

# How to Slow Cognitive Decline | Dr. Peter Attia & Dr. Andrew Huberman

<https://silosolo.com/763943>

## Summary

The video discusses the prevalence of Alzheimer's disease as the most prevalent neurodegenerative disease. It also mentions other neurodegenerative diseases such as Lewy body dementia, Parkinson's disease, multiple sclerosis, ALS, and Huntington's disease. Age and certain genes, such as the APOE4 isoform, are identified as major risk factors for Alzheimer's. The video explains the cause of death in Alzheimer's patients, which is often due to failure to thrive, aspiration pneumonia, and loss of the ability to sense pain leading to infections.

## Silo sample questions

- What is the most prevalent neurodegenerative disease?
- What are the main topics discussed in the video?
- What are the main risk factors for Alzheimer's disease?
- What are some other neurodegenerative diseases mentioned?
- Why do people with Alzheimer's disease die?

## Topics

Alzheimer's disease  
neurodegenerative diseases

## Key Takeaways

- Alzheimer's disease
- Neurodegenerative diseases, Alzheimer's disease, risk factors
- Age and certain genes (e.g., APOE4 isoform)
- Lewy body dementia, Parkinson's disease, multiple sclerosis, ALS, Huntington's disease
- They typically experience failure to thrive, aspiration pneumonia, loss of ability to sense pain and develop infections

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