

Women and Dementia

with Dr. David Ajibade

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*Everyone Knows
a Cancer Survivor;
No One Knows an
Alzheimer's
Disease Survivor.*

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Today's Discussion

1. Introduction
2. Part I: Dementia 101: An Introduction to Alzheimer Disease
3. A New Understanding of Dementia
4. Part II: Why Women Have it Worse
5. Part III: What Women Must Do – To Prevent
6. Part IV: What Women Must Do – To Recover
7. Summary and Conclusion: Bringing it All Together



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THE DEMENTIA WAVE IS COMING

**BY 2030:
8.4 MILLION
AMERICANS
WILL BE LIVING WITH
ALZHEIMER'S**



4

The Urgent Need



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Alzheimer's Disease: Sobering Stats

#1

Cause of Death
in the UK

11 Million+

Female caregivers in
the USA
(70% of caregivers are women)

2X

Women are twice as
likely as men to have
dementia.

#2

Cause of Death
in Australia

Double the Risk

Women in their 60's of
developing AD versus
breast cancer

> 30%

Of caregivers are
daughters

Baltimore City and Maryland are #1!



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The Costliest Disease

In the U.S., the projected total cost in 2025 is **\$781 Billion; projected to increase to **\$1 Trillion** (by 2050)**



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The number of people in the United States who develop dementia each year **will double** over the next 35 yrs to about **One Million Per Year** by 2060. The number of new cases among Black Americans **will triple**.



~ Journal of Nature ~
(<https://www.nature.com/articles/s41591-024-03340-9>)



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The vast majority of those affected will be women. These women are now in their 30s, 40s, and 50s



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Women and Dementia



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Sobering Stats:

1. Dementia is the **number one cause of death** among women in BOTH the United Kingdom and Australia and is the **fifth leading cause of death** among women in the USA
2. Women are **twice as likely** to have dementia than men are
3. A woman in her 60s is almost twice as likely to develop Alzheimer's disease as she is to develop breast cancer.
4. Women in the USA are **more likely to die of dementia** than they are of breast cancer
5. Over 70% of caregivers are women. That's over 11 million women taking care of their loved ones with dementia in the USA alone.
6. Baltimore City and Maryland are **NUMBER ONE**
7. Current drugs do not work as well as they do for men



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We will need to retrain women and teach them how to think; how to pay more attention to their bodies; be more aware of their feelings (and what they can mean), how to treat their bodies; what to eat (and avoid); how to act (and react)...



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Part I: **Understanding Dementia...**



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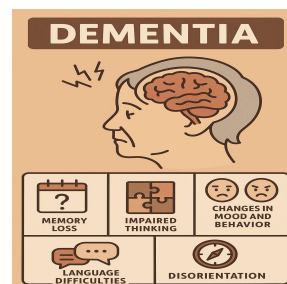
Understanding Dementia

Dementia is a syndrome involving a decline in memory, thinking, behavior, and the ability to perform everyday activities.



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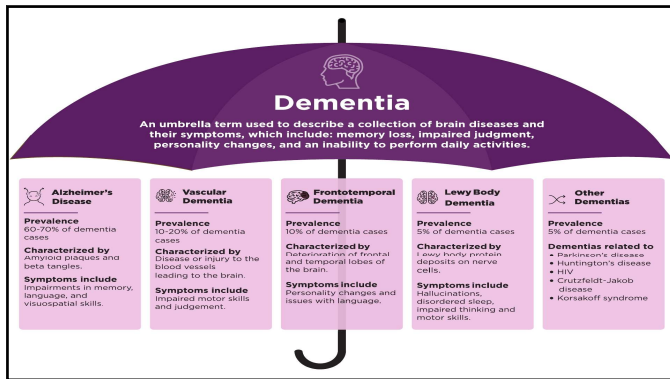
Key Symptoms of Dementia



*It's not
"just" about
memory loss.*



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Definition of Alzheimer's Disease

*Alzheimer's disease is a specific neurodegenerative disorder characterized by **progressive and irreversible loss of neurons and synapses**, primarily in the **hippocampus and cerebral cortex**, due to the **abnormal accumulation of amyloid-beta plaques and tau protein tangles in the brain**. It leads to a gradual decline in **episodic memory, cognitive function, and behavior**, and it is the most common cause of dementia in older adults.*

BRAIN AND BODY FOUNDATION

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Your Mission...

