Zeit für gute Vorsorge ...

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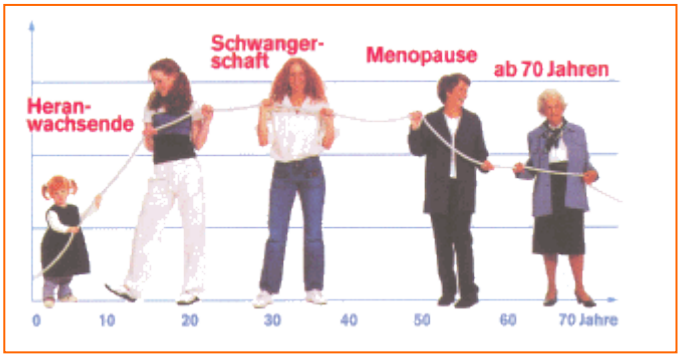
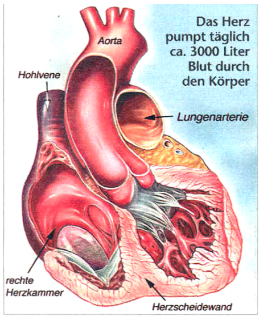
# *Risk factor homocysteine: arterial calcification, depression, Alzheimer's disease and osteoporosis*

**Both the D.A.CH.-League Homocystein and the German Green Cross sound the alarm:**




Although homocysteine has been an independent risk factor for the development of arteriosclerosis for some time, similar to cholesterol, blood lipids and




Unterschätzter Risikofaktor
**Homocystein** ist für die Gefäße gefährlich

high blood pressure, this risk factor is still largely unknown in the population.

Homocysteine arises as an intermediate product in the metabolism of the amino acid methionine and damages the blood vessels.

Elevated homocysteine levels favor the development of cardiovascular diseases, strokes, thromboses and dementia.

It is still largely unknown that excessively high homocysteine levels also favor the development of osteoporosis, depression and Alzheimer's disease (dementia).

The breakdown of homocysteine is essentially dependent on three vitamins: folic acid, vitamin B6 and vitamin B12**.**

There are many reasons for increased homocysteine levels: Congenital defects are responsible for 15% of the population (MTHFR mutation).

Vitamin deficiency due to diet is of considerable importance.

**This is especially true for pregnant women, people with hereditary problems, taking hormones (including birth control pills) and women who want to have children. These people are even recommended 800µg folic acid daily (to avoid cleft lip and neural tube defect in the expected babies!).**

Currently, a daily intake of at least 400 µg folic acid is recommended, also with regard to homocysteine.

However, over 50% of people only consume half with their diet!

In order to fill the supply gap and lower the homocysteine level, preparations are recommended that contain a combination of folic acid, vitamin B6 and vitamin B12.Bei Angehörigen einer Risikogruppe bezüglich Herz- und Circulatory diseases, but also generally from the age of 50, a nutritional supplement with vitamins is a highly recommended preventive care.

At the same time, high-risk patients should remember to regularly measure their homocysteine levels and adjust their vitamin intake accordingly.