

The Vascular Hypothesis of Alzheimer's Disease: Bench to Bedside and Beyond

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Key Words

Echocardiography · Carotid artery ultrasound · Vascular hypothesis of Alzheimer's disease · Cerebral hypoperfusion · Cardiovascular disease · Intima media thickness · Carotid artery stenosis

Abstract

The vascular hypothesis of Alzheimer's disease (AD) which we first proposed in 1993, has become a useful concept in identifying vascular risk factors for AD or vascular dementia that can be modified through appropriate treatment to prevent, reduce or delay the onset of cognitive impairment and dementia onset. Among the more than two dozen vascular risk factors already identified for AD, are cardiovascular disease and carotid artery atherosclerosis, which may exert their pathology by chronically lowering cerebral hypoperfusion during aging. We propose and plan to initiate a clinical study to screen middle-aged, cognitively intact individuals, with carotid artery ultrasound and echocardiography to identify potentially progressive pathology in the heart and carotid artery that is considered modifiable with optimal medical treatment. This clinical strategy, if found effective in preventing pathologic conditions suspected of contributing to severe cognitive impairment, could significantly reduce AD prevalence if applied on a wide scale and help promote healthier mental and physical aging while providing a compelling economic benefit to society.

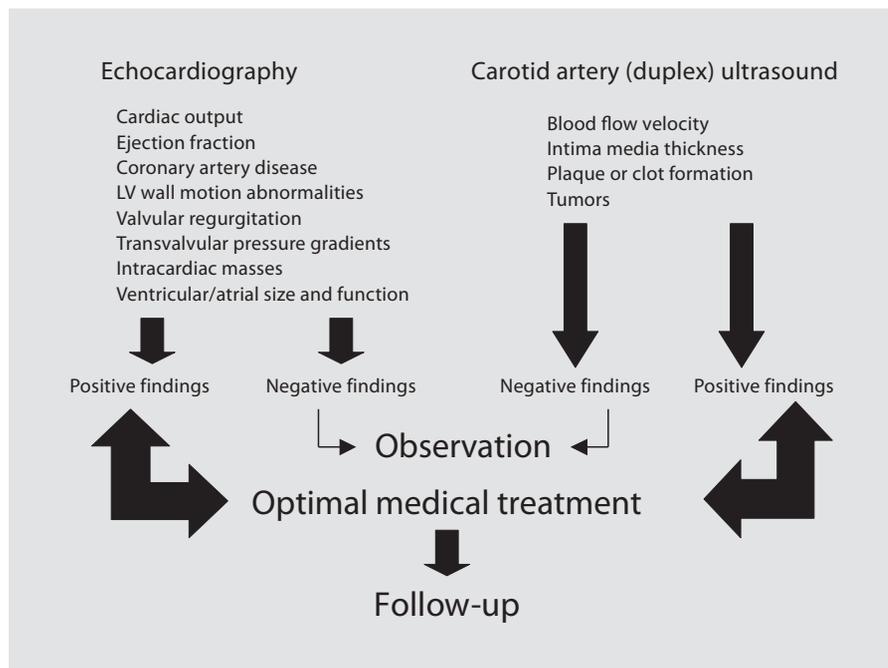
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Introduction

The search for a cure for sporadic Alzheimer's disease (AD) has been elusive in the past 100 years due to a major difficulty. The loss of cognitive functions in AD patients is irrevocable because the neurons that formerly controlled these functions are likely dead and dead neurons can not be brought back to life. Inexplicably, some pharmaceutical houses have challenged this 'biological rule' by giving AD patients drugs claimed to rescue dead neurons by reducing A β load or clearance from the brain. This attempt to pharmacologically reverse AD symptoms or somehow affect disease outlook has ended in repeated failure during clinical trials of drugs such as AlzheMed (tramiprosate), Flurizan (tarenflurbil), AN-1792, Elan 301 and 302 (bapineuzimab). It is therefore baffling to see the same concept tested clinically over and over again while somehow expecting a different result to occur. Observers of this phenomenon may try to guess how, after more than 12,000 published papers on the role of A β on AD in the last 20 years, the amyloid cascade hypothesis continues to run on empty. A clue to this puzzling tactic may be found in Einstein's cynical maxim 'if the facts don't fit the theory, change the facts'.

Since neurogenesis, stem cell or other research breakthrough to replace dead neurons is still a distant prospect as a relevant solution, development of techniques that can be presently applied to reduce AD prevalence may be a more pragmatic clinical approach.

Fig. 1. Clinical flowchart for screening patients with echocardiography and carotid artery (duplex) ultrasound. Note the number of cardiovascular and carotid artery deficits that can be identified with both techniques and the possibility of using OMT and follow-up after treatment in the event positive pathologic findings are recorded. When negative pathologic findings are recorded, the patient can be monitored periodically (observation). LV = Left ventricular.