BRAIN AND BODY FOUNDATION

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My Mission

BRAIN AND BODY FOUNDATION

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Today's Discussion

1. *Brain Health, Alzheimer's Disease and Dementia*
2. *How Dementia develops (and how to prevent it)*
3. *Recent Breakthroughs in thinking about and treating Alzheimer's disease*
4. *Challenging Conventional Beliefs*
5. *How to keep your brain healthy and strong, well into your 90's (and beyond)*



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About Me/My Story



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About Me



**Brain &
Body
Foundation**

**Founded
in 2015**



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Our Work with the Federal Government

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How Do You Address Some of the Worst Cases of Brain Trauma and Brain Disorders Without...

- ❑ *Imaging Studies?*
- ❑ *Laboratory Tests?*
- ❑ *Medications?*
- ❑ *Experts/Specialists?*



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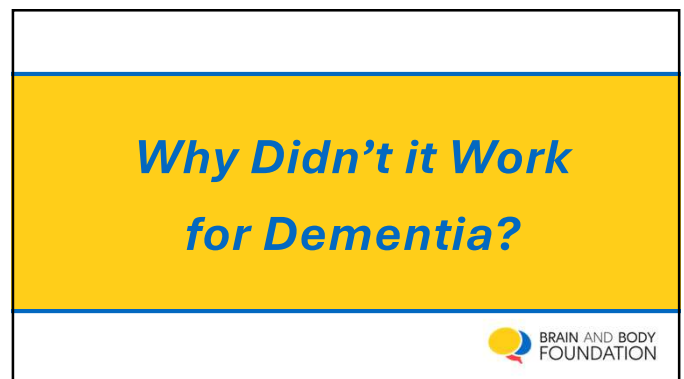
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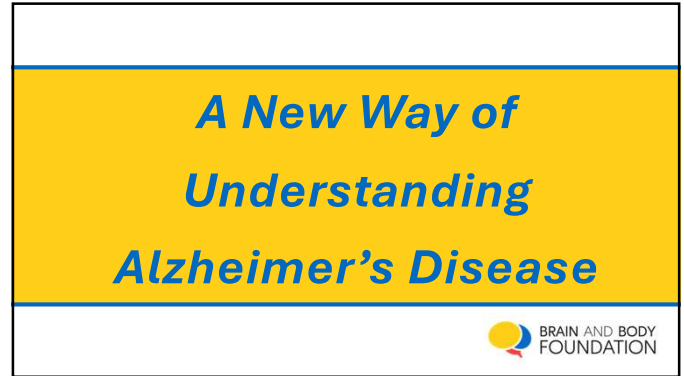
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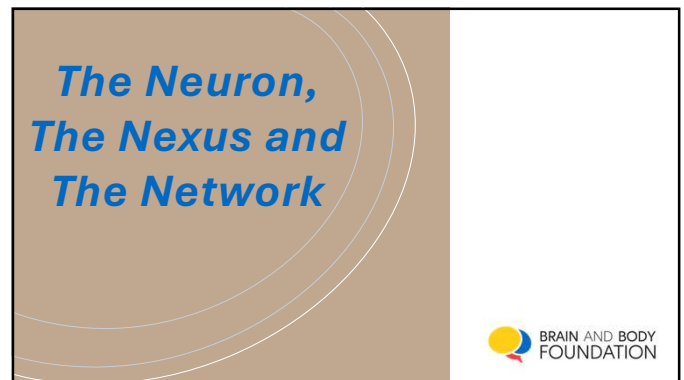
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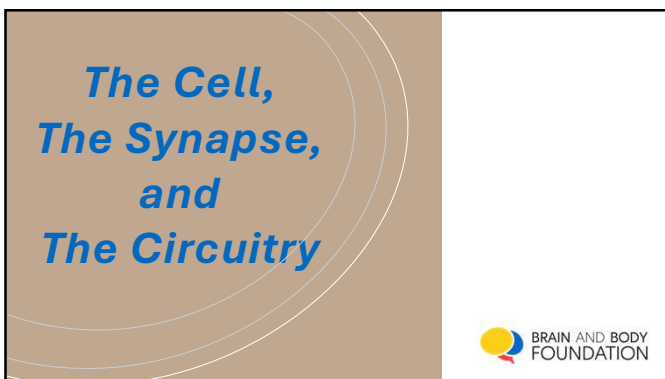
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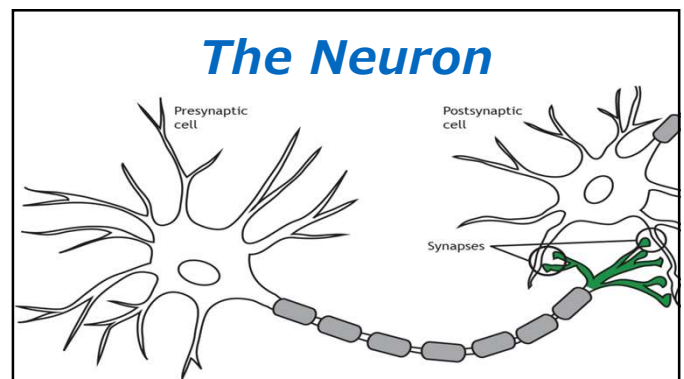
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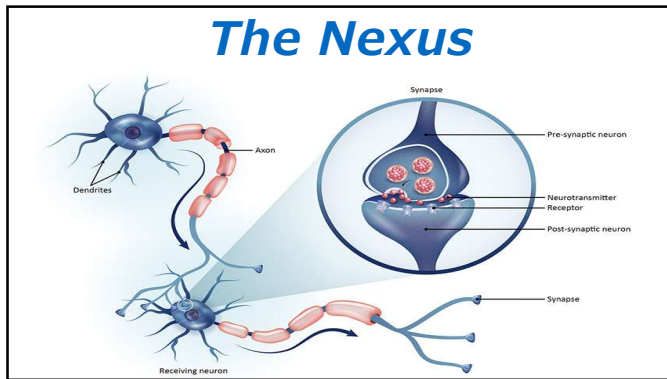
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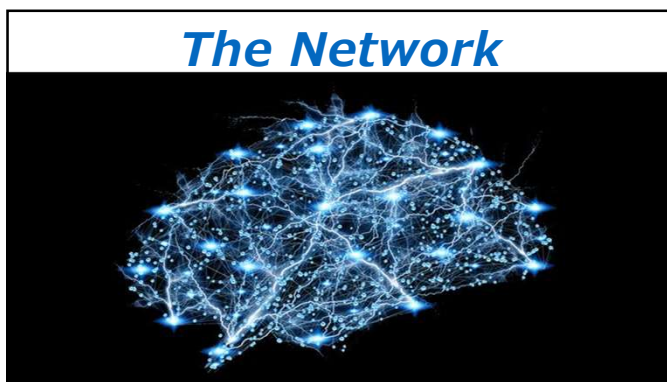
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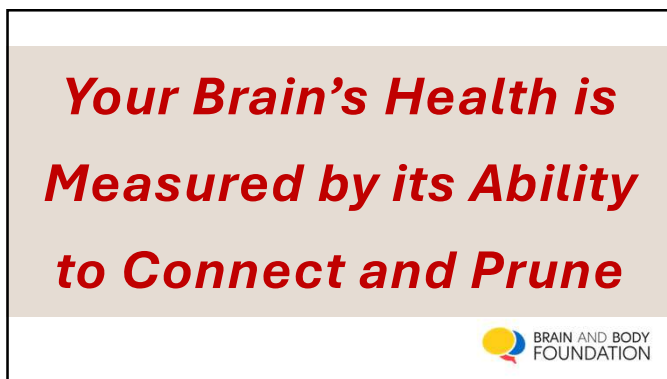
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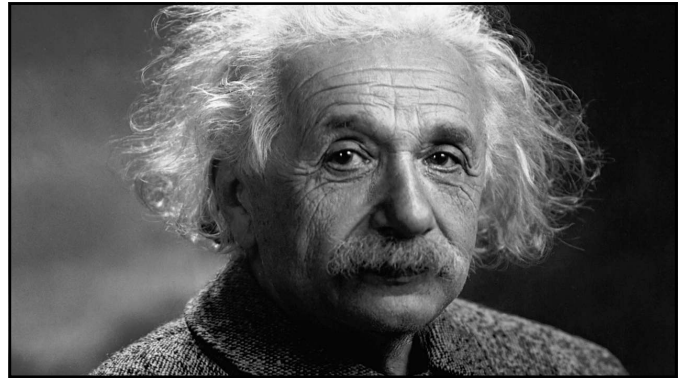


