

CAN FASTING AND INTERMITTENT DIETS PLAY A VITAL ROLE IN DEMENTIA CARE?



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INTRODUCTION

- Dementia care involves managing cognitive decline and improving quality of life.
- Instead of emphasizing prevention, current treatments concentrate on managing symptoms.
- A promising tactic for enhancing dementia care is nutrition, especially intermittent and fasting diets.



UNDERSTANDING DEMENTIA

- A progressive neurological condition that impacts behavior, memory, and cognition is dementia.
- **Common types:**
 - a. **Alzheimer's disease** :- most common, linked to amyloid plaques.
 - b. **Vascular dementia** :- caused by reduced blood flow to the brain.
 - c. **Lewy body dementia** :- associated with abnormal protein deposits.
- Risk factors include metabolic disorders, age, genetics, and lifestyle choices.



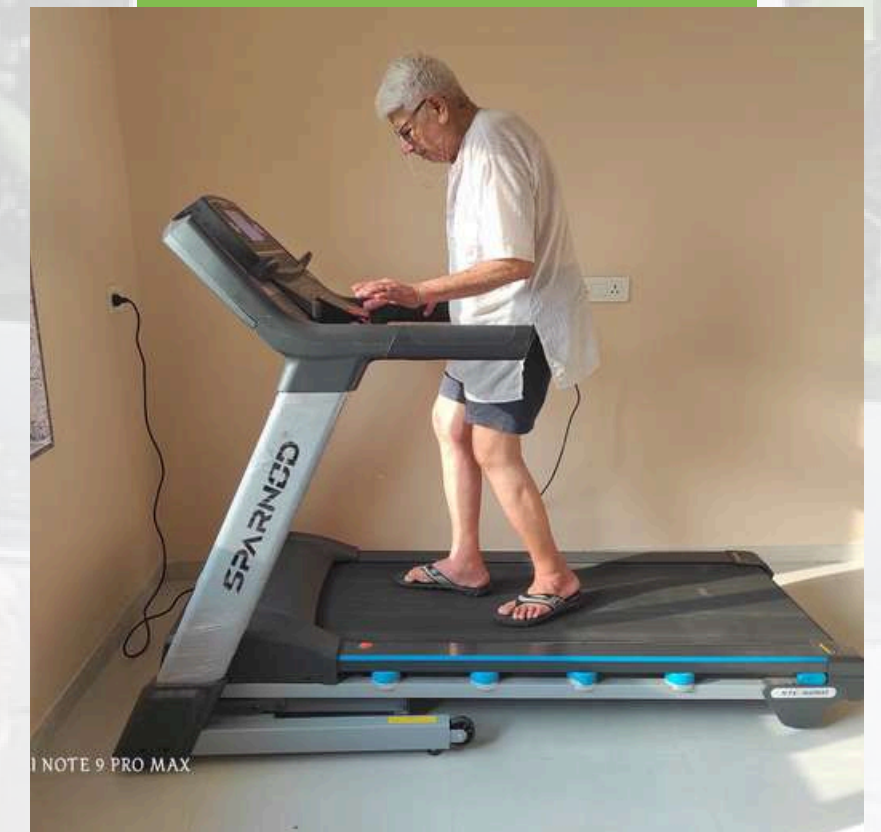
THE ROLE OF NUTRITION IN BRAIN HEALTH

- Diet affects inflammation, neurodegeneration, and brain function.
- Diets like the Mediterranean and ketogenic promote cognitive health.
- According to new research, intermittent dieting and fasting may help prevent dementia.



