



**Source:** *Best Life* magazine, Health section, January 2008

**Question: My Father Refuses to Use Antiperspirant that Contains Aluminum. Can It Really Cause Alzheimer's?**

**Answer:**

No, it's a myth that has persisted since 1965, when researchers found that exposing rabbits' brains to aluminum caused nerve cell damage similar to Alzheimer's. This finding understandably caused a scare, as aluminum is the third most common element in the earth's crust, infusing our air, food, water and a good number of antiperspirants (in which it blocks pores, and thus sweat).

Since then, however, every definitive study on the subject has come to the same conclusion: *It's nearly impossible for the body to absorb enough aluminum to cause Alzheimer's.*

In fact, a study in the May 2007 Journal of Alzheimer's Disease found that you'd have to absorb more than 1,000 milligrams of aluminum a day to increase your risk of dementia. That's the equivalent of drinking 1,000 cups of tea, one of the highest sources of aluminum in the human diet. Since the average person is exposed to less than 10 milligrams a day (even with the application of antiperspirant), your father can safely and fearlessly deodorize his pits.

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