

# WFPB Diets, Mental Health, & Dementia

Adam J. Woods, MD



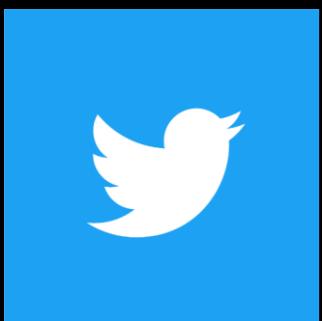
## Adam Woods, MD

BFA - Drake University (IA)  
M. Div - Princeton (NJ)  
MD - Duke University (NC)

Plant-Based Nutrition - Cornell (NY)

## University of Iowa

Internship: Family Medicine & Psychiatry  
Residency: Adult & Child Psychiatry



@adamwoodsmd



Adam Woods MD

## Disclosures & Conflicts

— NEOS Therapeutics & Allergan

# Why Listen to Me?

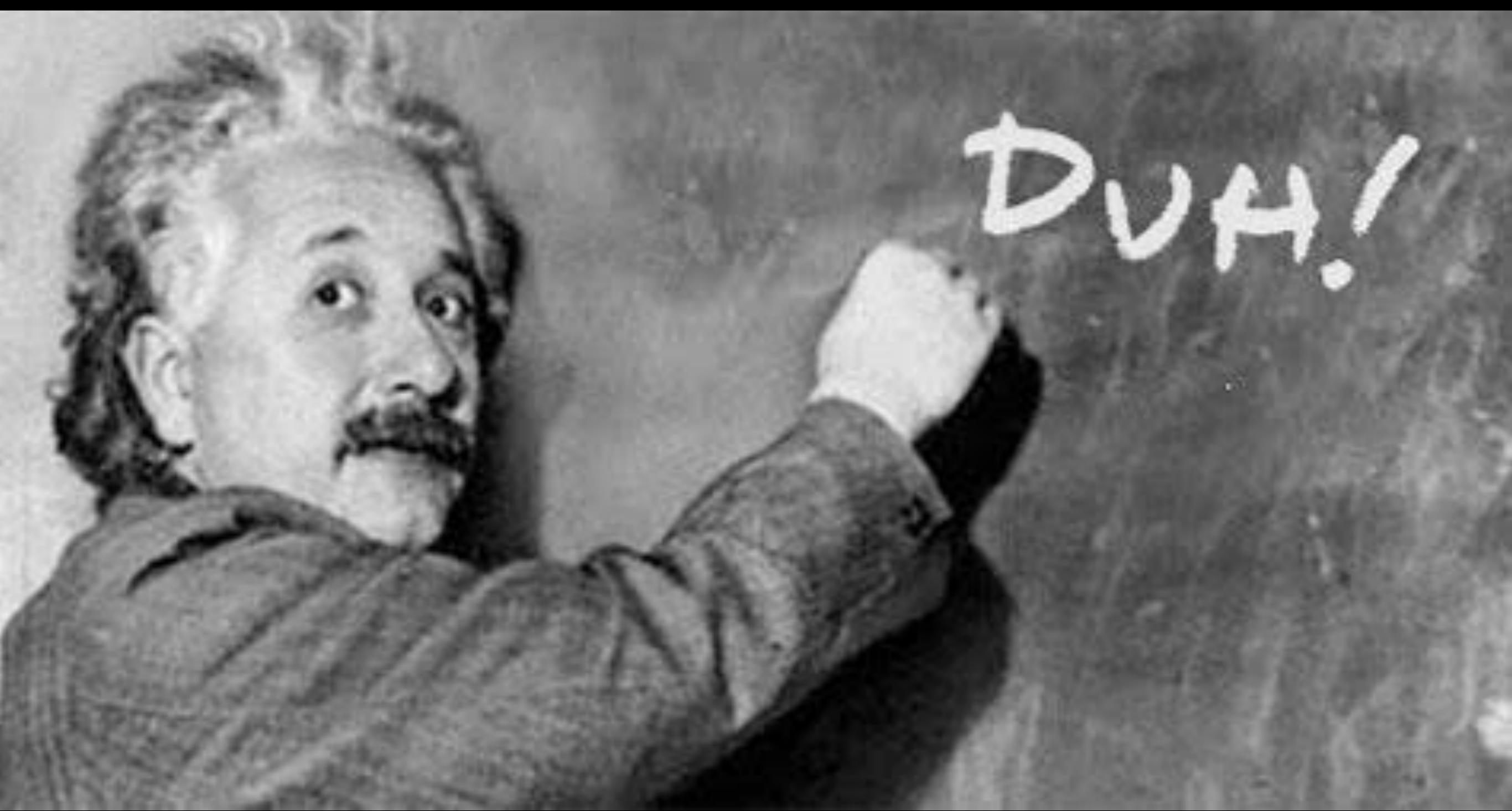


August 27, 2017  
266.2 lbs

July 19, 2018  
146 lbs



# Does Diet Affect Mental Health?





[Br J Psychiatry](#). 2009 Nov; 195(5): 408–413.

PMCID: PMC2801825

doi: [10.1192/bjp.bp.108.058925](https://doi.org/10.1192/bjp.bp.108.058925)

PMID: [19880930](#)

## Dietary pattern and depressive symptoms in middle age

[Tasnine N. Akbaraly](#), PhD

Department of Epidemiology and Public Health, University College London, UK, and Institut National de la Santé et de la Recherche Médicale (INSERM) U888, Montpellier, University of Montpellier 1, France

[Eric J. Brunner](#), PhD, [Jane E. Ferrie](#), PhD, [Michael G. Marmot](#), PhD, and [Mika Kivimaki](#), PhD

Department of Epidemiology and Public Health, University College London, UK

[Archana Singh-Manoux](#), PhD

