

# ALZHEIMER'S DISEASE

What the media

**say**

**The Guardian**  
News website of the year

**'This looks like the real deal': are we inching closer to a treatment for Alzheimer's?**

The Guardian, November 22, 2022

**Forbes**

**Gantenerumab's Phase 3 Flop Means Lecanemab Emerges As Favourite In Antibody Class Targeting Amyloid Plaque In Alzheimer's Patients**

Forbes, November 14, 2022

**MEDICALNEWS TODAY**

**Dementia vaccines: What are they, and when could they become available?**

MedicalNewsToday, November 21, 2022

What the media

**doesn't say**

- Latest Alzheimer's drug lecanemab found to cause very serious adverse reactions.

Source: Shi M, Chu F, Zhu F and Zhu J. *Front Aging Neurosci.* 2022 14:870517.

- Supplementation with high dose B vitamins has previously been shown to benefit brain health, but when combined with omega 3 oils with a high DHA content (at least 50%), the benefits are nothing less than spectacular.

Source: Douaud G, Refsum H, de Jager CA, et al. *PNAS.* 2013 Jun 4;110(23):9523-8.

- Up to half of all Alzheimer's and dementia cases are preventable.

Source: Barnes DE, Yaffe K. *Lancet Neurol.* 2011 10(9):819-828.

- A low carb diet can prevent and even reverse neurological changes associated with Alzheimer's and dementia.

Source: Mujica-Parodi LR, Amgalan A, Fahad Sultan S et al. *PNAS.* 2020 117 (11) 6170-6177.

# O B E S I T Y

## What the media **say**

 GOV.UK

**New obesity treatments and technology to save the NHS billions**

UK government, November 27, 2022

 Investopedia

**Pharma Giants Eye Obesity Treatments**

Investopedia, November 21, 2022

 REUTERS®

**Amgen says experimental obesity drug has promising durability**

Reuters, December 3, 2022

 NEW ATLAS

**Major obesity advance takes out targeted fat depots anywhere in the body**

New Atlas, December 01, 2022

 SciTechDaily

**A Potential Cure for Obesity - New Particles Stop the Absorption of Fat and Carbs**

SciTechDaily, November 19, 2022

## What the media **doesn't say**

- Low carb diets positively impact multiple clinical indicators of poor cardiometabolic health and diabetes.

Source: Athinarayanan SJ, Adams RN, Hallberg SJ et al. *Front Endocrinol.* 2019 10:348.

- Intermittent fasting is a safe and effective way to help obese individuals lose weight and improve their metabolic health.

Source: Varady KA, Cienfuegos S, Ezpeleta M, Gabel K. *Annu Rev Nutr.* 2021 41(1): 333.

- Exercise improves metabolic fitness as well as cognitive health and helps individuals burn fat and lose weight.

Source: Niemi GM, Rewane A, Algotar AM. 2022 Jun 5. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing.

# HYPERTENSION (HIGH BLOOD PRESSURE)

What the media

**say**

 **NEWS**

**New drug may help people with uncontrolled high blood pressure**

NBC News, November 7, 2022

**verywell**health

**Top 9 Vitamins That May Raise Blood Pressure**

VeryWell, November 28, 2022

**MEDICALNEWS**TODAY

**Resistant blood pressure: New drug proves effective in phase 2 trials**

MedicalNewsToday, November 10, 2022

What the media

**doesn't say**

- Five to 10 minutes of daily breathwork markedly reduces blood pressure.

Source: Craighead DH, Heinbockel TC, Freeberg KA et al. *J Am Heart Assoc.* 2021 Jul 6;10(13):e020980.

- A few minutes of meditation per day induces deep relaxation and lowers blood pressure.

Source: Ponte Márquez PH, Feliu-Soler A, Solé-Villa MJ et al. *J Hum Hypertens.* 2019 33, 237–247.

- All types of exercise reduce blood pressure.

Source: Carpio-Rivera E, Moncada-Jiménez J, Salazar-Rojas W, Solera-Herrera A. *Arq Bras Cardiol.* 2016 106(5):422-433.

- Forest bathing reduces systemic inflammation and hypertension risk.

Source: Mao GX, Cao YB, Lan XG, et al. *J Cardiol.* 2012 Dec;60(6):495-502.

# CHOLESTEROL

## What the media say

Healio 

**Statin therapy  
'vastly superior' to  
common dietary  
supplements for  
cholesterol lowering**

Healio, November 6, 2022

 Harvard Health  
Publishing  
HARVARD MEDICAL SCHOOL

**Muscle pain in  
statin users is  
probably not  
caused by the  
drug**

Harvard Health, December 1, 2022

MEDICALNEWS TODAY

**New oral drug may  
become alternative  
to statins to lower  
cholesterol**

MedicalNewsToday, November 23, 2022

## What the media doesn't say

- Micronutrient supplementation, particularly fatty acids, folic acid, vitamin D, magnesium, zinc, CoQ10 and quercetin reduces cardiovascular risk.

Source: An P, Wan S, Luo Y, et al. *J Am Coll Cardiol*. 2022 Dec, 80 (24) 2269–2285.

- Red yeast rice found to significantly lower total cholesterol and triacylglycerides.

Source: Heber D, Yip I, Ashley JM, Elashoff DA, Elashoff RM, Go VL. *Am J Clin Nutr*. 1999 Feb;69(2):231-6.

- Statins not needed for those on a low carb diet with low triglycerides and high-density lipoprotein (HDL) ratio.

Source: Diamond DM, Bikman BT, Mason P. *Curr Opin Endocrinol Diabetes Obes*. 2022 Oct 1;29(5):497-511.

- Eating a diet rich in cruciferous vegetables reduces cholesterol naturally.

Source: Armah CN, Derdemezis C, Traka MH, et al. *Mol Nutr Food Res*. 2015 59(5):918-926.

- Moderate exercise can increase LDL particle size, known to reduce risk of cardiovascular disease.

Source: Wang Y, Xu D. *Lipids Health Dis*. 2017 16(1):132.