

QUESTION OF THE WEEK

Q: Can vitamin E delay Alzheimer's?

By Dr. Michael S. Verwest

Special to The News-Press

Vitamin E is a fat soluble vitamin with antioxidant effects. It is found in numerous foods including oils, meats, eggs and green leafy vegetables. Vitamin E deficiency is not common, due to an abundance of tocopherols (vitamin E compounds) in the diet.



Verwest

There has not been good, research-based evidence that

See QUESTION » D2

Question

Continued from D1

vitamin E supplementation helps prevent Alzheimer's, and the research results on Vitamin E in treating people who already have Alzheimer's disease have been mixed and inconclusive.

However, there has been growing concern about the possible risk of high dose vitamin E supplements associated with

increased mortality from all causes and particularly with heart failure in people with coronary artery heart disease. For this reason, vitamin E supplementation is not recommended for prevention of Alzheimer's disease or other types of dementia.

— Dr. Michael S. Verwest is a family medicine physician with Physicians' Primary Care of Southwest Florida in the Lehigh Acres office at 3507 Lee Boulevard. (239-368-8500)