



The Alzheimer's Answer: Reduce Your Risk and Keep Your Brain Healthy

Marwan Sabbagh

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A front-line researcher offers cutting-edge advice on preventing and slowing the progress of Alzheimer's

Drawing on the most up-to-date information available on the disease as well as experiences from his clinical practice, Dr. Marwan Sabbagh, a leading expert in Alzheimer's research, translates the current ideas driving Alzheimer's treatment into practical information you can use to determine your risk and develop a prevention strategy. You'll find tools for assessing your personal Alzheimer's risk and "What You Can Do" sections to help you keep your brain and body healthy, plus information on the treatment of Alzheimer's and its complications.

- Gives you the most up-to-date information on Alzheimer's and Alzheimer's prevention
- Written by a neurologist specializing in geriatric neurology and dementia who is one of the country's leading experts in Alzheimer's research
- Includes exciting revelations, such as finding that early onset Alzheimer's can be significantly slowed in its progress, giving the patient as many as ten to fifteen added years of quality life

There are an estimated 5.2 million people living with Alzheimer's in America today. If you or someone you love is at risk of developing the disease or wishes to slow its advancement, this book will give you vital information to help you reduce risk and safeguard health and quality of life.

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