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# Prevention of Alzheimer Through the Mediterranean Diet

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### ABSTRACT

**Introduction:** Alzheimer's disease (AD) is a progressive neurodegenerative disorder characterized by signs of dementia and cognitive loss. This disease affects ≈38 million individuals worldwide. In Mediterranean countries, it is believed that because of the influence of dietary factors, the prevalence of this disease is lower. **Objective:** To investigate the dietary habits of the Mediterranean population related to AD. **Methodology:** Researches were carried out in the databases SciELO, BVS and CAPES Periodical Portal between 2013 and 2017. The keywords used were "Alzheimer", "diet" and "Mediterranean". **Results and Discussion:** 25 articles were included in English, Spanish and Portuguese, of which five were selected, using as an inclusion criterion the direct relationship with the disease and the Mediterranean diet. In AD there is the formation of neuritic plaques and neurofibrillary tangles, as well as increased inflammation, oxidative stress and cardiovascular disorders. The studies indicate that the Mediterranean diet decreases the risk factors for the development of AD. Food rich in fish, olive oil, wine, some fruits and vegetables avoids mild cognitive impairment. Dietary adherence decreases levels of inflammatory markers, such as C-reactive protein and interleukin-6. The diet has several nutrients, such as omega-3, which contribute to reducing the damage from increased oxidative stress in AD. The omega-3 present in this diet increases eicosapentaenoic acid and docosahexaenoic acid, decreasing inflammation. Another benefit described involves the reduction of thrombolytic factors, reducing cerebral vascular damage, and consequently neuronal damage. **Conclusion:** The consumption of foods present in the Mediterranean diet has an anti-inflammatory effect, antioxidative action and cardiovascular protection. Thus, it may contribute to primary prevention as well as to the prevention of AD progression.

**Keywords:** Alzheimer; Diet; Mediterranean

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