

## **Physician Fact Sheet On The Prescription Of Anti-Inflammatories As A Preventive Intervention For Intellectual Loss Or Dementia**

1. Individuals who consume non-steroidal anti-inflammatories may have a slightly diminished, long-term risk of developing cognitive decline.
2. Ibuprofen may be beneficial while other medications, such as COX 2 inhibitors, may have less beneficial effect.
3. Individuals with metabolic syndrome may have enhanced, systemic markers for systemic inflammation.
4. Inflammatory responses may play a role in the production of age and disease-related brain changes.
5. Amyloid and senile plaque provoke inflammatory responses in the brain.
6. Anti-inflammatory medications may alter the production of A-beta amyloid 42 in the brain.
7. Steroids may increase A-beta 42 amyloid production or alter levels of insulin degrading enzyme.
8. Long-term use of anti-inflammatory medications can produce significant gastrointestinal and cardiovascular morbidity in selected older patients.
9. Anti-inflammatory medications, such as aspirin, may be beneficial in other degenerative diseases, such as Parkinson's disease.
10. The weak, potential benefit of anti-inflammatory medications does not counter-balance the risk of long-term medication use as a preventive intervention for dementia.