



## The Future of Alzheimer's Disease: Emerging Therapies and Preventive Strategies

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### Description

Alzheimer's Disease (AD) is a debilitating neurodegenerative disorder that affects millions of people worldwide. As the leading cause of dementia, it presents a profound challenge to individuals, families, and healthcare systems. With the aging global population, the prevalence of Alzheimer's is expected to rise dramatically, making the search for effective therapies and preventive strategies more urgent than ever. This study discusses about the future of Alzheimer's disease, focusing on emerging therapies and preventive strategies that offer hope for better management and possibly even prevention of this devastating condition.

### Understanding Alzheimer's disease

Alzheimer's Disease is characterized by the accumulation of amyloid-beta plaques and tau neurofibrillary tangles in the brain, leading to neuronal damage and cognitive decline. Symptoms typically begin with mild memory loss and progress to severe impairment in cognitive and functional abilities. The exact cause of Alzheimer's remains unknown, but it is believed to involve a combination of genetic, environmental and lifestyle factors.

### Emerging therapies

**Disease-modifying treatments:** Recent years have seen significant advancements in the development of disease-modifying treatments aimed at altering the course of Alzheimer's disease rather than just alleviating symptoms. One promising avenue is the use of monoclonal antibodies to target amyloid-beta plaques. Aducanumab, approved by the FDA in 2021, is one such drug that has shown potential in reducing amyloid plaques in the brain. While its clinical efficacy in improving cognitive function is still under debate, it marks a significant step forward in Alzheimer's treatment. Other monoclonal antibodies, such as

lecanemab and gantenerumab, are in various stages of clinical trials and have shown encouraging results in early studies. These therapies work by facilitating the immune system's ability to clear amyloid plaques, potentially slowing disease progression.

**Tau-targeted therapies:** In addition to amyloid plaques, the accumulation of tau protein tangles is another hallmark of Alzheimer's disease. Emerging therapies targeting tau pathology include small molecules and antibodies designed to inhibit tau aggregation or promote its clearance. TauRx Therapeutics is developing LMTX, a drug that targets tau tangles and has shown promise in clinical trials.

**Gene therapy:** Advances in gene editing technologies, such as CRISPR-Cas9, have opened new possibilities for treating genetic forms of Alzheimer's disease. Gene therapy aims to correct or mitigate the effects of genetic mutations associated with familial Alzheimer's. Although still in the experimental stages, these approaches hold potential for preventing the onset of the disease in individuals with a high genetic risk.

**Neuroprotective agents:** Neuroprotective agents aim to protect neurons from the damage caused by Alzheimer's pathology. Compounds such as BHV-4157 (troriluzole), which modulate glutamate levels in the brain, are being investigated for their potential to preserve cognitive function and slow disease progression.

### Preventive strategies

Preventing Alzheimer's disease is a key focus of current research, with strategies ranging from lifestyle modifications to pharmacological interventions:

**Lifestyle modifications:** Numerous studies have highlighted the role of lifestyle factors in the risk of developing Alzheimer's disease. Regular physical activity, a healthy diet, cognitive engagement, and

social interaction have all been associated with a reduced risk of cognitive decline. The Mediterranean diet, rich in fruits, vegetables, whole grains, and healthy fats, has shown particular promise in supporting brain health.

**Cardiovascular health:** Maintaining cardiovascular health is important in preventing alzheimer's disease. Conditions such as hypertension, diabetes, and hypercholesterolemia are linked to an increased risk of alzheimer's. Managing these conditions through medication, diet, and exercise can help reduce the risk. The systolic blood pressure intervention trial memory and cognition in decreased hypertension (SPRINT MIND) trial demonstrated that intensive blood pressure control could significantly lower the incidence of Mild Cognitive Impairment (MCI) and dementia.

**Cognitive training:** Engaging in activities that challenge the brain, such as puzzles, learning new skills, or playing musical instruments, can help maintain cognitive function. Cognitive training programs, both digital and in-person, are being developed and tested for their efficacy in delaying the onset of alzheimer's symptoms.

**Pharmacological interventions:** Research is also focused on developing pharmacological agents that can be used prophylactically to prevent the onset of alzheimer's disease. Nonsteroidal Anti-Inflammatory Drugs (NSAIDs), antioxidants, and medications

targeting metabolic pathways are under investigation for their potential to reduce alzheimer's risk. While conclusive evidence is still lacking, ongoing studies continue to explore these avenues.

### **The role of technology**

Advances in technology are playing a pivotal role in both the treatment and prevention of alzheimer's disease. Wearable devices and mobile applications are being used to monitor cognitive function and detect early signs of decline. Artificial Intelligence (AI) and machine learning are enhancing the ability to analyze complex data from imaging studies, genetic tests, and electronic health records, facilitating early diagnosis and personalized treatment plans. The future of alzheimer's disease management looks promising, with numerous emerging therapies and preventive strategies on the horizon. While there is still no cure, advancements in understanding the disease's pathology are leading to innovative treatments that offer hope for slowing its progression and improving the quality of life for those affected. Preventive strategies focusing on lifestyle modifications, cardiovascular health, and cognitive training provide additional avenues for reducing the risk of developing alzheimer's. As research continues to evolve, the combined efforts of medical science, technology, and public health initiatives hold the potential to transform the landscape of alzheimer's disease in the coming years.