

## Risk Factors for Alzheimer's Disease

Category	Risk Factor	Parameter	Specifics
Non-modifiable	Age		Doubles every 10 years
	Genetics	APP, PSEN1, PSEN 2, ApoE	Early vs Late
	Family History	> 30 %	1 <sup>st</sup> degree relatives
	Traumatic Head Injury		
	Female Gender	Female : Male = 2 : 1	
Modifiable	Estrogen Deficiency		Age + Female Gender
	Low Educational Level		
	Previous Heart Attack		Risk Factors for Heart Attack
	Smoking		
	High LDL Cholesterol	> 130 mg/dl or >1.5 mmol/l	
	Low HDL Cholesterol	< 46 mg/dl or < 1.5 mmol/l	
	Cholesterol : HDL > 4	> 4	
	High Triglycerides	> 200 mg/dl or > 2.2 mmol/l	
	Obesity	Weight > 25 % over ideal BMI > 25	
	Abdominal Fat	Waist > 35 in or 88.9 cm; Waist : Hip > 0.8 Apple shape	
	High Blood Pressure	> 130/85	
	Diabetes	Type 2, Adult-Onset	
	Sedentary Lifestyle		
	High Homocysteine	> 15 mcmol/l	
	Depression		
	Family History of Heart Attack		
	Alcohol Abuse		
	Chronic Stress		
	Sleep-Disordered Breathing		
	Sleep Deprivation		
Social Isolation			