

About the ApoE Gene:

The three versions of the ApoE gene are:

- ApoE 3 – Version 3 is the most common version, it removes plaques from the brain reasonably well. Individuals who have version 3 do not have an increased or decreased risk of developing Alzheimer's.
- ApoE 2 – Version 2 is more effective at removing plaques from the brain. Individuals who have version 2 have a reduced risk of developing Alzheimer's.
- ApoE 4 – Version 4 is less effective at removing plaques from the brain. Individuals who have version 4 have a significantly increased risk for developing Alzheimer's.

Because ApoE 4 is not effective at removing these plaques from the brain, more of these harmful plaques build up and damage the brain. This explains why individuals with the ApoE 4 gene have a substantially increased risk of developing Alzheimer's.

If no preventative measures are taken, researchers believe that individuals with two versions of the ApoE 4 gene have a 50% chance of developing Alzheimer's.

The Risk of Developing Alzheimer's Depends on Which Version of the Gene You Have

ApoE 4 Does Not Guarantee That Someone Will Develop Alzheimer's,
*******-> Steps Can Be Taken To Reduce Alzheimer's Risk <-*******

Research has shown us that individuals with the ApoE 4 gene are able to reduce their risk for developing Alzheimer's.

Individuals with the ApoE 4 gene can reduce their risk by proactively managing other risk factors and by pursuing activities and lifestyles which have been shown to reduce the risk of Alzheimer's.

Individuals with the ApoE 4 gene are more vulnerable to certain factors which increase the risk of Alzheimer's, risk factors like diabetes or high blood pressure. This makes it even more important than normal for individuals with the ApoE 4 gene to manage their blood pressure and diabetic status.

The chance of developing Alzheimer's is influenced by behaviors that occur decades before and leading up to when the symptoms first become noticeable. Individuals with the ApoE 4 gene should begin addressing risk factors sooner, rather than later.

Source: <https://www.alzheimersorganization.org/alzheimers-gene-apoe4>

If you have ApoE 4:
Here is another resource:

<https://www.apoe4.info/welcome/>