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Researchers Find Clue To Preventing Alzheimer's Disease

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Researchers may know why fish oil is helpful in preventing Alzheimer's disease.

Researchers at University of California, Los Angeles studied how a compound in fish oil, called Docosahexaenoic acid, or DHA, affects human brain cells and mice.

DHA appears to boost the production of a protein that destroys Alzheimer's-causing plaques.

DHA is found in fish oil supplements or fish like salmon.

Researchers are still trying to determine the most beneficial dose of DHA.

But, DHA may be most helpful for patients who haven't developed the disease yet.

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