

# Bridging the Gap: Understanding the Link Between Heart Health and Dementia

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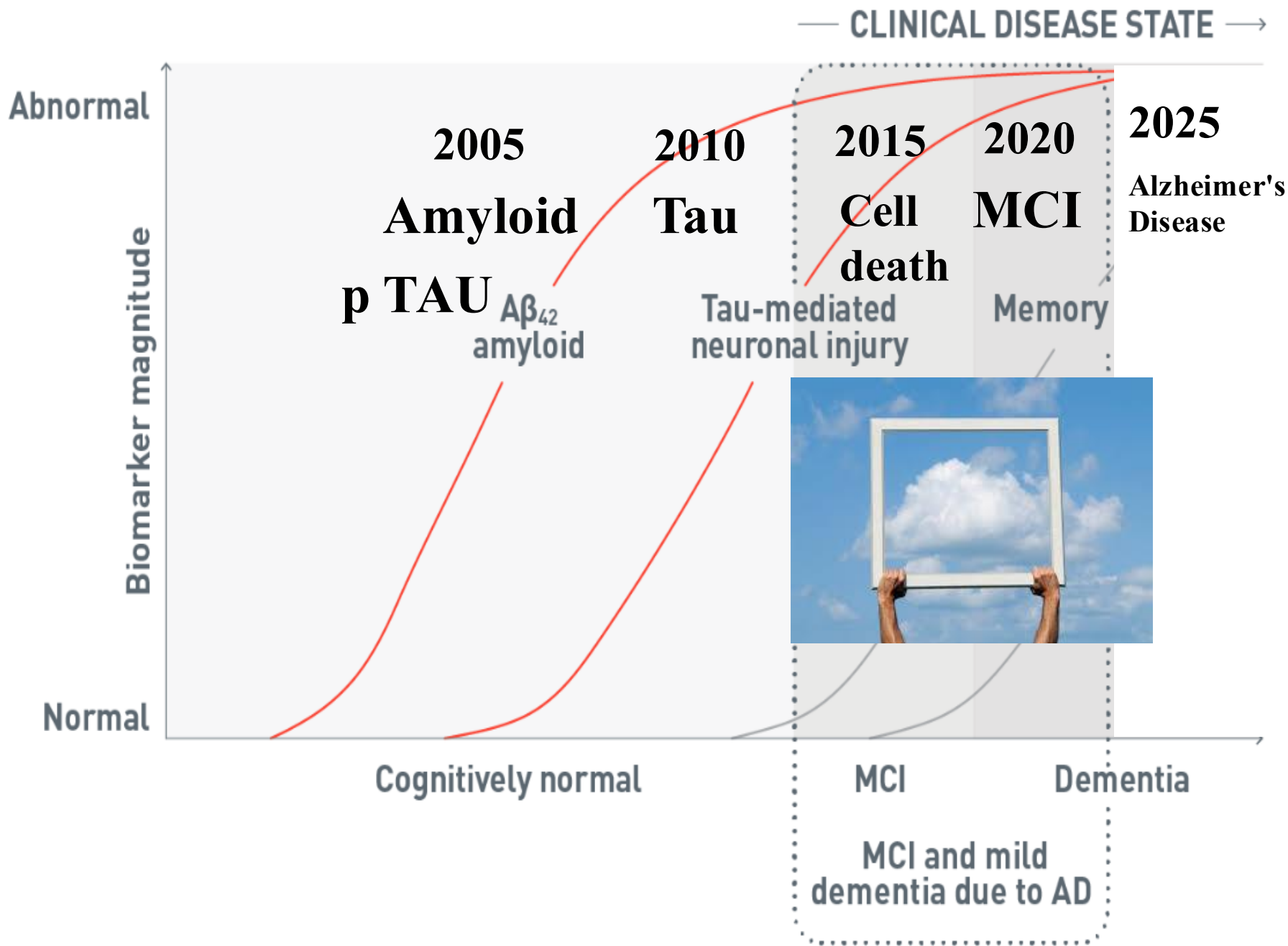
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# Paradigm Shift

Alzheimer's is  
**NOT** a normal part  
of aging

**Changes in the brain start  
20 years before Alzheimer's  
symptoms**

**Amyloid buildup- a key driver  
of Alzheimer's - can be  
detected through a simple  
blood test**





# Window of Opportunity

**We can reduce our cognitive  
decline risks by up to 45%**

*dementia prevention, intervention, and care: 2024 report of the lancet standing commission - the lancet*



## Midlife 40-65

### Early life

5% Less  
Education  
(Not completing  
primary/secondary  
education)

7% High LDL (bad)

7% Hearing Loss

3% Depression

3% Traumatic brain injury

2% Physical inactivity

2% Diabetes

2% Smoking

2% Hypertension

1% Obesity

1% Excessive alcohol

### Late Life

5% Social Isolation

3% Air pollution

2% **Visual loss**

# Why Vascular Health

# Why vascular health matters?

- Vascular dementia: 15-20% of all dementia Mixed dementia =  
(Alzheimer's + vascular)
- Better blood flow = better amyloid clearance.
- The heart-brain connection: What's good for your heart is good for your brain.

# Why vascular health matters?

- Hypertension damages cerebral blood vessels.
- High cholesterol affects brain circulation
- Diabetes impairs vascular function.
- Midlife cardiovascular risk factors = later dementia risk.

# Numbers matter

- Blood pressure: <130/80
- A1c: <5.7% (ideally <5.5%)
- LDL cholesterol: <100 mg/dL

**Learn more about Dementia prevention,  
intervention, and care from The Lancet  
by scanning the QR code below.**





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# References

- [Association between Alzheimer's disease and metabolic syndrome: Unveiling the role of dyslipidemia mechanisms – ScienceDirect](#)
- [Frontiers | Impaired A \$\beta\$  clearance: a potential link between atherosclerosis and Alzheimer's disease](#)
- [dementia prevention, intervention, and care: 2024 report of the lancet standing commission - the lancet](#)
- <https://diabetesjournals.org/care/article/47/8/1415/156809/Association-of-Metabolic-Syndrome-With>
- [Insulin signaling pathway and related molecules: Role in neurodegeneration and Alzheimer's disease – PubMed](#)
- <https://doi.org/10.1186/s13195-024-01666-7>