

Ms Lorraine Perretta

Nutritionist



AAACL 2013

DEPRESSION

IN THE AGEING POPULATION

Lorraine Perretta Dip ION

London 2013



Cullum Int J Geriatr Psychiatry 2006
Osborn Int J Geriatr Psychiatry 2002

PSYCHOLOGICAL FACTORS

Reduced sense of purpose in life

Isolation

Loneliness

Fears

Bereavements

Health problems

MEDICAL FACTORS

Medical conditions

Medications



LIFESTYLE FACTORS

Lack of exercise

Poor eating habits

Increased alcohol consumption



BIOCHEMICAL FACTORS

BIOCHEMICAL FACTORS

Depressed serotonin levels

Depressed noradrenalin levels

Poor nutritional status

Hormonal imbalances

Food intolerances

SEROTONIN

92%

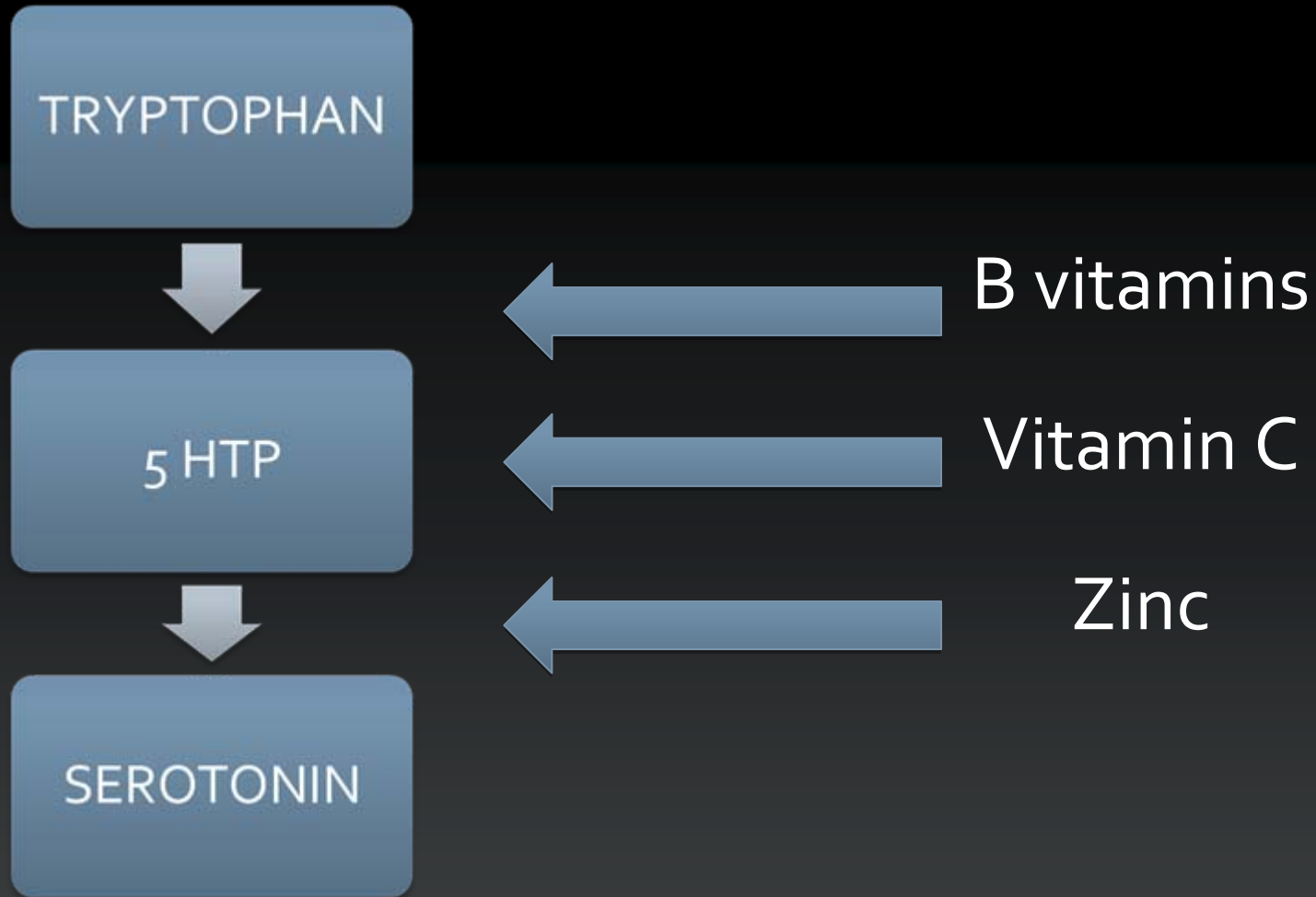
aged 40+ had depressed serotonin levels

NORADRENALIN

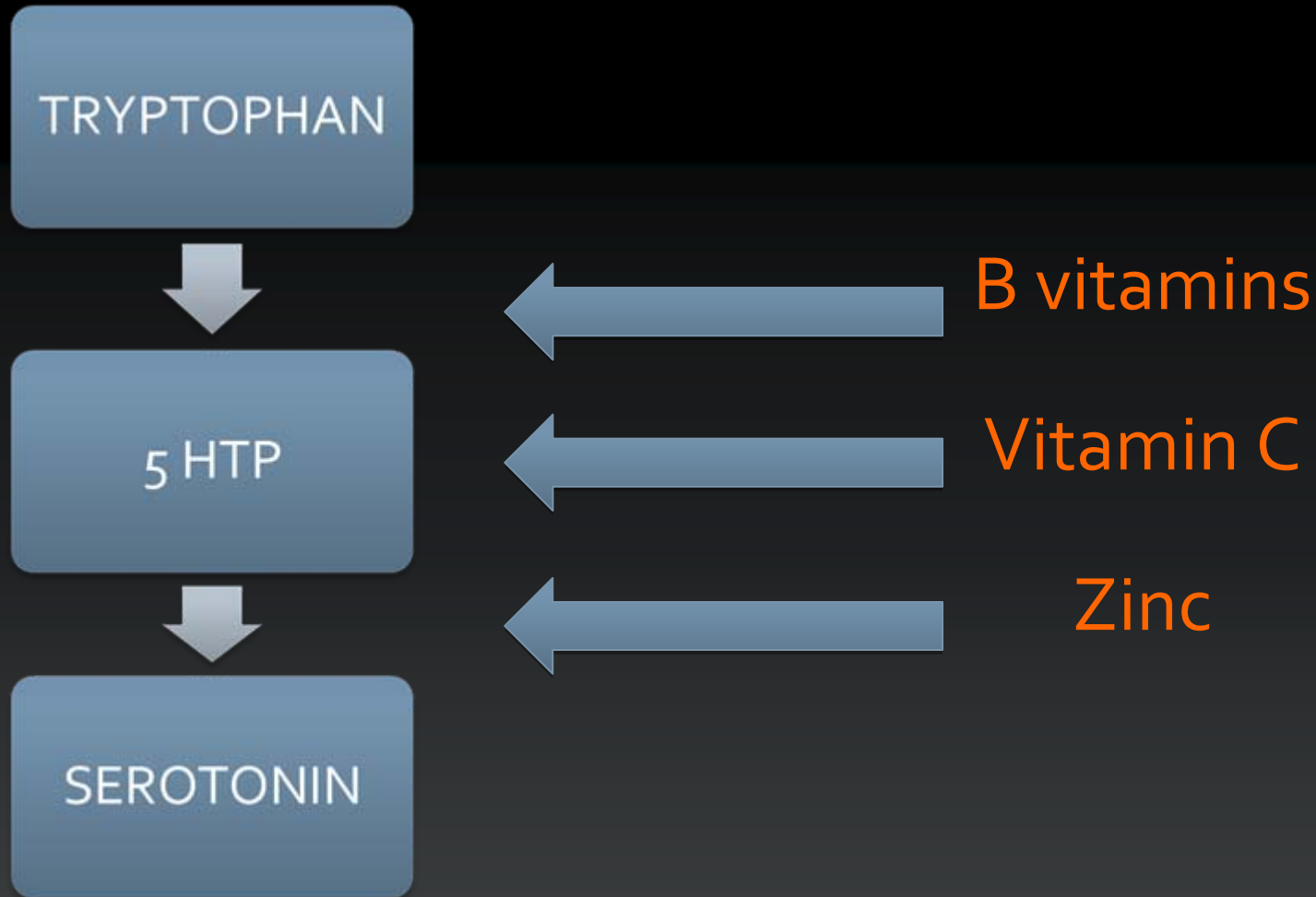