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***The Greater the Number
(and quality) of
Connections,
The **More Powerful**
The Brain***



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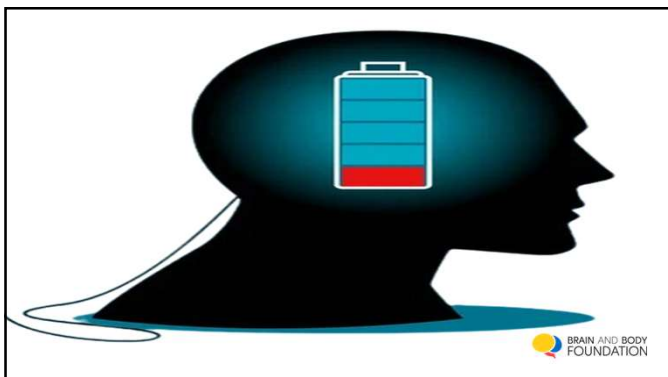
***And Therein...
Lies the Problem***



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“Network Instability”



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“Memory Blips” **“Mental Lapse”**
“Glitches” **“Wires Crossing”**
“Senior Moments”

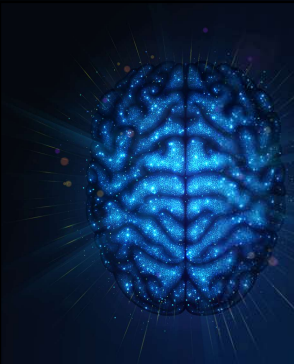


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**Difficulty Following a Conversation
...especially in a group setting**

**Asking the Same Question
Over and Over Again**

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**The Parts of the Brain
FIRST affected in AD are
the parts that:**

1. **Have the highest synaptic density (most connections), and/or**
2. **Have the highest energy use requirements.**

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**Which is More Important
to Your Brain?**

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**What
Drains My
Brain's Energy
Levels?**



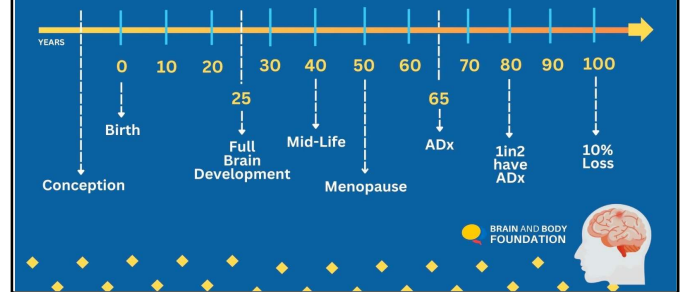
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"Ageing"



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THE BRAIN TIMELINE



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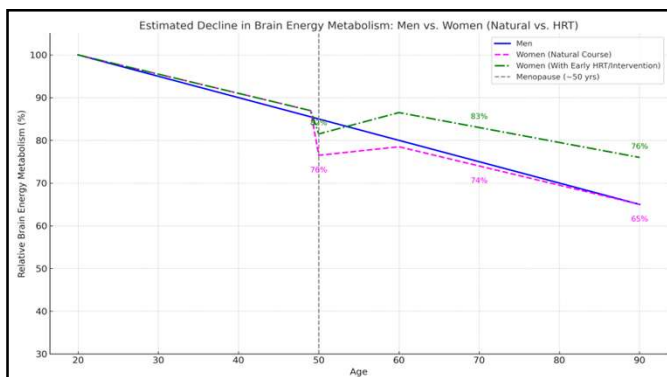
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Highlights

1. **Veterans:** Toxin exposure, head injury, isolation
2. **Blacks:** cardiovascular disease/blood flow problems, key nutrient deficiencies
3. **Women:** Menopause, Mental Health concerns, Nutrient deficiencies



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A New Way of Understanding Alzheimer's Disease



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**Alzheimer's is a
degenerative brain disease
that is caused by complex brain
changes *following cell damage*.
It leads to dementia symptoms that
gradually worsen over time.**

~ Alzheimer's Association ~

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Dementia's Dirty Dozen

- | | |
|--------------------|---------------------------|
| 1. Illnesses | 7. Insulin Resistance |
| 2. Injuries | 8. Intestinal Dysfunction |
| 3. Insults | 9. Infections |
| 4. Inactivity | 10. Insomnia |
| 5. Insufficiencies | 11. Isolation |
| 6. Imbalances | 12. Immune Dysfunction |



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Dementia's Dirty Dozen



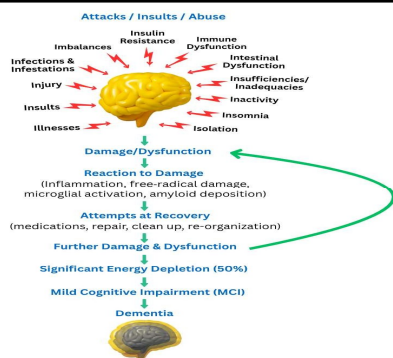
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Scan to download Dementia's Dirty Dozen eBook



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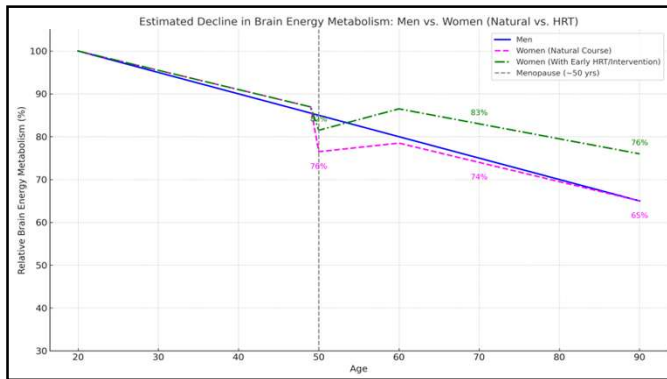


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Dementia and Divorce (flipping the "Suicide Switch")



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How Do We Reverse This "Suicide" Program?



