

# **#6 - ANXIETY-ALZHEIMER'S**

111221A-6

PAGE # 1

DATE: Friday, November 12, 2021 Show A

11:03:59 AM

Super: Lisa Cohen, Prod: Nicole Gaitan

Segment Time: 9:00

## **SEG #1: HOW STRONG IS THE ANXIETY-ALZHEIMER'S LINK?**

**VT X**

(1A)

**VT: THE DR. OZ SHOW SIZZLE**

**XP 3**

(605)

**TRT 8:49**

GFX/L3: TITLE BAR

HOW STRONG IS THE  
ANXIETY-ALZHEIMER'S LINK?

(1B)

**\*DR. OZ PRESET FOYER**

1 on1 TT

**C1----->**

**10:53:39**

(INTRO):

HOW OFTEN WOULD YOU SAY  
YOU'RE STRESSED?  
ONCE A MONTH?  
ONCE A WEEK?  
WHAT ABOUT EVERY DAY?

IF YOU ARE LIVING IN A  
CONSTANT STATE OF STRESS  
AND ANXIETY. YOU MOST  
CERTAINLY ARE NOT ALONE!

WHILE YOU MAY THINK YOUR  
CHRONIC ANXIETY IS JUST A  
PART OF YOUR DAILY LIFE. YOU  
MIGHT ACTUALLY BE HEADED  
TOWARDS A DANGEROUS  
DIAGNOSIS.

STUDIES ARE NOW SUGGESTING  
THERE MAY BE A LINK IN THE  
DEVELOPMENT OF ALZHEIMER'S  
AND THOSE SUFFERING FROM  
CHRONIC ANXIETY.

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(1C)

\*DR. TANZI - ZOOM 2----->

EFX: 2 BOX

EFX: TT ZOOM

JOINING US VIA ZOOM IS THE DIRECTOR OF GENETICS AND AGING RESEARCH AT MASSACHUSETTS GENERAL HOSPITAL, DR. RUDOLPH TANZI.

TO UNDERSTAND THE CONNECTION BETWEEN ANXIETY AND ALZHEIMER'S, WE HAVE TO GO BACK TO THE BASICS AND LOOK AT WHAT HAPPENS TO THE BRAIN WHEN SOMEONE HAS ALZHEIMER'S.

#### 1. DR. TANZI,

WHAT IS HAPPENING TO A PATIENT'S BRAIN WHEN THEY ARE DIAGNOSED WITH ALZHEIMER'S? *(Alzheimer's disease leads to nerve cell death and tissue loss throughout the brain. Over time, a plaque called beta-amyloid builds in the Default Mode Network, a part of the brain that makes us who we are. Beta-Amyloid is made naturally and serves a purpose in helping control the firing in your brain. But, in the case of Alzheimer's this beta-amyloid can build-up and create small clumps that may block cell-to-cell signaling at synapses. They may also activate immune system cells that trigger inflammation and devour disabled cells. The bulk of Alzheimer's is caused by this inflammation and cell death. But some of the causes of this inflammation, stems from beta-amyloid.)*

**XP 3**

(610)

GFX/L3: RUDY TANZI, PhD  
AUTHOR, "THE HEALING SELF"  
NEUROSCIENTIST, MASS.  
GENERAL HOSPITAL

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①

PROPS: BRAIN DEMO WITH  
PLAQUE BETA AMYLOID

BETA-AMYLOID PLAQUE IS STICKY AND LIKES TO CLUMP TOGETHER-- SO OVER TIME, THE PLAQUES GET BIGGER AND BIGGER AND LITERALLY STRANGLE YOUR NERVE CELLS

### 2. DR. TANZI.

YOU SAY ANXIETY CAN INCREASE THE AMOUNT OF BETA-AMYLOID IN THE BRAIN- HOW?

*(Chronic stress and anxiety activate the part of the brain where Alzheimer's pathology is generated. This is where you produce amyloid beta protein and cortisol. Cortisol is responsible for killing nerve cells in the brain and increased beta amyloid accumulates plaque that builds over time and can take 1-3 decades before you see any development of damage. When we live a healthy lifestyle by getting enough sleep, exercise and a healthy diet, this protein doesn't stay in the brain. People need to take time to be outside of themselves. It is ok to be self-aware, but you need to be task oriented, take up a hobby. Things that will keep you in the moment. Always thinking about the past or fear of the future activates the Default Mode Network and Alzheimer's pathology.)*

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**A**

(615)

SS/FS: TANZI IN ROCKBAND

(1D)

CROSS TO HB:

DR. SHERZAI PRESET

**XP 4**

(625)

GFX/FS: GOOD STRESS

-ELECTIVE STRESS

-HAS AN END DATE

-YOU CAN VISUALIZE DOING IT

**XP 4**

(630)

GFX/FS: BAD STRESS

-WORRYING ABOUT PAST OR FUTURE

-OBSESSIVE STRESS

-CANNOT CONTROL

3. DR. TANZI

HOW DO YOU TURN DOWN THIS DEFAULT MODE NETWORK THAT DRIVES ALZHEIMER'S PATHOLOGY?

(tbd)

**(CROSS TO HB)**

I WANT YOU TO HAVE THE STRONGEST BRAIN POSSIBLE AND TO THRIVE FOR MANY YEARS TO COME. HERE TO HELP US KICK OUR STRESSORS TO THE CURB IS NEUROLOGIST AND CO-DIRECTOR OF THE ALZHEIMER'S PREVENTION PROGRAM, DR. AYESHA SHERZAI.

5. DR. SHERZAI

NOT ALL STRESS IS ALIKE. WHICH STRESSES TRIGGER THE PLAQUE BUILD-UP IN THE BRAIN?

