



2020 IMPACT CIRCLE

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Does using a Sauna protect against Alzheimer's disease and Parkinson's Disease

Alzheimer's disease (AD) is the leading cause of dementia in those over the age of 65. Currently, 5 million Americans have AD. Population demographic projections for AD suggest a two- to three-fold increase by 2050 in the absence of its cure or prevention, a highly significant economic and social burden. Various attempts to develop treatments have failed dramatically. Developing interventions are critical.

There is evidence for health benefits from regular sauna use. In one study, people using a sauna two or three times a week had lowered risk of Alzheimer's and in another "all-cause mortality" was reduced. In simple laboratory animals, we have shown that short-term exposure to heat can extend lifespan.

We hypothesize that short-term heat exposure activates protective mechanisms that fight neurological disease.