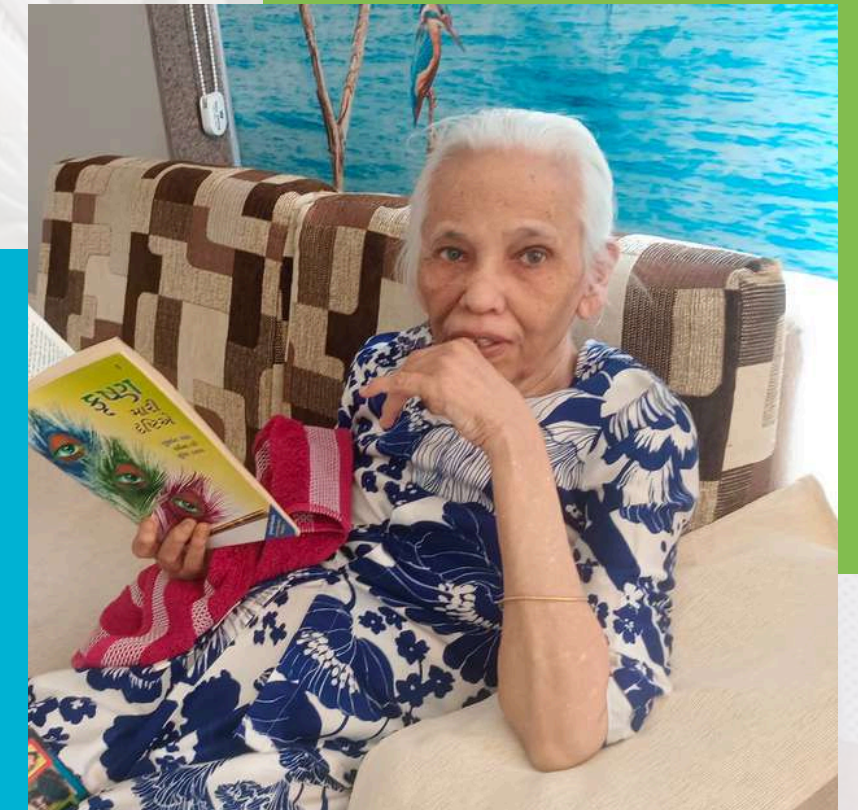
WHAT IS INTERMITTENT FASTING (IF)?

- **Definition :-** A dietary pattern that alternates between eating and fasting periods.
- Common types of Intermittent Fasting (IF):
 - a. **16:8 :-** 16-hour fast, 8-hour eating window.
 - b. **5:2 :-** Normal eating for 5 days, reduced intake for 2 days.
 - c. **Alternate-day fasting :-** Eating every other day.
 - d. **Extended fasting :-** Fasting for 24+ hours.



BIOLOGICAL MECHANISMS OF FASTING & BRAIN HEALTH

- Autophagy: Helps clear toxic proteins like amyloid plaques in the brain.
- Ketone Production: Provides an alternative energy source for brain cells, reducing oxidative stress.
- Reduced Inflammation: Lowers levels of harmful inflammatory markers.
- Increased BDNF (Brain-Derived Neurotrophic Factor): Supports neuron growth and enhances cognitive function.



RESEARCH EVIDENCE ON FASTING & DEMENTIA PREVENTION

- **Animal studies :-** Show improved cognitive function and reduced amyloid accumulation.
- **Human trials :-** Suggest fasting improves metabolic health, insulin sensitivity, and cognitive performance.
- Some studies indicate fasting may reduce the risk of Alzheimer's disease.
- More clinical research is needed to confirm long-term benefits.



CHALLENGES & RISKS OF FASTING IN DEMENTIA CARE

- Possible dangers of fasting for elderly and dementia patients:
- Malnutrition risk as a result of consuming fewer calories.
- hypoglycemia in people with diabetes.
- adherence issues brought on by cognitive decline.
- A customized strategy under medical supervision is required.



PRACTICAL RECOMMENDATIONS

- To prevent unfavorable side effects, gradually introduce intermittent fasting.
- Combine a nutrient-dense diet (Ketogenic, Mediterranean, etc.) with fasting.
- To find a safe fasting schedule for people with dementia, speak with healthcare professionals.



OUR SERVICES

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- Hospital Recovery Care
- Ortho Care & Rehabilitation
- Neuro Care & Rehabilitation
- Palliative Care For Senior
- Psychiatric Care For Senior
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