

WFPB Diets, Mental Health, & Dementia

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Disclosures & Conflicts

— NEOS Therapeutics & Allergan

Why Listen to Me?



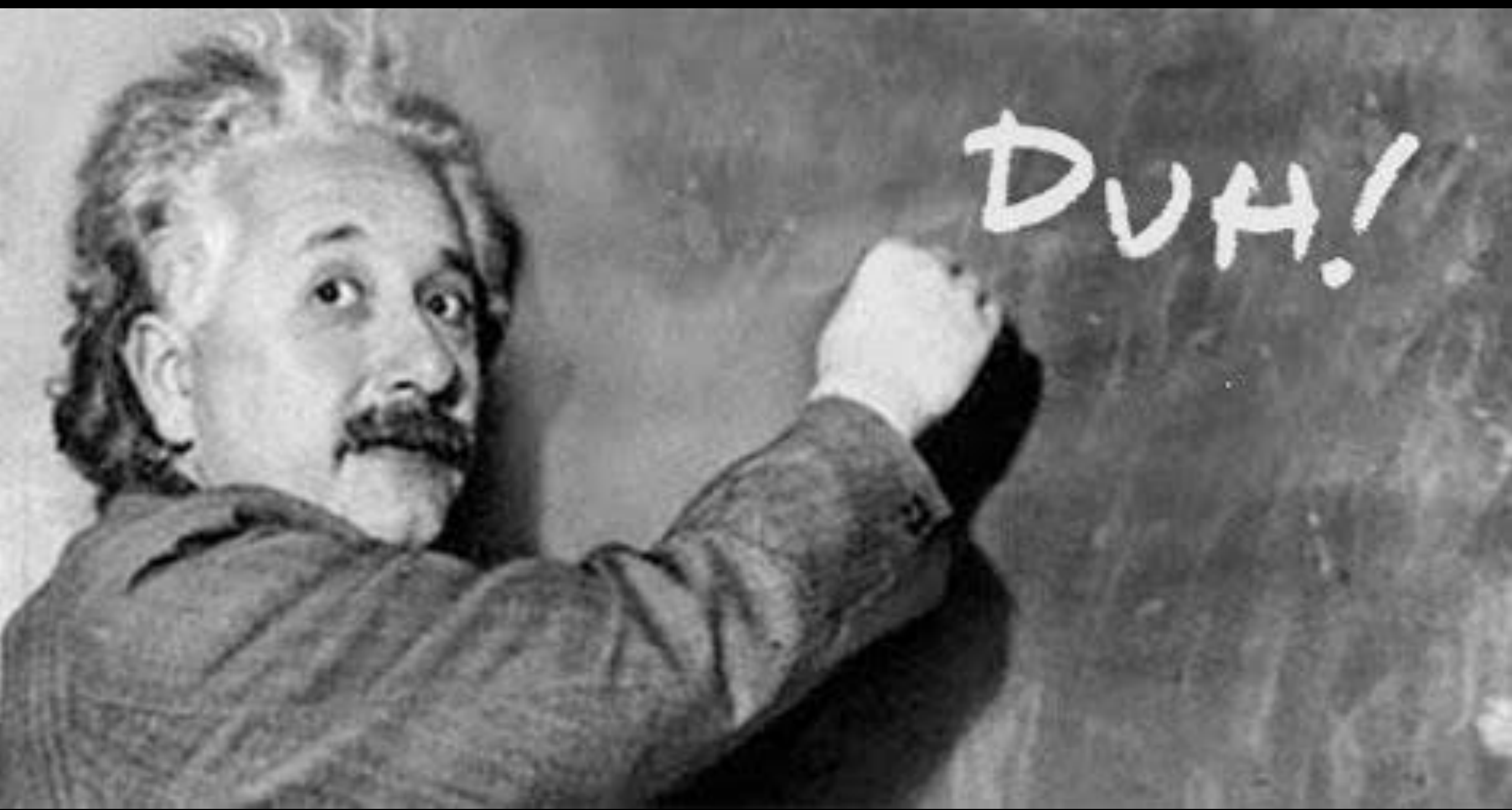
August 27, 2017
266.2 lbs



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](https://pubmed.ncbi.nlm.nih.gov/19880930/)

Dietary pattern and depressive symptoms in middle age

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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^{1,*}, Susan E. Steck, PhD, RD, MPH², Rebecca R. George, MSPH³, and David C. Steffens, MD, MHS⁴

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

Alan C Tsai ^(a1) ^(a2), Tsui-Lan Chang ^(a3) and Shu-Hwang Chi ^(a1) 

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 M¹.

