

PRESCRIPTION

LATEST NEWS AND UPDATES FROM THE FACULTY OF PHARMACY, UiTM

IN THIS ISSUE

- Healthy Lifestyle Boosts Memory and Lowers the Risk of Alzheimer's Disease
- Empowering Teacher's role for Quality Use of Medicine
- ImageJ for Live Cell Imaging: From Acquisition to Analysis
- Workshop on Drug Screening & Pharmacological Evaluations
- The Next Chapter: UiTM in Pursuit of Becoming a Globally Marketable University in Modern Pharmacognosy
- Mastering The Fundamentals of Cytotoxic Drug Reconstitution and Parenteral Nutrition
- Walailak University Delegation Visits UiTM: Strengthening Collaboration and Exploration
- Strengthening Academic Bonds: A Visit from Fakultas Farmasi, Universitas Halu Oleo, Indonesia
- Navigating the Path to Pharmacy Excellence: A Warm Welcome for First-Year Students
- Understanding and Managing Emotions: The Basis for Children to Develop Strong Character and Attain Academic Excellence
- Empowering Safety with the SAFEME-Girls Safety Kit
- Strike Up the Fun: Faculty Bowling Challenge 2023
- State-of-the-Art Labs
- A Memorable Experience at Faculty of Pharmacy Universitas Hasanuddin
- Chemist on Sabbatical: Anything to Do with a Botanical Garden?
- Embarking on a New Academic Journey: ROVERX22 Guides RX22 Through Exciting Opportunities
- Alumni Series: Understanding Mental Health: What, When, Who, and Beyond

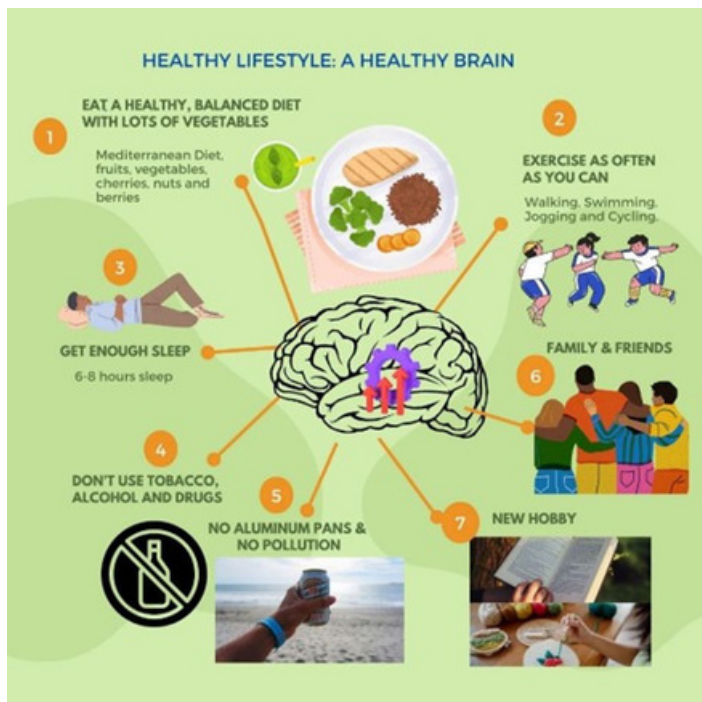
HEALTHY LIFESTYLE BOOSTS MEMORY AND LOWERS THE RISK OF ALZHEIMER'S DISEASE

This article is expressed in conjunction with World Alzheimer's Day (21st September) and is a pivotal prospect to know the importance of lifestyle factors and food habits for improving memory and enhancing neuroprotection.

An estimated 55 million people globally are living with dementia, which will rise to over 150 million by 2050 in tandem with the increasing ageing population. A steep escalation in Alzheimer's cases is witnessed in South Asian and Western Pacific nations' ageing populations. In Malaysia's elderly population, 8.6% have dementia and according to Alzheimer's Disease International, 123,000 people had dementia in 2015. It is a great concern to understand that this figure will rise to 261,000 by 2030 and reach 590,000 by 2050.

The accuracy of this statistic may be compromised due to insufficient awareness and acceptance of dementia as a natural component of the ageing process, resulting in cases that remain undiagnosed and untreated.