Department of Epidemiology and Public Health, University College London, UK, and INSERM U687-IFR69 and Centre de Gérontologie, Hôpital Ste Péreine, Assistance Publique Hôpitaux de Paris, France

## Conclusions

In middle-aged participants, a processed food dietary pattern is a risk factor for CES-D depression 5 years later, whereas a whole food pattern is protective.

*J Acad Nutr Diet.* 2012 December ; 112(12): 2022–2027. doi:10.1016/j.jand.2012.08.026.

## **Fruit, Vegetable and Antioxidant Intakes are Lower in Older Adults with Depression**

**Martha E. Payne, PhD, RD, MPH<sup>1,\*</sup>, Susan E. Steck, PhD, RD, MPH<sup>2</sup>, Rebecca R. George, MSPH<sup>3</sup>, and David C. Steffens, MD, MHS<sup>4</sup>**

## **Frequent consumption of vegetables predicts lower risk of depression in older Taiwanese – results of a prospective population-based study**

[Alan C Tsai](#) <sup>(a1) (a2)</sup>, [Tsui-Lan Chang](#) <sup>(a3)</sup> and [Shu-Hwang Chi](#) <sup>(a1)</sup> 

DOI: <https://doi.org/10.1017/S1368980011002977> Published online by Cambridge University Press: 16 December 2011

What About Exercise & Mood?

The doctor asked me to  
spend at least one hour  
per day on the treadmill.



# 16,000 + Articles on PubMed...

[Psychiatr Pol. 2004 Jul-Aug;38\(4\):611-20.](#)

## **[Effects of exercise on anxiety, depression and mood].**

[Article in Polish]

Guszkowska M<sup>1</sup>.