Consequently, *prevention*, rather than a *cure* of AD, appears as a more realistic stratagem to offset the catastrophic impact of this dementia whose incidence by 2050 is expected to approach nearly a million people per year in the US alone, with a total estimated prevalence of 11–16 million people affected [1].

The vascular hypothesis of AD, first proposed by us in 1993 [2], has become a mother lode of interdisciplinary research involving mainly the brain, the heart and the circulation [3–13]. The collective evidence supporting the vascular hypothesis offers the possibility of targeting vascular risk factors for AD and vascular dementia (VaD) by preventing, delaying or reversing further progression and inherent cognitive deterioration that often precede AD and VaD [14]. Following our proposal in 1993, we observed in 1994 that conditions such as advanced aging, a former head injury, apoE4 genotype, etc, were *risk factors* for AD by virtue of their lowering blood flow to the brain [15]. Since then, several dozen heterogeneous AD vascular risk factors have been reported [6, 8], including atherosclerosis and cardiovascular disease [16–22], which is the focus of this review.

A lowered prevalence of cognitive impairment by prevention or delay of atherosclerosis and cardiovascular disease in cognitively intact, middle-aged individuals may now be a rational clinical goal much like early detection and prevention of cancer using colonoscopy and

mammography. We propose that this strategy may be feasible by screening with carotid artery ultrasound and echocardiography (CAUSE) [23, 24].

These screening tools are useful because they are non-invasive, cost-effective, easily applied within a 90-min session, relatively accurate procedures and pose no inherent harmful effects. More specifically, these tools can help identify patients most likely to develop progressive cognitive decline during aging as a result of mild but persistent chronic brain hypoperfusion (CBH), a reactive process that can develop decades after long-term cardiovascular and carotid artery pathology from suboptimal delivery of blood flow to the brain. Following screening with CAUSE and after careful analysis of each case, optimal medical treatment (OMT) may be recommended in patients who show subclinical evidence of carotid or cardiovascular pathology (fig. 1). OMT is defined as any medically sound therapy considered clinically indicated to prevent, delay, or reverse a condition or disease that if left alone, will likely result in worsening damage and complications. For example, antihypertensive treatment to prevent or delay premature death or organ damage is the preferred medical treatment for persistent hypertension.

In this brief review, the bench-to-bedside research that led to the vascular hypothesis of AD and what lessons can be learned from such research will be discussed in rela-

tion to how the potential prevention of cardiovascular and atherosclerotic risk factors may lessen the prevalence of cognitive decline and conversion to AD or VaD.

Bench to Bedside

The vascular hypothesis of AD is rooted in experimental studies carried out in our laboratory in the early 1990s that revealed bilateral carotid artery occlusion in an aging (but not young) rat model of CBH resulted in *persistent* and *worsening* spatial memory decline, a condition reminiscent of the progressive cognitive decline observed in AD [25]. The pathophysiologic and behavioral changes seen with the CBH model developed slowly over time and progressively worsened as a consequence of the persistent cerebral hypoperfusion [26]. Moreover, the CBH model differed from previous models of brain ischemia that generated rapid, focal and often severe, neurological impairment. The major advantages offered by the CBH model were the resulting progressive unfolding of the spatial memory decline and the expanding cascade of abnormal biochemical and subcellular events that preceded the memory loss and led eventually to cortical atrophy and death [27]. Thus, the slowly emerging pathology could be chronologically examined over many months allowing a clinical picture to develop that revealed the onset of anatomic, physiologic and memory abnormalities affecting the brain cells at the cellular and molecular level [28].

The cellular-molecular events initially targeted the ischemic-sensitive hippocampal CA1 brain cells and the posterior parietal cortex [14, 25–27], mimicking the neuropathologic process seen in early AD [29–31]. Aging rats subjected to CBH showed an immediate 34% hippocampal blood flow reduction [25] and the following sequential events: (a) impaired neuronal energy metabolism [32, 33], (b) astrocytosis [26], (c) oxidative stress [14, 33], (d) reduced protein synthesis and increased protein abnormalities [34], (e) spatial memory loss [25–27], (f) endothelial cell damage affecting vascular nitric oxide [35], (g) A β 1–42 upregulation [35], (h) overexpression of G protein-coupled receptor kinase 2, an indicator of oxidative stress and cardiac ischemia and early marker of AD [36], and (i) brain atrophy and death [32]. Most surprisingly, the early hypometabolic changes after CBH occurred in the *absence* of *senile plaque* formation and *neurofibrillary tangles*, the hallmark pathologic deposits of AD. There was also no evidence of gray-white matter ischemic stroke damage [26].

It was clear from these findings that the CBH model did not represent VaD-like changes but rather resembled AD-like changes that ultimately involved atrophic, degenerative and progressive pathology that simulated the clinical picture characterizing AD [25–36].