The Alzheimer's Association reports that the consequences for the Malaysian economy are significant due to the high treatment costs of these patients. The cost of dementia care is estimated to be RM 8 billion, or 0.72% of Malaysia's gross domestic product GDP. Keen improvements in quality of life (QOL), such as the consumption of a healthy diet balanced with fruits and natural products, provide neuroprotection that acts as a preventive measure. Millions of people with Alzheimer's disease benefit from having a better quality of life.



Naturally occurring compounds with significant antioxidant properties are called polyphenols. Antioxidant components rich in polyphenols reduce endogenous oxidants and scavenge reactive oxygen species (ROS) to safeguard neurons. Numerous polyphenolic groups, including lignans, stilbenes, phenolic acids, and flavonoids, as well as their subclasses, have been shown to have a protective impact on neurons. Food intake with polyphenols and related medicinal supplements is useful in treating neurodegenerative disorders caused by oxidative stress.

Consuming fruits high in polyphenols and enhancing one's diet with this have been shown to provide neuroprotection and slow the onset of AD. Polyphenol-rich fruits and vegetables, such as plums, blueberries, cherries, apples, onions, leafy and root vegetables, and kiwi, have been shown to have neuroprotective qualities.

Mediterranean diet lowers the risk of AD and other cognitive disorders. Herbal medications high in polyphenols, used in traditional medicine, are one of the focused approaches for AD-type dementia. Polyphenols have pharmacotherapeutic actions that enhance brain health through a variety of cellular pathways and signalling processes.

However, it is important to exercise caution when consuming excessive amounts of polyphenols, as they have been reported to reduce the bioavailability of micronutrients. It is recommended to avoid diets that are high in fat and sugar, as they have been linked to the development of Alzheimer's disease. Moreover, metabolic conditions like diabetes, hypertension, and hypoglycemia are recognised as risk factors for this condition.

In a nutshell, a healthy lifestyle: a healthy brain grows. With these aspects; learning a new language, adequate sleep of 6-8 hours per day, regular exercise (that includes physical and cognitive), staying hydrated, limited industrial pollutant exposure, limited red meat consumption, omega-3-rich foods including nuts, seeds, and fish, intake of an adequate fruit portion, quitting smoking, limited alcoholic beverages, less metal ion exposure, usage of non-leaching cookwares, taking up a new hobby (reading and drawing), or staying in touch with friends and family are all excellent methods to keep the brain healthy.

Dr. Hanish Singh Jayasingh Chellammal, Dr. Gurmeet Kaur Surindar Singh, Prof. Dato' Dr. Abu Bakar Abdul Majeed
Faculty of Pharmacy, UiTM