Author information

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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:

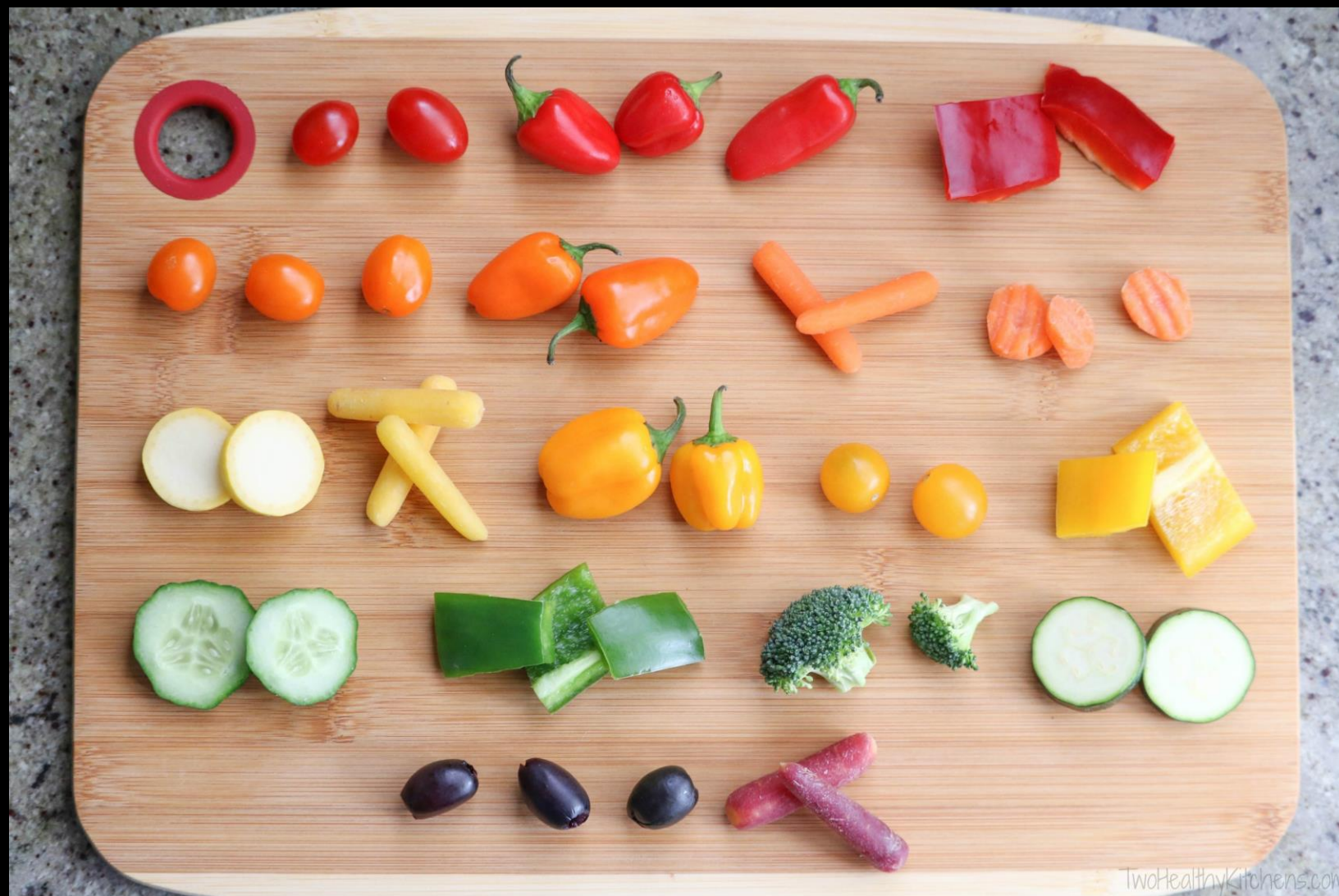


Chicago Health & Aging Project (1993)



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

ribus, sedis con et ut
quos temporibus
sunt, qui velut
se per omnes
se, nonnulli
fem, nonnulli
diderit hanc et laborum