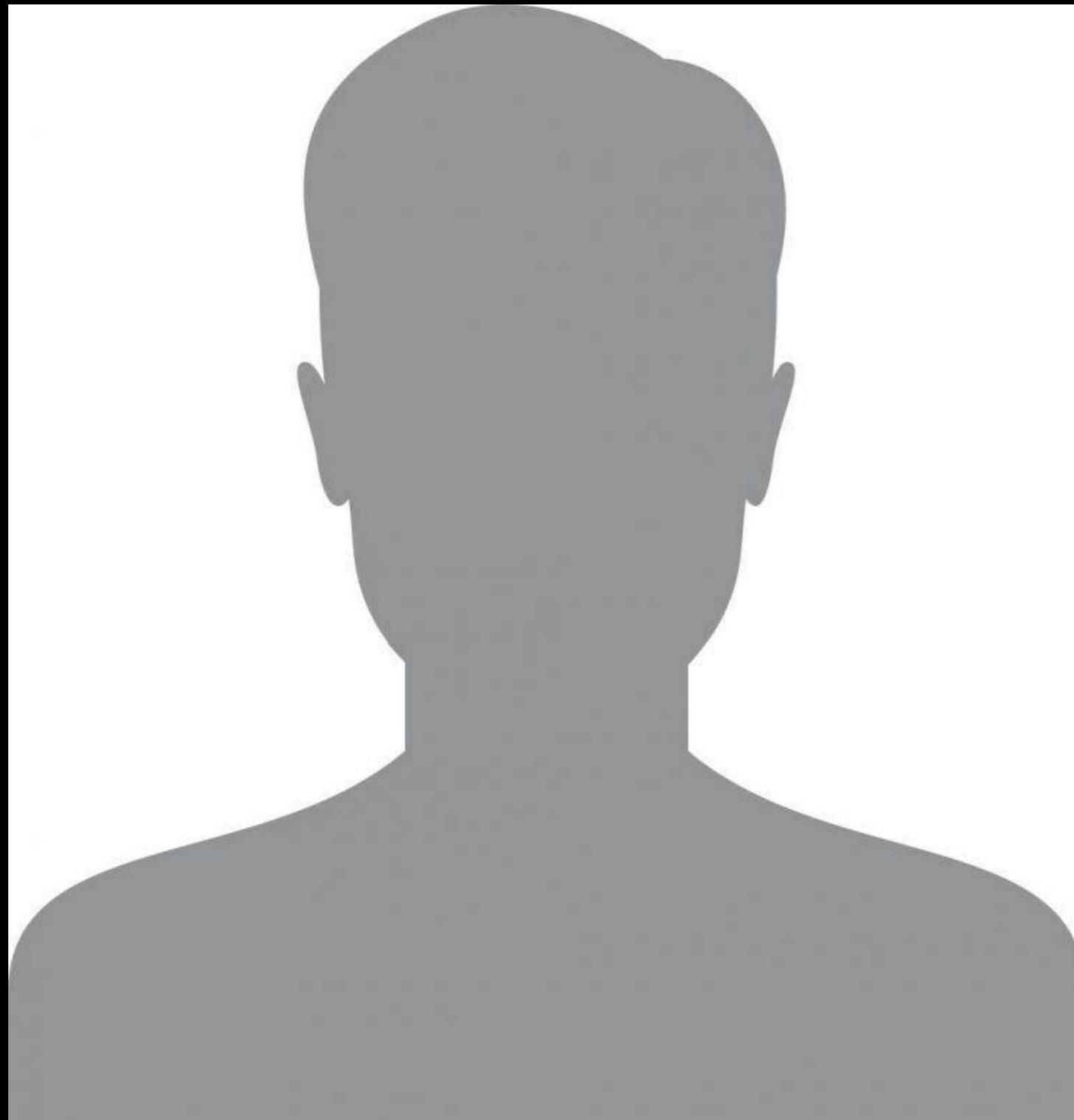
### **Author information**

1 Zakładu Psychologii AWF w Warszawie.

### **Abstract**

This article reviews the studies on the effects of physical activity on the emotional states--anxiety, depression and mood. The meta-analyses of correlational and experimental studies reveal positive effects of exercise, in healthy people and in clinical populations (also in patients with emotional disorders) regardless of gender and age. The benefits are significant especially in subjects with an elevated level of anxiety and depression because of more room for possible change. The most improvements are caused by rhythmic, aerobic exercises, using of large muscle groups (jogging, swimming, cycling, walking), of moderate and low intensity. They should be conducted for 15 to 30 minutes and performed a minimum of three times a week in programs of 10-weeks or longer. The results confirm the acute effect of exercise i.e. the reductions in anxiety and depression after single sessions of exercise. The changes in anxiety, depression and mood states after exercise are explained most frequently by the endorphin and monoamine hypotheses. Exercise may also increase body temperature, blood circulation in the brain and impact on hypothalamic-pituitary-adrenal axis and physiological reactivity to stress. The possible psychological mechanisms include improvement of self-efficacy, distraction and cognitive dissonance.

