



HELP REDUCE YOUR RISK OF ALZHEIMER'S DISEASE

Alzheimer's disease is a rapidly growing global health crisis. With an estimated 55 million individuals living with Alzheimer's and other dementias, this condition is a significant burden on individuals, families, and healthcare systems.

WHAT IS IT?

Dementia, a general term for memory loss and cognitive decline that interferes with daily life, is a complex issue with multiple causes. Alzheimer's disease is the most common form of dementia, and is a degenerative brain condition that progresses gradually over time. According to the Alzheimer's Association, Alzheimer's disease accounts for 60-80% of dementia cases.

HOW ALZHEIMER'S PROGRESSES

Alzheimer's progresses through three stages—early, middle, and late. In the early stage of Alzheimer's, symptoms may not be widely apparent and the affected person is generally able to function independently. Middle-stage Alzheimer's is typically the longest stage and can last for many years. In this moderate stage, symptoms become more pronounced, and the person with Alzheimer's will begin to require increasing levels of care. The person living with Alzheimer's can still participate in daily activities with assistance; however, as the disease progresses, they may experience confusion, a tendency to wander and become lost, personality and behavioral changes, and other symptoms which begin to limit their ability to maintain daily activities. In the final stage of the disease, individuals lose the ability to respond to their environment; symptoms are severe. Memory and cognitive skills decline to a point where they are unable to communicate and require around-the-clock assistance.

Sources:
 Alzheimer Society (alzheimer.ca)
 Alzheimer's Association (alz.org)
 Center for Disease Control (cdc.gov)

LIFETIME RISK FOR ALZHEIMER'S AT AGE 45 IS

1 IN 5
FOR WOMEN

1 IN 10
FOR MEN

ALZHEIMER'S KILLS MORE THAN BREAST CANCER & PROSTATE CANCER COMBINED

BETWEEN 2000 AND 2021, DEATHS FROM HEART DISEASE

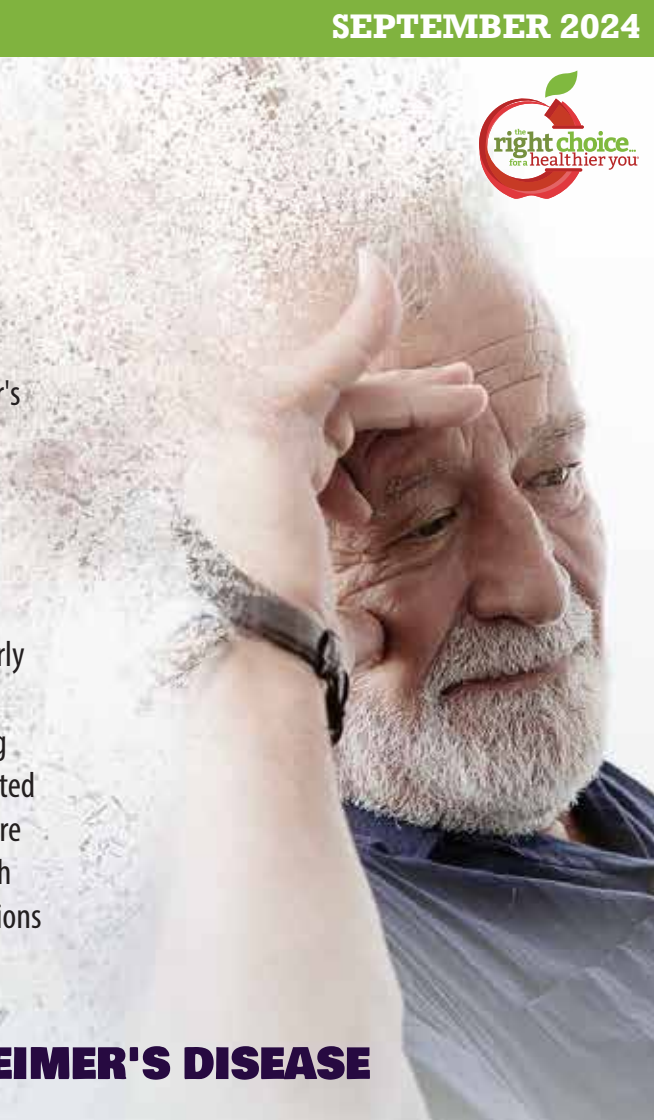
2.1%

WHILE DEATHS FROM ALZHEIMER'S DISEASE

141%

HELP REDUCE YOUR RISK OF ALZHEIMER'S DISEASE

continued



CAUSES AND TREATMENT

While the exact causes of Alzheimer's remain a subject of ongoing research, increasing age is the greatest known risk factor. The majority of people with Alzheimer's are 65 and older. However, it's important to note that Alzheimer's disease can also affect younger people. At this time, there is no cure for Alzheimer's, though there are treatments which can slow the progression of its symptoms and improve quality of life for those with the disease.

SUPPORT AND RESOURCES

Understanding the early signs and symptoms of Alzheimer's is crucial for early diagnosis and intervention. Visit the Alzheimer's Association (alz.org) or Alzheimer Society (alzheimer.ca) for a wealth of resources for understanding and living with the disease, or providing support as a caregiver for an impacted loved one. In addition to comprehensive information about Alzheimer's, there are also free in-person and virtual support groups both for people living with dementia and their caregivers, along with information about treatment options and advances in Alzheimer's research.

WAYS TO REDUCE YOUR RISK OF ALZHEIMER'S DISEASE



PREVENT AND MANAGE HIGH BLOOD PRESSURE



MANAGE BLOOD SUGAR



MAINTAIN A HEALTHY WEIGHT



BE PHYSICALLY ACTIVE



MAINTAIN SOCIAL CONNECTIONS



AVOID EXCESSIVE DRINKING



PREVENT AND CORRECT HEARING LOSS



GET ENOUGH SLEEP