

Letter to the Editor: The Pundit Speaks

By Randolph M. Howes, M.D., Ph.D.

March 14, 2021

“Alzheimer’s, Focused Ultrasound and Hyperbaric Oxygen”

Alzheimer's disease (AD) is the nation's most common form of dementia, and it's on the rise. The Alzheimer's Association reports that 5.8 million Americans age 65 and older had Alzheimer's dementia in 2020. By 2050, that number could rise to 13.8 million. AD is one of the top 10 leading causes of death for which there is currently no cure or treatments to prevent or decelerate it. One in 3 seniors die with (not necessarily from) Alzheimer's disease (AD) or other types of dementia. Alzheimer's is a progressive disease that gradually destroys brain tissue and people's ability to remember, think, communicate, and lead independent lives. It is the most common form of dementia. West Virginia University scientists used MRI scans to show what happens when ultrasound waves target a specific area of Alzheimer's patient's brains. They concluded that this treatment may induce an immunological healing response, a potential breakthrough for a disease that accounts for up to 80% of all dementia cases. The ultrasound targeted the hippocampus in particular because it plays a large role in learning and memory. The focused ultrasound procedure modifies brain amyloid levels and might be used to treat patients with Alzheimer's disease and other brain disorders. Why are amyloid levels important? Unusually high amounts of this protein tend to clump together in the brains of Alzheimer's patients, forming plaques between nerve cells and sabotaging their function. Experts plan to examine the treatment's long-term effects. They want to know whether it is safe and effective for slowing—or even reversing—the progression of Alzheimer's dementia. While deaths from other major causes are falling, deaths from Alzheimer's are rising fast. From 2000 to 2014, deaths from heart disease—the number one killer—fell by 14%, while deaths from Alzheimer's rose by 89%. To avoid development of Alzheimer's, go heavy on fruits and vegetables and exercise at least three times a week for no less than thirty minutes. New studies are indicating that hyperbaric oxygen therapy (HBOT) has potential in AD. Using "transgenic mice" that had been engineered to develop some of the hallmarks of Alzheimer's disease, investigators tested the effects of HBOT on behavioral symptoms and physical hallmarks. HBOT reduced both disease-related plaques and brain inflammation by 40%, and it reduced "behavioral deficits. Novel techniques are needed since traditional approaches have not proven effective.

In the America that I love, researchers are desperately searching for ways to prevent or cure AD. Exercise and increased intake of oxygen appears to help with both. Please check out my books (www.amazon.com), "*Alzheimer's Disease: Forget Antioxidants and Supplements,*" and "*Exercise and Reactive Oxygen Species: Likely the only health miracle out there.*" Please remember, a new case is diagnosed every 70 seconds.

Randolph M. Howes, M.D., Ph.D.

Surgeon/Scientist/Patient Advocate

27439 Highway 441, Kentwood, LA 70444

985-229-6955 Home | 985-229-3760 – Fax | 985-514-0578 – Cell

rhowesmd@hughes.net | www.iwillfindthecure.org