**“...acute effect of exercise, i.e. the reductions in anxiety & depression after SINGLE SESSIONS of exercise.”**



Ted

# What is Dementia?

DSM-5: NeuroCognitive Disorder

## Major Types of Dementia

- Alzheimer's (50-70%)
- Vascular (15-25%)
- Lewy Body (10-15%)
- FTD (5-10%)

Less Common Types: Parkinsons, NPH, HIV, & Syphilis

The ONLY quote I remember from Medical School:

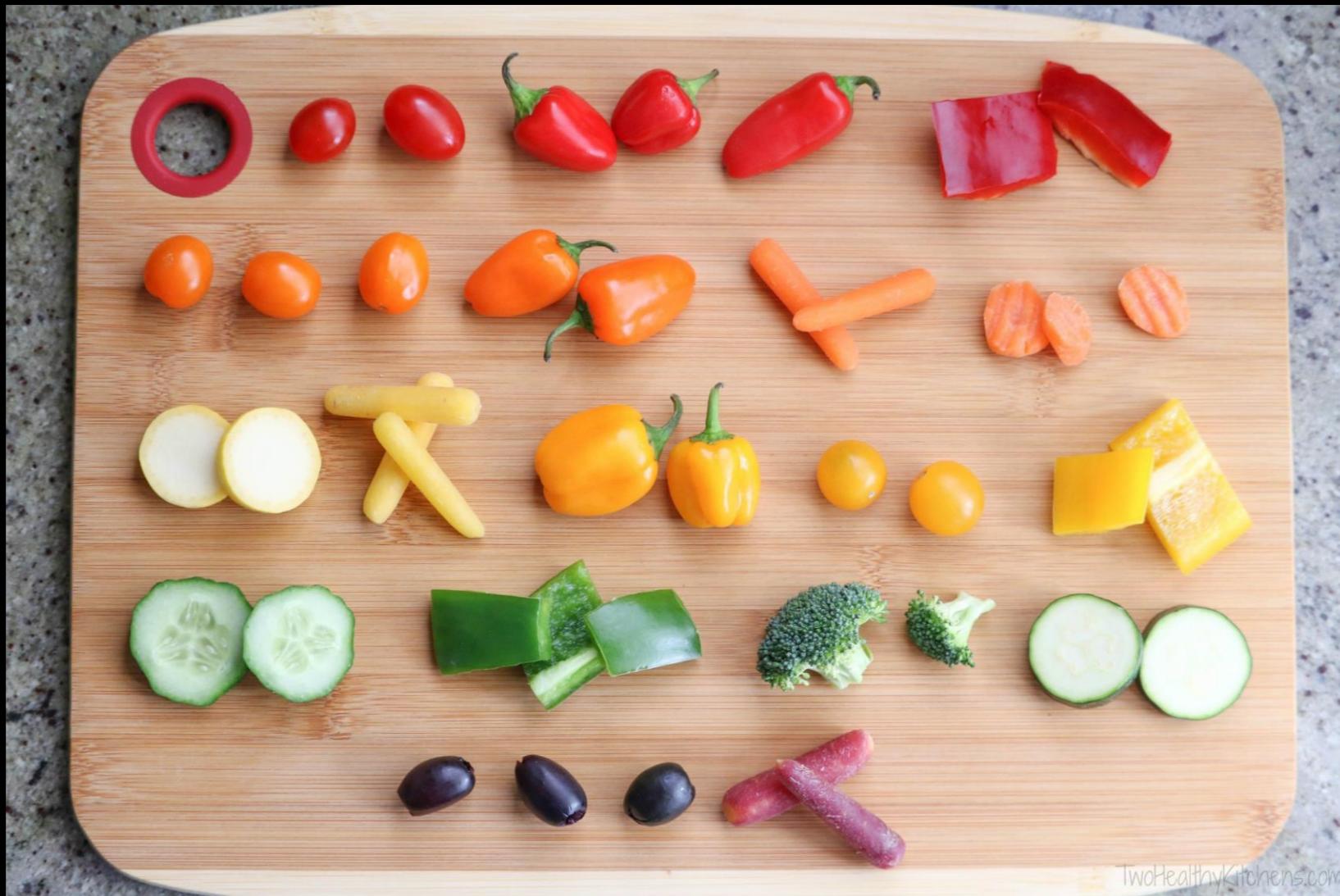


# Chicago Health & Aging Project (1993)

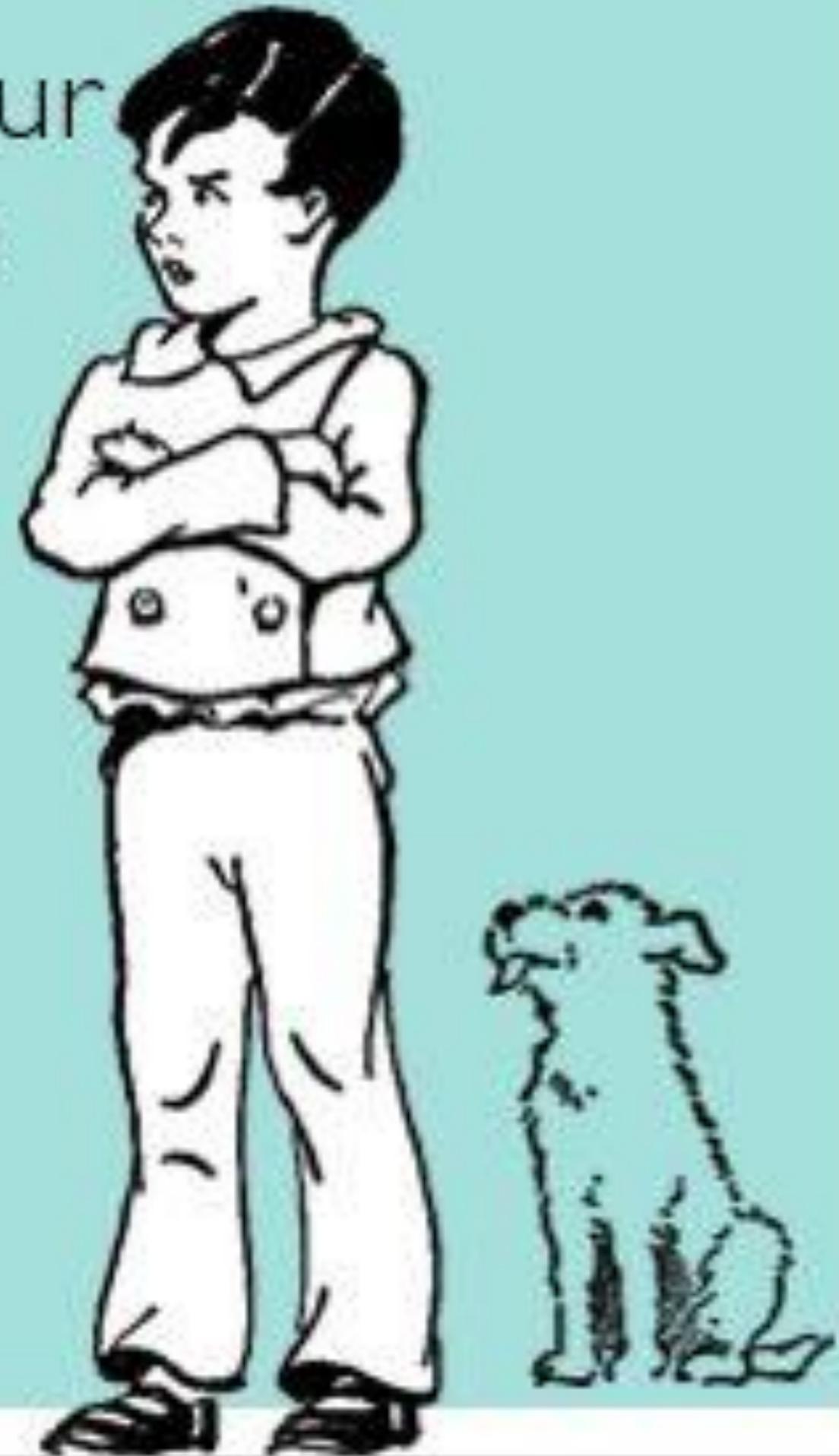


# Other Risk Factors with Strong Evidence:

Obesity | Diabetes | HTN



You're gonna break your  
arm patting yourself on  
the back like that.



