors in AD could have therapeutic value and potentially slow rate of decline

Multimodal Management of Patients with Moderate AD

Alzheimer's disease diagnosis



Summary

- A multimodal therapeutic approach as outlined by Bredesen is potentially more effective than unimodal approach for the treatment of cognitive decline due to AD
- Preliminary clinical evidence for a recommended patient algorithm provides support to the concept that an appropriate diet with concurrent lifestyle and behavioral changes may be promising options for preventative strategies in AD