We observed that the early cerebral hypometabolism and memory deficits seen soon after CBH were followed months later by the slow emergence of CA1 neurodegeneration and that the ‘sole’ trigger that generated the eventual corticohippocampal atrophy which developed after 10–12 months was CBH [32, 37], equivalent to about 18 human years.

Our lab-bench findings of severe cognitive and neurodegenerative pathology in aging rats subjected to CBH were confirmed by others [38, 39]. Some of the main changes associated with CBH in rats reported by others included reduced acetylcholine levels in the hippocampus [40], uncoupling of regional cerebral blood flow and cortical glucose metabolism [41, 42], impaired long-term potentiation [43] and downregulation of protein synthesis reflected by depressed mRNA microtubule associated protein-2, a marker of neurodegeneration [44]. These and our own data indicated that experimental CBH in aging rats led to symptoms and signs reminiscent of the pathologic process seen prior to and during the development of AD.

If no neuropathological ‘hallmarks’ of AD or VaD were present after CBH in the aging rats, what did their progressive cognitive and degenerative pathology reflect? Could it be that plaque or tangle deposits do not play a central role in the pathophysiology of AD (like rats) and CBH generated from vascular risk factors is the main trigger (like rats) of the neurodegenerative cascade during advanced aging? In support of the first part of this notion, a number of studies have indicated that substantial A β burden can be found in cognitively intact older people even though the plaque and tangle distribution, density and topographical progression of these ‘hallmark’ deposits is the same as that seen in symptomatic AD patients [45–48]. Significant A β brain deposition does not appear to be associated with worse cognitive function [49]. In addition, virtual clearing of plaques from human brain with A β 42 immunization does not prevent progressive neurodegeneration or the advancing severity of AD [50].

Beyond the Bedside

The concept that AD may be a vascular disorder with neurodegenerative consequences [2, 51] has offered a verifiable explanation into the nature of this disorder and

opened the authentic possibility of preventing AD by targeting its reported vascular risk factors, such as cardiovascular disease and atherosclerosis [16, 22]. We have previously discussed the application and benefits of CAUSE in the prevention-by-detection of severe cognitive impairment from cardiac-carotid pathology [23, 24], and for brevity's sake will only refer to this technology in a clinical flowchart (fig. 1).

The ability to accurately measure cardiac function and carotid artery pathology using CAUSE in asymptomatic or symptomatic individuals is important in clinical practice because it may detect functional and structural abnormalities at an early stage that may progress irreversibly in severity if left untreated. CAUSE, like colonoscopies that are used to prevent cancer, would be less costly than a colonoscopy and would offer the possibility of treating a preventable disorder at a stage when intervention may be most effective. There is presently no clinical screening test that can identify potential candidates at risk of cognitive dysfunction and dementia in a population who have no apparent symptoms of the diseases being screened. CAUSE may offer this possibility. Once individuals with carotid artery-cardiac pathology are identified, additional diagnostic tests can be performed to try and confirm the ultrasound findings with greater certainty.

Figure 1 shows a clinical plan to screen cognitively intact middle-aged individuals for subclinical cardiovascular disease and carotid artery atherosclerosis that can slow or prevent CBH, a presumed promoter of cognitive decline. The plan calls for early OMT when indicated, to try and prevent further progression of specific cardiovascular and carotid artery deficits identified using CAUSE (fig. 1). If OMT is not indicated, the practitioner may recommend lifestyle changes to the patient which can foster a healthier mental and physical outlook [52].

It is reasonable to assume that OMT which can prevent or delay the rate of disease progression, would also im-

prove the identified pathological deficit, whether it is regression or stabilization of carotid artery plaque formation, intima media thickness or a cardiovascular abnormality detected by echocardiography.

Although a number of studies have linked cardiovascular disease and atherosclerosis with cognitive decline [3, 4, 6, 7, 10, 11, 46], and with AD or VaD [6, 8, 12, 16, 18, 20, 50, 53, 54], it remains speculative at present to assume that screening and treating these conditions before they become symptomatic will have a significant impact on the number of new dementia cases recorded annually. The clinical plan to screen individuals with CAUSE and when indicated, start early OMT or patient monitoring to prevent or delay further progression of specific cardiovascular-carotid artery pathology, could, if validated, significantly help reduce the prevalence of AD and VaD in the years to come. For these reasons, a feasibility study such as we have proposed [23, 24], needs to be done to test the merit and practicality of CAUSE screening in cognitively intact individuals. On the other hand, if nothing is done, or if clinical trials can only repeat past clinical failures, progress in dementia research will continue at a glacial pace. It is important to remember that a 5-year delay in the onset of AD could reduce the prevalence of AD by 50% [55] and the relative annual costs presently estimated at 100 billion dollars in the US alone [1]. We are therefore planning to test the merit of CAUSE in a preliminary clinical study of cognitively healthy, middle-aged population and offer this discussion for investigators to consider this clinical strategy.

Acknowledgment

This research was supported by an Investigator-Initiated Research Grant from the Alzheimer's Association.

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