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Why We Failed (initially)



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Scan to open the Dementia Research page



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Case Study



MRI Report

1. Global cerebral cortical **atrophy**
2. Vascular dementia and associated medial temporal cortical atrophy/sclerosis
3. Periventricular small vessel ischemic changes



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In Summary...



What Really (REALLY) Matters?



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BOISE



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Blood Flow
Inflammation
Synaptic Activity
Energy Supply/Production



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Transition Slide



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Part II: Why Do Women Have it Worse?



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*The Three Factors:
Genetic
Lifestyle/Cultural
Environmental*



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*The Three Commonest
Reasons Given:
Age
Menopause
Estrogen*



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Lifestyle/Cultural???



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“A WOMAN’S DIET”



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A Woman's Diet

1. Age
2. Work
3. Osteoporosis
4. Menopause, Muscle Mass, Mental Illnesses
5. Autoimmune Disease
6. Nutritional Deficiencies
7. Sleep
8. Digestive problems
9. Illnesses (especially cardiovascular)
10. Eating Disorders
11. Toxins



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Osteoporosis



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By the time most women are told to worry about bone health, they've already lost up to 20% of their bone density.



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Hip Fractures: Sobering Stats

1. Once you have passed menopause, you are five times more likely to die from a fragility fracture than from breast cancer
2. Following a fracture, over 25% of people will die within the first year



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Weak Bones → Weak Brain



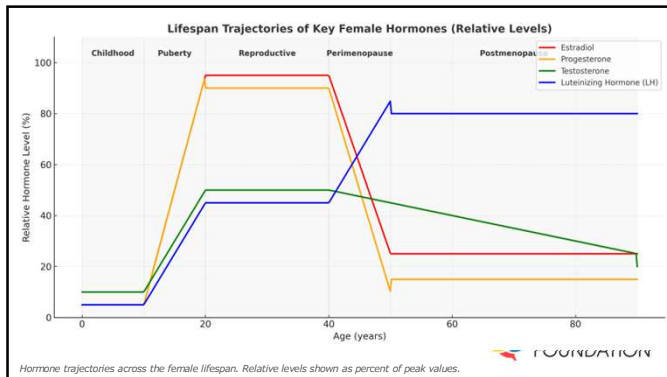
- Shared nutrient deficiencies
- Hormonal pathways connect bone and brain
- Vascular and inflammatory links
- Physical activity & mechanical stimulation

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Menopause



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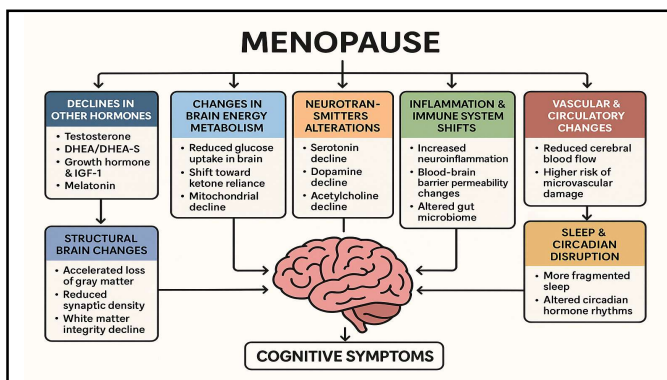


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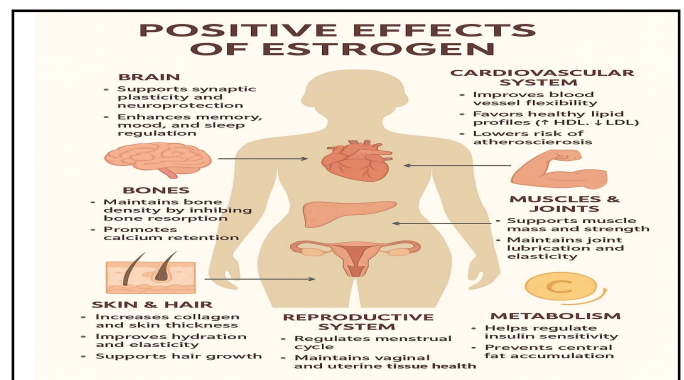
Estrogen Effects and Loss



