



Advancing Cognitive Health One Patient at a Time.

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In observance of World Alzheimer's Day, celebrated annually on September 21st, San Ysidro Pharmacy is inviting you to participate in our Brain Health Initiative. After losing friends, family members, and long-time customers this past year to the ravages of this dreaded disease, we are committed to raising awareness and offering recommendations and support to help you keep your brain performing at its best. Our mission with this initiative is to provide support for you to develop a plan to share with your doctor to help offset the development of cognitive decline. If you are resigned it's inevitable that as you age you will decline, I am here to tell you that you can do a lot to delay this from happening.

Today I will focus on what vitamins and nutrients play an important role in brain health and memory function. Here are a few of the key ones:

Omega-3 Fatty Acids: DHA and EPA are 2 types of Omega-3 fatty acids. They are found in fatty fish such as salmon. They can also be found in various types of fish oil supplements if eating fish is not your thing. They help support the structure and function of brain cell membranes and promote neuroplasticity which helps the brain adapt and form new connections.

Vitamin D: The newest research indicates that Vitamin D may play a role in cognitive functioning. There are Vitamin D receptors throughout the brain, including in areas involved with memory and learning. Be sure to supplement with Vitamin K when taking Vitamin D.

Vitamin C: This antioxidant supports the synthesis of neurotransmitters like dopamine and norepinephrine. It helps protect brain cells from oxidative damage.

Vitamin E: Some studies indicate that this powerful antioxidant can help improve cognitive function. It helps protect brain cells from the damage caused by free radicals and oxidative stress.

Vitamin B6: Is involved in the synthesis of the neurotransmitters serotonin, dopamine and gamma-aminobutyric acid (GABA) These are important for mood regulation and cognitive functioning.

Vitamin B12: This vitamin is essential for neurological functioning and the production of red blood cells. It is well documented that deficiency can lead to memory loss and cognitive decline, especially in older adults.

Folic acid (folate): This too, is involved in the synthesis of neurotransmitters. When folate is low this leads to cognitive impairment and an increased risk of dementia.

Phosphatidylserine: Cell membranes are composed of this phospholipid, including brain cells. Some research suggests that supplementation may help improve memory, especially in older adults.

Ideally, if we follow a healthy lifestyle and maintain a balanced diet rich in fresh fruits and vegetables, lean proteins, whole grains, and healthy fats we would be getting these vitamins and nutrients from our foods. Unfortunately, too many of us are dependent on quick and easy processed foods. Although there is a huge convenience factor it may not be our wisest choice.

It's my opinion that supplementation with quality products sometimes is necessary. Not all vitamins are equal, and quality can be missing in some. Supplementation should be done carefully and under the guidance of a healthcare professional. If you have underlying health conditions or are taking prescribed medications this is essential.

As part of our San Ysidro Pharmacy Brain Health initiative, our pharmacists are available and eager to help you design a plan that works for you. We also have an FDA Approved computerized, self-administered test assessment device called the Cognivue. It can help in the early detection of mild cognitive impairment. We offer this test complimentary by appointment for those utilizing our nutritional services. Early detection allows patients to address those risk factors that are modifiable. According to the 2020 report of the Lancet Commission - 40% of the risk factors for dementia can be modified with lifestyle changes. Research has shown that early detection and people TAKING ACTION when it matters most can prevent, delay, or slow the onset of cognitive decline. We are here to help.

Be happy. Stay well.

Andrea



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