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Functional Medicine

**TWEET GM #49**

**2019-05-30**

Title

Created

## **CHRONIC LOW-GRADE INFLAMMATION, APOE4 AND ALZHEIMER RISK**

We have just posted QUOTE GM #49 today, which you will hopefully read.

Good news is that we now move more and more into Alzheimer's disease prevention, rather than lamentation or plainly useless drugs. Functional Medicine plays a large role in this evolution, but mainstream research is now agreeing. The quoted article published in October 2018 by prestigious *Journal of American Medical Association (JAMA)* shares such views as they clearly state "*Rigorously treating chronic systemic inflammation based on genetic risk could be effective for the prevention and intervention of AD.*"

Now, please focus on the words "*based on genetic risk*": fighting chronic inflammation, which by the way represents the hard core of my functional programs, would only show effective among carriers of E4 allele, but not for E3 or E2 carriers. What is your conclusion? We must know about the apoE genotype to personalize health care and prevent neurodegeneration.

It sounds like logic, but apparently medical regulators do not agree... yet!