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CORTISOL AS THE CAUSE FOR SEVERAL DISEASES AND FOLIC ACID AND VITAMIN B12 AS POSSIBLE THERAPEUTIC TARGETS

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Background: This research first hypothesis is that Cortisol, the hormone in charge of sugar transfusion to the bloodstream to handle stressful situations is what's causing Alzheimer's disease because high levels of this hormone for prolonged periods of time lead to deterioration of Secretases alpha beta and gamma, in charge of the peptide of beta amyloid within the neurons. The 2nd hypothesis is that Diabetics consumption of glucose also stems from wanting to deter hyper cortisol secretion.

Methods: This research is a review of many studies showing correlation between Alzheimer's disease and Diabetes as well as other illnesses (Hypertension, Cushing Syndrome and Schizophrenia) with High Cortisol Levels, as well as low Vitamin B12 and Folic Acid Levels and high levels of Homocysteine.

Results: In Alzheimer's Diseases, Diabetes, Hypertension, Schizophrenia and Cushing Syndrome, High Cortisol Levels as well as Low Folic Acid and Vitamin B12 levels are evident

Conclusions: This proves true the hypotheses brought in the background section regarding both AD and Diabetes to stem from Cortisol secretion and basically from dealing with stress and stressful everyday lives. What these finding suggest is that a possible way of downgrading Cortisol Levels and preventing or even treating said diseases is by maintaining a healthy diet of folic acid and vitamin b12 and that deficiency of these vitamins could possibly not only cause the above diseases but also to be the cause of stress itself

Biography

Dr. Amos Gelbard is currently working in Zefat Academics Kibbutz Eilon, Israel. His International experience includes various programs, contributions and participation in different countries for diverse fields of study. Dr. Amos Gelbard's research interests reflect his wide range of publications in various national and international journals.

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