89%

aged 40+ had depressed noradrenalin levels

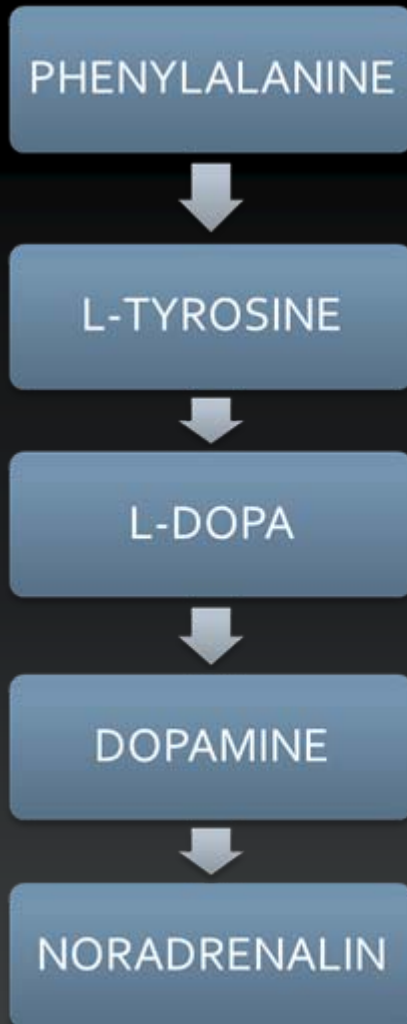
METABOLIC PATHWAY OF SEROTONIN



METABOLIC PATHWAY OF SEROTONIN



METABOLIC PATHWAY OF NORADRENALIN



B6
B12
B3
Folic Acid
Vitamin C
Magnesium
Manganese
Iron
Copper
Zinc

OMEGA 3

Age 65+ consume

21% less

than younger counterparts



POOR DIET

Consume fewer calories

16% less protein

POOR DIET

Consume same amount of saturated fat but provides larger percentage of total intake

21% less omega 3 fats

18% less omega 6 fats

17% more transfatty acids

HORMONAL IMBALANCES

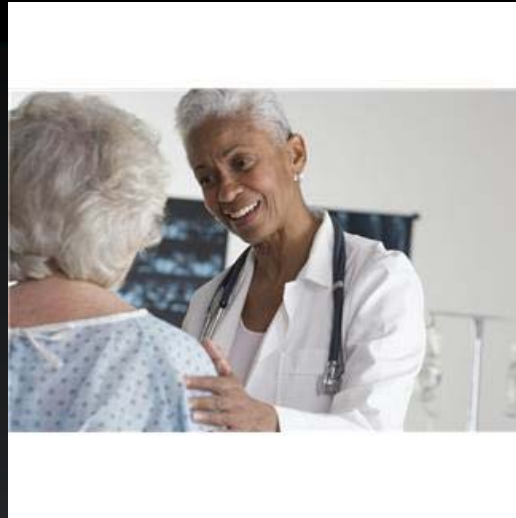
HORMONAL IMBALANCES

Thyroid

Oestrogen

Testosterone

HYPOTHYROIDISM



Vanderpump Brit Med Bulletin 2011
Harvard Med Sch Family Health Guide
2007 Hage Jnl of Thyroid Research
2012

PERIMENOPAUSE



Sanchez J Neuroendocrinol 2013
Sanchez prog Neuropsychopharmacol Biol Psychiatry
2013
Morissette Jnl of Neurosc Res 2009
Carretto Climacteric 2007

ANDROPAUSE



FOOD INTOLERANCE



Grossma Science 1985
Seiki Tokai J Exp Clin Med 1990

NUTRITIONAL THERAPY

ASSESSMENTS

Serum and plasma vitamins, minerals
essential fatty acids

Platelet neurotransmitters

Thyroid function

IgG Food intolerance

DIET

Avoid food intolerances

Tryptophan

Thyroid Support

Low GL Diet

NUTRITIONAL SUPPLEMENT

Improve nutritional status

Neurotransmitter metabolism

Thyroid support



You don't stop laughing because you grow old.
You grow old because you stop laughing.

Michael Pritchard

Thank you

Lorraine Perretta

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