

Adherence to a Mediterranean Style Dietary Pattern has Neuroprotective Effects that Lower the Risk of Developing Alzheimer's Disease and Reduce Symptoms of Dementia in Older Adults: A Systematic Review

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Abstract

Alzheimer's disease and related dementias have become a public health concern as life expectancy has increased, placing a significant burden on patients, caregivers, and society. The Mediterranean diet has been widely studied for its beneficial effects on cardiovascular health and metabolic disease; however, there are limited studies showing the link between this diet and cognitive health. Recent discoveries in pharmacological treatments targeting amyloid b have been promising but do not offer a cure, therefore it is evident that more focus should be placed on prevention. Our study sought to summarize the most recent evidence of the association between adherence to dietary patterns including Mediterranean, MIND, and DASH diets, and cognition and dementia risk in older adults, in an effort to offer robust evidence for using diets as Alzheimer's prevention in healthy adults, effect disease reversal of mild cognitive impairment and to slow down the progression of the neurocognitive disease symptoms.