BRAIN DEGENERATION AND THERAPEUTICS RESEARCH GROUP, UiTM



Dr. Hanish Singh Jayasingh Chellammal



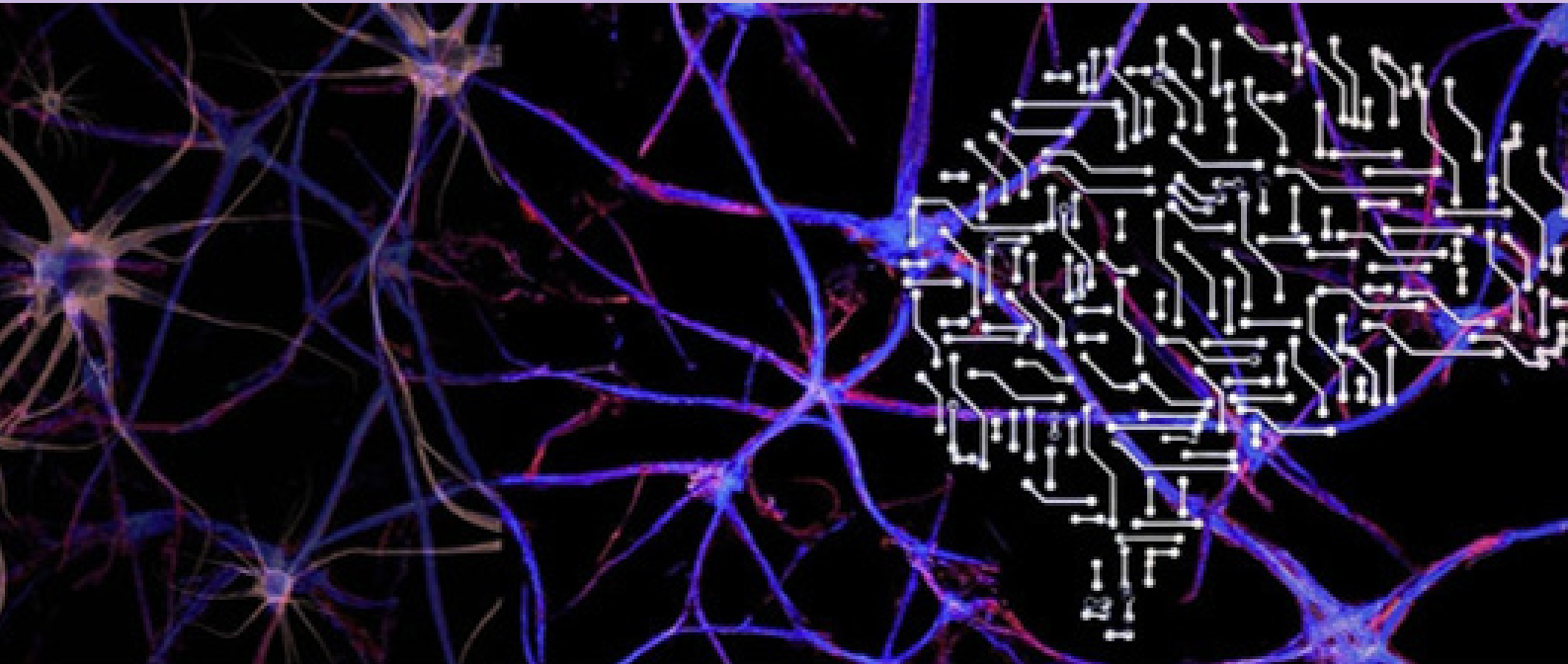
Dr. Gurmeet Kaur Surindar Singh



Profesor Dato' Dr. Abu Bakar Abdul Majeed

PRESCRIPTION

Latest news and updates from the Faculty of Pharmacy, UiTM



NEWSLETTER EDITORIAL TEAM

Editorial Advisor:

Prof. Dato' Dr. Abu Bakar Abdul Majeed

Authors:

Assoc. Prof. Dr. Hanish Singh Jayasingh Chellammal, Prof. Dato' Dr. Abu Bakar Abdul Majeed, Mdm. Nur Sabiha Md Hussin, Dr. Gurmeet Kaur Surindar Singh, Dr. Zokapli Eshak, Assoc. Prof. Dr. Mizaton Hazizul Hasan, Assoc. Prof. Dato' Dr. Vellayan Subramaniam, Dr. Aisyah Hasyila Jahidin, Dr. Maziana Mahamood, Mr. Muhammad Harith Zulkifli, Dr. Nur Sakinah Latifi, Associate Prof. Dr. Mahmathi Karuppannan, Dr. Salfarina Ramli, Ms. Nik Aisyah Najwa Nik Mustaffa Shapri, Ms. Izzati Abdul Halim Zaki, Dr. Mohd Shahezwan Abd Wahab, Dr. Nurul Izzati Osman, Dr. John Shia Kwong Siew, Ms. Ili Rabiatal Adawiah Ismail, Ms. Zakiah Mohd Noordin, Dr. Siti Syairah Mohd Mutalip, Dr. Ruzianisra Mohamed, Mr. Mohd Alimukhti Mansor, Mdm. Tiniati Ahmad, Dr. Norkasih Ibrahim, Dr. Nurhuda Manshoor, Mr Muhammad 'Izzuddin Zamery, Madam Saliha Azlan.

Illustrator:

Mdm. Nurul Izzati Ismail

PRESCRIPTION

Faculty of Pharmacy,
Universiti Teknologi MARA,
Kampus Puncak Alam,
42300 Bandar Puncak Alam, Selangor.

 @pharmacyuitm




 @pharmacy_uitm




 Faculty of Pharmacy UiTM



 <https://pharmacy.uitm.edu.my/>



 +603-3258 4645

 korporatff@uitm.edu.my