

Clinical diagnosis of Alzheimer's, treatment options and clinical trials

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Diagnosis

- 1. Phenotype (description of the problem)
- 2. Cognitive examination
- 3. Brain imaging (MRI is best)
- 4. Biomarker (available in research studies)

- NB diagnosis can and should be made before a person becomes demented

Drug Treatment

- Single drugs have all failed
- Standard treatment – cholinesterase inhibitors only modestly effective
- Ebixa
- Souvenaid

Experimental Drugs

- Anti-amyloid monoclonal antibodies
- BACE inhibitors
- Sigma receptor modulators
- TNF α antagonists
- Iron chelation

Prevention

- Exercise – muscles, bone, cardiovascular
- (exercise does not reduce weight)
- ❖ Good nutrition – normalise body weight, reduce insulin levels
 - ❖ What to eat – protein, fat, vitamins, minerals
 - ❖ When to eat – intermittent fasting
 - ❖ Ketogenic/MIND diet

Prevention

- Minimal alcohol
- No smoking
- Cognitive and social activities