

SUMMARY CASE REPORT

Reversal of Cognitive Decline in 100 patients

Dr. Dale Bredesen is internationally recognized as an expert in the research of neurodegenerative diseases such as Alzheimer's and Dementia. His research has led to new insight explaining the underlying causes of cognitive decline. Dr. Bredesen has opened the door to a new therapeutic approach as depicted in his book, "The End of Alzheimer's." The attached case report provides the first examples of reversal of cognitive decline in 100 patients utilizing this therapeutic, personalized approach. Key highlights from this article:

Why conventional medicines and single therapies have not worked

- Viewing Alzheimer's as a single disease, rather than having several subtypes.
- Assuming a single cause versus various contributors to the decline.
- Singular treatment targets the mediators rather than the root causes.

How the Bredesen Approach is different

- Regards cognitive decline to be exhibited as several subtypes versus a single disease; inflammation, atrophic, toxic, vascular, traumatic; or a combination.
- Focuses on underlying root causes such as the presence of pathogens, gastrointestinal impairment, insulin resistance, nutrient, hormone or trophic imbalances, and toxic load.

Personalized treatment based on the many potential contributors to cognitive decline:

- Fixing the underlying cause (infections, toxin exposure, chronic inflammation).
- Changing lifestyle to increase neurotrophic factors and proper cell regeneration.
- Using diet and treatments to restore the gut and insulin sensitivity in brain & body.
- Optimizing hormones and other biomarkers using hormones, supplements, & herbs.

100 Case Studies – Similar Symptoms, Various Root Causes

- Symptoms: difficulties in speech, lack of focus on work or errands, becoming easily confused and forgetting everyday tasks; depression, poor sleep and fatigue, trouble finding words or remembering conversations and books read.
- Each of the 100 case study patients underwent personalized assessment and comprehensive testing to determine underlying root causes and cognitive decline subtype.

Bredesen Protocol Results

- Multi-component, targeted, personalized approach was used and improvement was seen in 100 case studies over a period of 12-17 months.
- Sustained improvement in case study patients with continued adherence to the protocol.
- This targeted, personalized, precision medicine approach that addresses the multiple potential contributors to cognitive decline shows promise for the treatment of Alzheimer's.

Dr. Gazda's mission is to serve her patients and humanity. All of the staff at Suzanne Gazda M.D Integrative Neurology welcomes you to be part of this remarkable healing journey. We're here to help, to heal, and to give you hope.

As Dr. Gazda says, *Without hope...none of us could survive.*

For more information, contact us at 210.853-3967