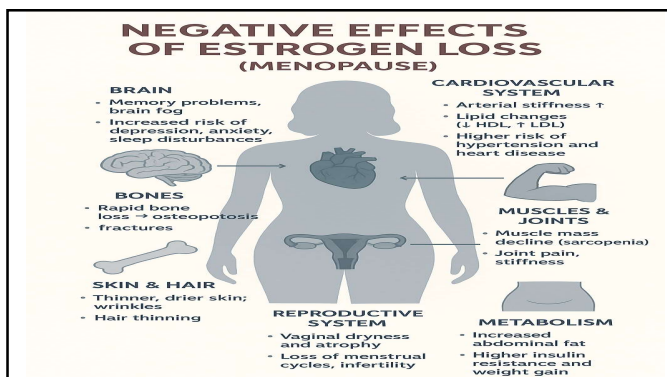
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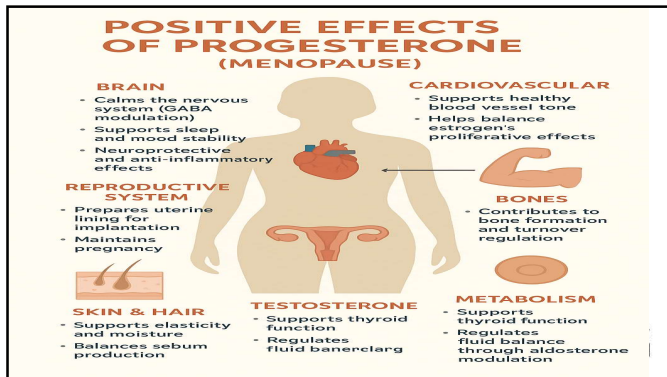


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Progesterone Effects and Loss



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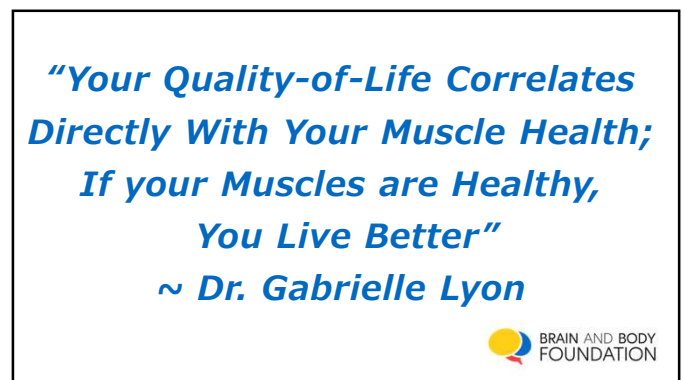
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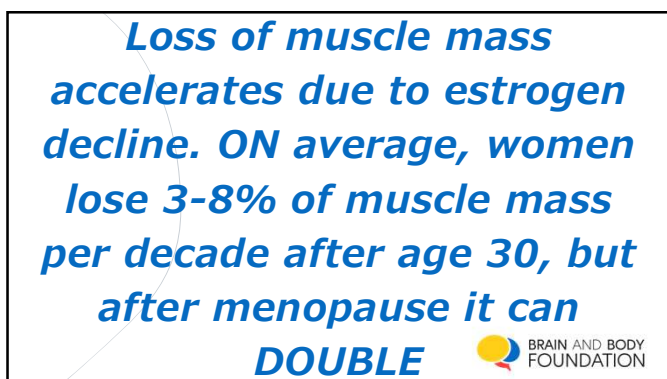
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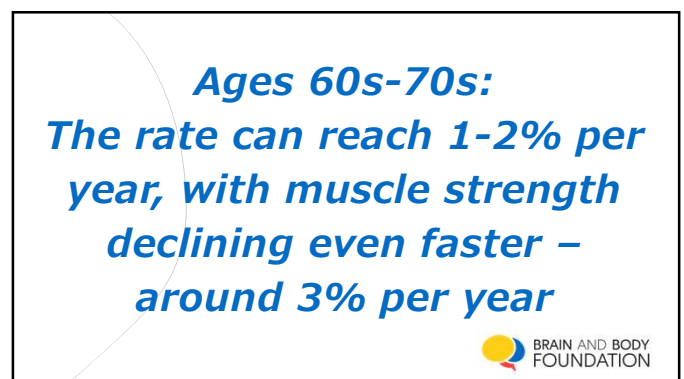
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Age 80+:
Women may have lost 30-50% of their muscle mass compared to youth.