*(The stress associated with your purpose is something you bring on yourself, we can call this **Good Stress**. You introduce the stress in your life. These are things like a stressful work project or a hobby like learning a new language. It is time bound, has an end, you can see yourself doing it and it is planned. You have control over it. The stress associated with things you have no control over, and damages your brain is called **Bad Stress**. Things like obsessing over a bad relationship, or a family member getting ill, or losing a job. Good stress is still ok. It has actually been shown that those with*

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**XP 3**

**(620)**

GFX/L3: AYESHA SHERZAI, MD  
CO-DIRECTOR, ALZHEIMER'S  
PREVENTION PROGRAM

*the most rapid decline in mental acuity are those that had consistent Good stress in their lives, and when they 'retired' and stopped having this healthy stress, their mental state declined more rapidly.)*

**(1E)**

**\*OZ & DR. SHERZAI CROSS TO DEMO; CLOUD PRESET**

**(CROSS TO DEMO)**

CLOUD IS HERE BECAUSE SHE IS WORRIED THAT HER ANXIETY IS GOING TO HAVE A LASTING EFFECT ON HER BRAIN...

CLOUD.

HOW DO YOU TYPICALLY HANDLE YOUR STRESS?

*(Normally I would always meditate to handle my stress or anxiety, but I kind of fell off and haven't done that in a long time. I do worry about anxiety affecting my mind as I get older. My paternal grandpa and my maternal grandma actually both had Alzheimer's so I do worry that it's something I may carry.)*

CLOUD.

LET'S TALK ABOUT WHAT'S STRESSING YOU OUT RIGHT AT THIS VERY MOMENT... LIST OFF YOUR TOP 5

*(My biggest worries are the safety of my kids, my pain in the butt ex-husband, my work deadlines, keeping morale up with my employees, and making sure I'm getting enough sleep.)*

**B**

**(635)**

GFX/FS: TOP FIVE STRESSORS

1. SAFETY OF MY KIDS
2. EX-HUSBAND!!!!
3. WORK DEADLINE
4. KEEP UP WORK MORALE
5. GETTING ENOUGH SLEEP

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**C**

**(640)**

**GFX/FS: GOOD VS. BAD STRESS**

**(TWO COLUMNS)**

GOOD STRESS

SAFETY OF MY KIDS

WORK DEADLINE

KEEP UP WORK MORALE

BAD STRESS

EX-HUSBAND

GETTING ENOUGH SLEEP

\*\*\*

DR. SHERZAI

WHICH OF THESE ARE GOOD  
STRESSORS VS. BAD STRESSORS

(GOOD - Worrying about the safety of  
your kids, your work deadlines, and  
keeping up morale!

BAD - Your ex-husband, and worrying  
about not getting enough sleep.)

\*\*\*

8. DR. SHERZAI.

HOW CAN WE CALM THE

MIND IN TIMES OF BAD STRESS?

*(You can try grounding techniques  
that bring you back to your center and  
purpose. Whenever I am feeling*

*stress that I cannot control, I created  
a mantra that aligns with who I am*

*and if my stress doesn't align with my  
mantra, I try to let it go. You can also*

*visualize your favorite place. Think of  
your favorite place, whether it's the*

*home of a loved one or a foreign*

*country. Use all of your senses to  
create a mental image. Think of the*

*colors you see, sounds you hear, and  
sensations you feel on your skin*

*Remember the last time you were*

*there. Who were you with, if anyone?*

*What did you do there? How did you  
feel?)*

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\*ALL CROSS TO HB

**VT Y :11**

**(1E-1)**

VT/BAM: F13370E: BABY

ALZHEIMER'S: COLORADO

FOREST WATER/SOT

**(CROSS TO HB)**

CLOUD.

**IN THIS** BUSY, CHAOTIC WORLD...

WHERE ARE YOU TAKING YOUR

MIND TO WHEN YOU FEEL

OVERWHELMED?

*(I'd like to be in the Colorado mountains - away from just about everything and everyone. Tall strong pine and aspen Trees. The*

*Colorado sunshine warms my face and you can hear a stream and the water gently flowing down from a little lake. Usually a bird or two in the distance.)*

**\*\*THE NEXT BEST WAY TO COMBAT STRESS IS BY MOVING!**

10. DR. SHERZAI,

HOW CAN PEOPLE INCORPORATE DAILY MOVEMENT INTO THEIR LIVES RIGHT NOW?

*(Exercise reduces your risk of developing Alzheimer's by 45%. To get more movement into your daily routine, create Activity Associations by making a rule... lets say tv = jumping Jacks.. or if you are lucky to have one... a treadmill. Maybe you can only watch a particular tv show if you're walking on the treadmill. pick something addictive and bingy, so you can't stay away. another possible association? microwave and squats... we'll cal these "microwave exercises" -- whenever you are waiting for the microwave or your coffee to brew, you do this short burst routine. these associations become habits, and, its these longer term lifestyle things that ward off alzheimer's.)*

**XP 3**

**(645)**

**GFX/L3: BOOST YOUR BRAIN**

**HEALTH:**

**CREATE ACTIVITY ASSOCIATIONS**

**XP 4**

**(650)**

**GFX/FS: ACTIVITY ASSOCIATIONS**

**TV = JUMPING JACKS**

**XP 4**

**(655)**

**GFX/FS: ACTIVITY ASSOCIATIONS**

**MICROWAVE = SQUATS**

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(OUTRO):

UP NEXT,

COULD YOUR ANTI-ANXIETY

MEDICATION BE LINKED TO

ALZHEIMER'S? YOU'LL WANT TO

STAY TUNED TO FIND OUT...

**(1F)**

BUMP OUT:

**(1G)**

COM'L BREAK #

**11:02:29**

**MUSIC: 130**

**Medically approved!**