EXCLUSIVE

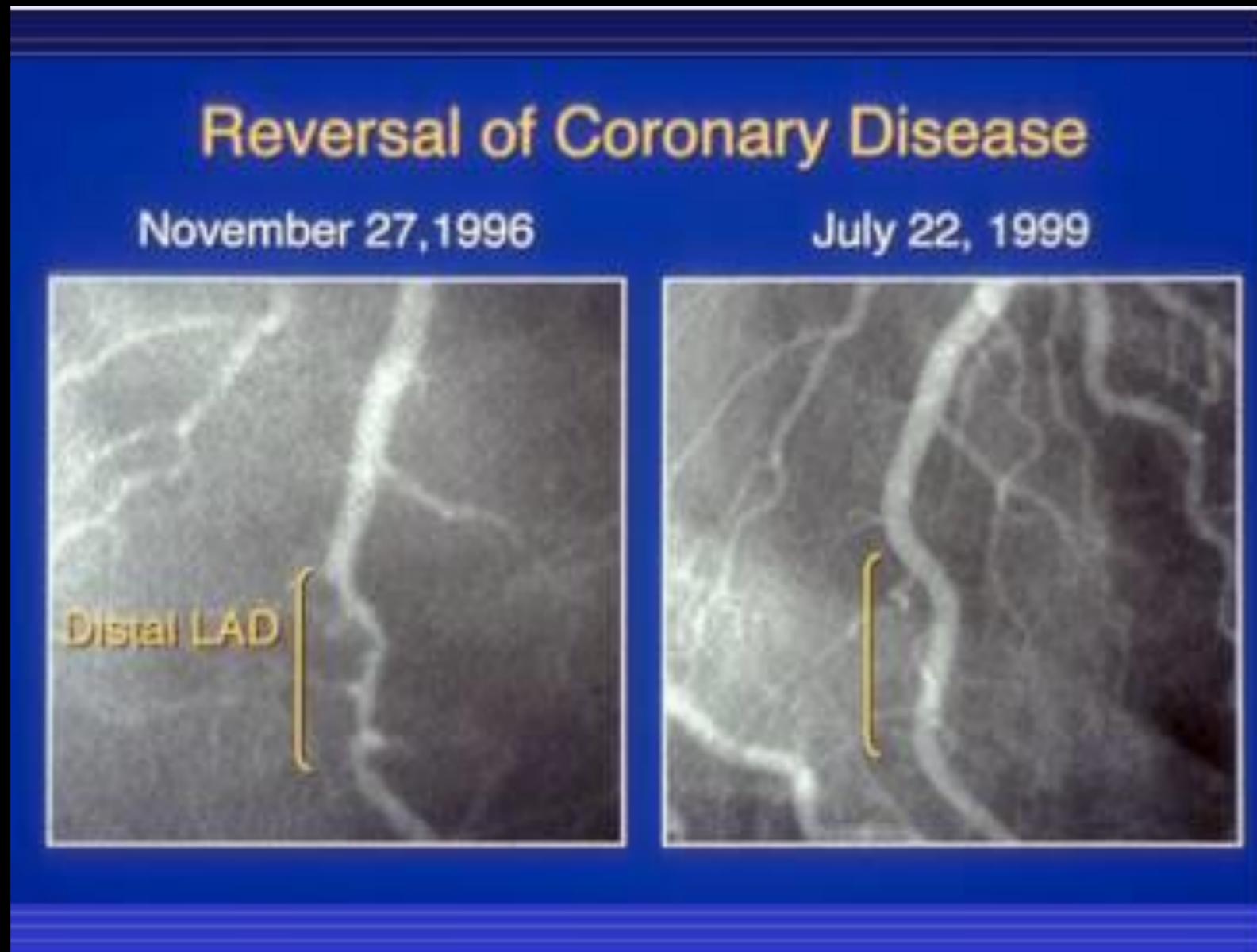
# GOOD NEWS!

T

Alors, voilà! C'est la bonne nouvelle! Nous sommes ravis de vous annoncer que la vente de nos dernières œuvres a été un succès. Nous avons vendu plus de 100 œuvres, ce qui est une performance exceptionnelle. Nous sommes également ravis de vous informer que nous avons atteint notre objectif de 100 000 \$ pour la vente de nos œuvres. Nous sommes très reconnaissants envers tous nos clients et amis qui ont soutenu notre cause.

Notre vente a été organisée par notre équipe de bénévoles, qui a travaillé dur pour assurer la réussite de l'événement. Nous tenons à remercier tous nos bénévoles pour leur dévouement et leur passion pour notre cause. Nous sommes également ravis de vous informer que nous avons atteint notre objectif de 100 000 \$ pour la vente de nos œuvres. Nous sommes très reconnaissants envers tous nos clients et amis qui ont soutenu notre cause.

# Is It REALLY Too Late?



# One Final Point...





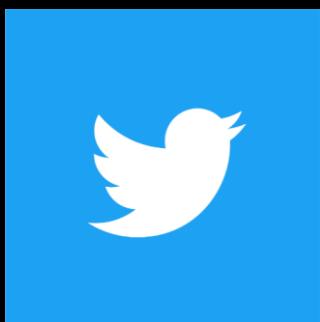
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