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Nutritional Deficiencies



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Nutritional Deficiencies in Women

1. Common Deficiencies in Women

1. Iron
2. Vitamin D
3. Magnesium
4. B vitamins (B1, B6, B12, folate)
5. Choline
6. Omega-3 fatty acids (DHA)



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Nutrient	Women vs Men	Key Life Stages of Risk	Brain Implications
Iron	↑ deficiency in women	Reproductive years	↓ oxygen delivery, myelination, attention
Vitamin D	↑ deficiency in women	Menopause, older age	↓ neuroprotection, ↑ cognitive decline risk
Magnesium	↑ deficiency in women	Menstruation, pregnancy	↑ excitability, ↓ plasticity
B Vitamins	↑ deficiency in women	Pregnancy, menopause, vegetarian diets	↓ energy metabolism, methylation issues
Choline	↑ deficiency post-menopause	Pregnancy, postmenopause	↓ acetylcholine, neuronal repair
Omega-3 DHA	Often lower intake in women	Pregnancy, lactation, elderly	↓ synapse formation, ↑ neuroinflammation

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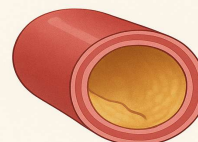
Cardiovascular Disease



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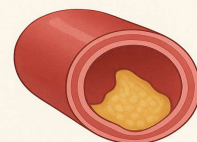
HOW ATHEROSCLEROTIC PLAQUES DEVELOP DIFFERENTLY

WOMEN



Diffuse plaque distribution

MEN



Focal, raised plaque

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Toxins



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Toxins in Hair Care Products

- 1. Formaldehyde and Carcinogenic Risks***
- 2. Phthalates and Endocrine Disruption***
- 3. PFAs (forever chemicals)***



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Transition Slide



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Part III: Preventing Dementia



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What Women MUST KNOW and DO



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A WOMAN'S DIET



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A Woman's Diet

1. Age
2. Work
3. Osteoporosis
4. Menopause, Muscle Mass, Mental Illnesses
5. Autoimmune Disease
6. Nutritional Deficiencies
7. Sleep
8. Digestive problems
9. Illnesses (especially cardiovascular)
10. Eating Disorders
11. Toxins



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Menopause

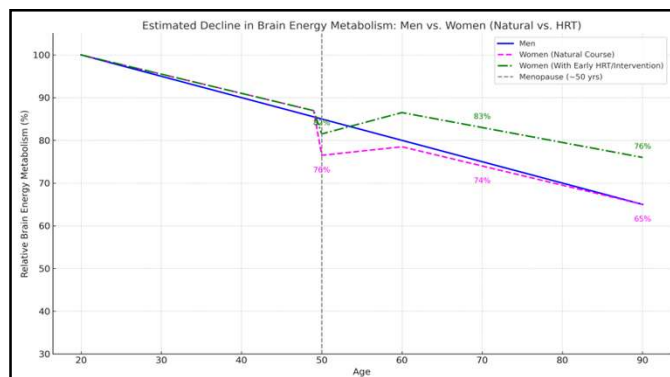


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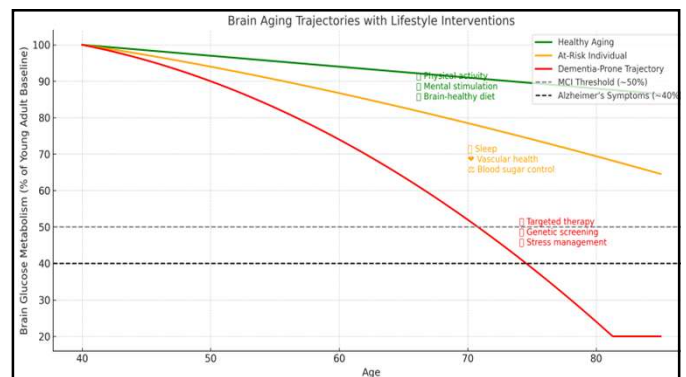
Countering the Effects of the decline in Sex Hormones



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What WE DO



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Osteoporosis



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Osteoporosis: What To DO

- 1. Lift weights (stress your muscles, especially the leg muscles)***
- 2. Eat enough protein***
- 3. Add creatine and vitamin D3***
- 4. Get a bone density (DEXA) scan before it's too late***



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Muscle Mass



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Nutritional Deficiencies



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Which Nutrient is This?



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Vitamin D3



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The Three Pillars

Reduce Attacks

Strengthen Your Defenses

Work Intelligently with Your Healthcare Provider

Alzheimer's Association Study



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"Findings revealed that individuals who supplemented with vitamin D exhibited a 40% reduction in dementia incidence compared to non-supplementers. Notably, the protective effect was more pronounced in women, who experienced a 49% reduction in risk. Additionally, participants with mild cognitive impairment at baseline demonstrated a 33% lower incidence of progressing to dementia when supplementing with vitamin D."