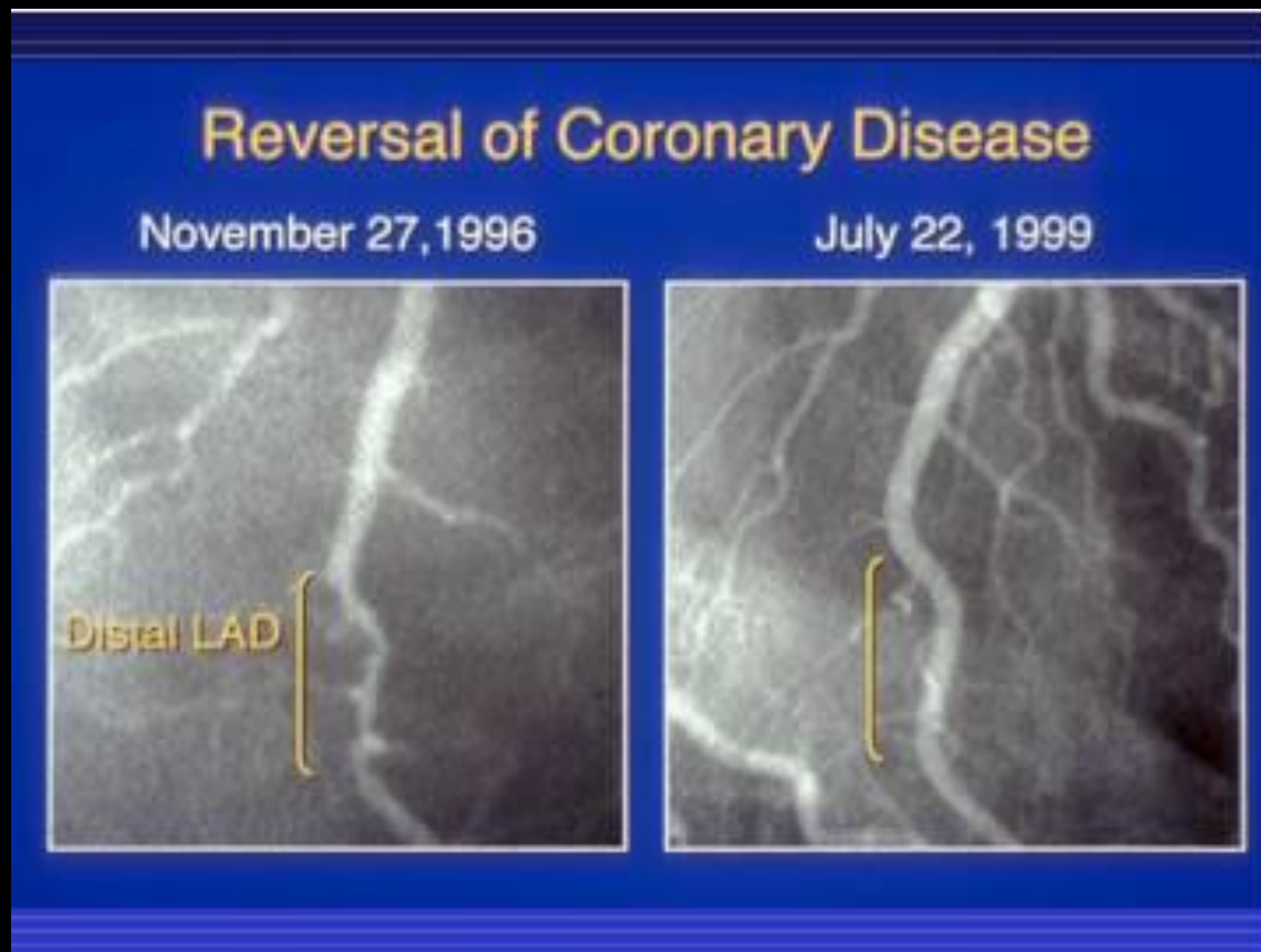
atque, sedis con et ut
quos temporibus
sunt, qui velut
se per omnes
se, nonnulli
fem, nonnulli
diderit hanc et laborum

adipiscit quibus. Quamquam
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sunt, qui velut
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fem, nonnulli
diderit hanc et laborum

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diderit hanc et laborum

et ut, nonnulli
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Is It REALLY Too Late?



One Final Point...





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