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The "Non-Negotiables"



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Seven Nutrients We Must Have In Ample Supply

1. *Vitamin B complex*
2. *Vitamin C*
3. *Vitamin D3*
4. *Vitamin K2*
5. *Potassium*
6. *Magnesium*
7. *Zinc*



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Scan to access the Non-Negotiable's page for recommended nutrients



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Toxins



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Transition Slide



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Part IV: Supporting Those With Dementia

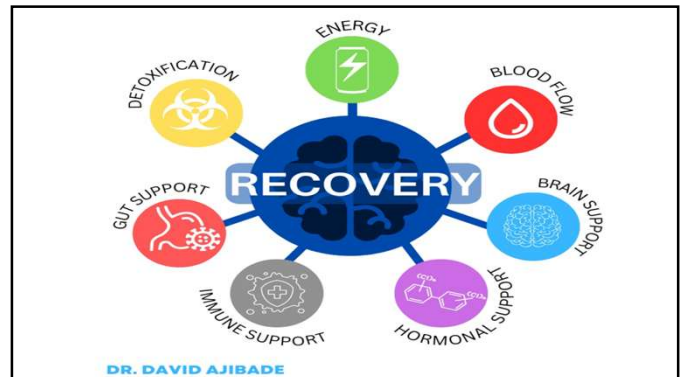


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What WE DO



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Your Number ONE Priority...



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Going from This...



148

...to This!



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Seven Nutrients We Must Have In Ample Supply

1. Vitamin B complex
2. Vitamin C
3. Vitamin D3
4. Vitamin K2
5. Potassium
6. Magnesium
7. Zinc



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Consider:
Vitamin D3
Creatine
Melatonin



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Carefully...



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**Bringing
 it All
 Together...**



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Summary and ReCap

- 1. Alzheimer's and other Dementias is primarily a brain energy problem**
- 2. It is NOT Inevitable (and yes, it CAN be REVERSED)**
- 3. Preventing Dementia is YOUR responsibility**
- 4. Women have unique differences that place them at greater risk of dementia**
- 5. There are solutions!**



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What's Next?



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**Seven Steps to Support Brain
 Health and Combat Cognitive
 Decline**



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Action Steps

1. *Declare all out war against sugar (and ultraprocessed foods)!*
2. *Prioritize sleep quality and quantity (FIX IT!)*
3. *Exercise: Start Stressing your MUSCLES! (especially your leg muscles, ladies!)*
4. *ENJOY NATURE RESPONSIBLY*
5. *Have your blood levels checked, ASAP*
6. *Supplementation: Vitamin D3/K2*
7. *Increase your protein intake*



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Bonus Step: Consider a DEEP DIVE



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Working One-on-One with Me

1. *Consultation (review history, medical notes, advise on nutrients, tests to take, etc)*
2. *Work with you/Hand holding project*
3. *Find the right and most effective therapies for you and guide you through the process.*
4. *Quick and easy access*
5. *Help you find helpful resources*



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How We Serve You

1. *Private consultations*
2. *Enroll in Our Course, "Keeping Your Marbles"*
3. *Have Dr David speak at your event*



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Keeping Your Marbles

*Taking
Control
of Your
Health*



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Why Dementia Happens

- Greater Attacks*
- Fewer Protections/
Weaker Defenses*
- Lack of Prompt, Early,
and Effective Medical
Intervention*

BRAIN AND BODY FOUNDATION

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The Three Pillars

- Reduce Attacks*
- Strengthen Your
Defenses*
- Work Intelligently
with Your
Healthcare Provider*

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SCAN TO ACCESS KEEPING YOUR MARBLES

BRAIN AND BODY FOUNDATION

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Know Your Numbers!

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Tests for Sugar, Insulin Resistance and Vitamin D3 Levels

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We will need to retrain women and teach them how to think; how to pay more attention to their bodies; be more aware of their feelings (and what they can mean), how to treat their bodies; what to eat (and avoid); how to act (and react)...



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**Going from
This...**



170

**...to
This!**



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Thank You!



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Blood Tests

1. *Homocysteine Levels*
2. *Hormone profile (estrogen, progesterone, testosterone, LH, thyroid hormones, cortisol)*
3. *Vitamin D3*
4. *Vitamin B12*
5. *Inflammation levels: HsCRP*
6. *Blood Sugar control: Fasting blood sugar and HBA1c*
7. *Insulin Resistance: Fasting Insulin levels*



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What Really Matters where The Human Brain Health and Preventing Dementia is Concerned?



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A WOMAN'S DIET



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