



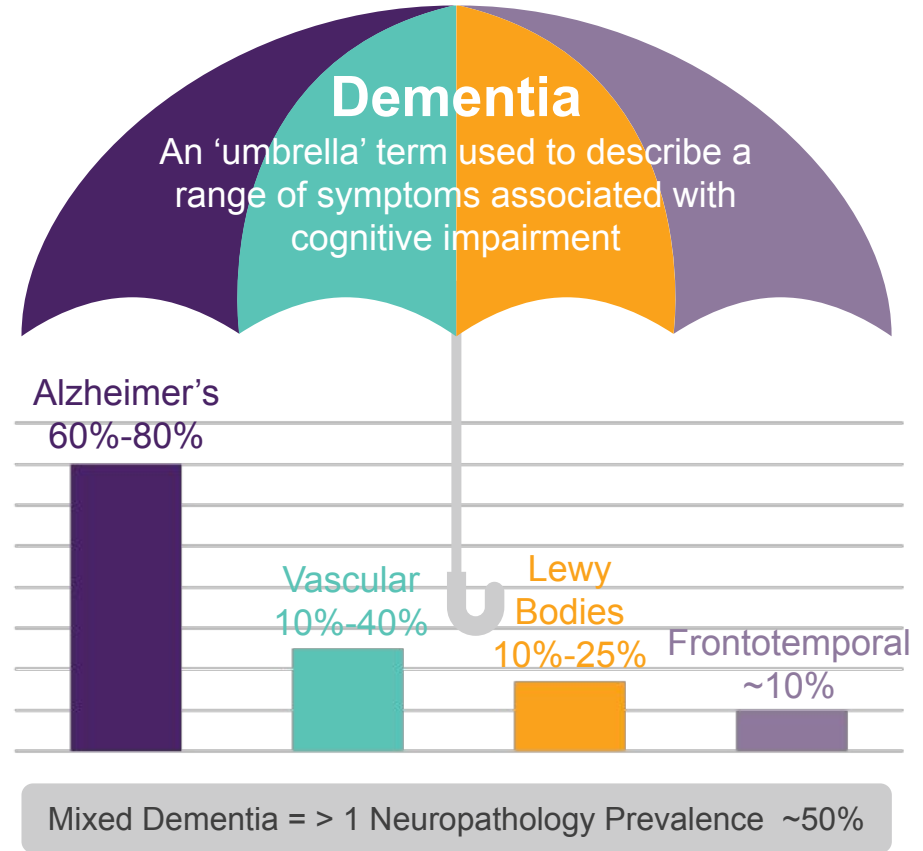
Introduction to Alzheimer's and Dementia

Mission:

The Alzheimer's Association leads the way to **end Alzheimer's and all other dementia** — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

Dementia is a Syndrome

- Dementia is a collection of symptoms related to cognitive decline
- Can include cognitive, behavioral and psychological symptoms
- Due to biological changes in the brain
- Alzheimer's is most common cause
- Mixed dementia is very prevalent
- Some causes of cognitive decline are reversible and not truly dementia



What is Alzheimer's?



Alzheimer's is a brain disease that causes problems with **memory, thinking and behavior**. Symptoms eventually grow severe enough to interfere with daily tasks.



Alzheimer's is a progressive disease, where symptoms gradually worsen over a number of years.

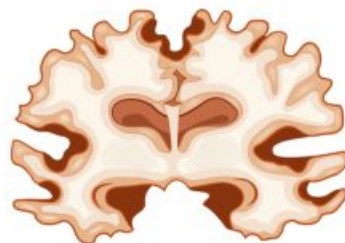


In the early stages, memory loss is mild. But as the disease progresses, individuals will need around-the-clock care. The disease is ultimately fatal.

Alzheimer's in the Brain



normal brain



Alzheimer's brain



Alzheimer's disease leads to nerve cell death and tissue loss throughout the brain

Over time, the brain shrinks dramatically, affecting nearly all its functions

Alzheimer's Disease is a Continuum

Asymptomatic

No cognitive symptoms but possible biological changes in the brain

MCI due to Alzheimer's disease

Symptoms of cognitive ability loss begin to appear

Mild dementia (early stage)

Typically involves symptoms that interfere with some daily activities

Moderate dementia (middle stage)

More pronounced symptoms that interfere with many daily activities

Severe dementia (last stage)

Symptoms that interfere with most daily activities

Dementia due to Alzheimer's Disease

Risk Factors



Although Alzheimer's is not a normal part of aging, age is the greatest risk factor for the disease. After age 65, the risk of Alzheimer's doubles every five years. Thirty-four percent of people aged 85 and older have Alzheimer's.



Family history is also a known risk factor — research has shown that those who have a parent, brother or sister with Alzheimer's are more likely to develop the disease. The risk increases if more than one family member has the disease.



Scientists know genes are involved in Alzheimer's. Two categories of genes influence whether a person develops a disease: risk genes and deterministic genes.

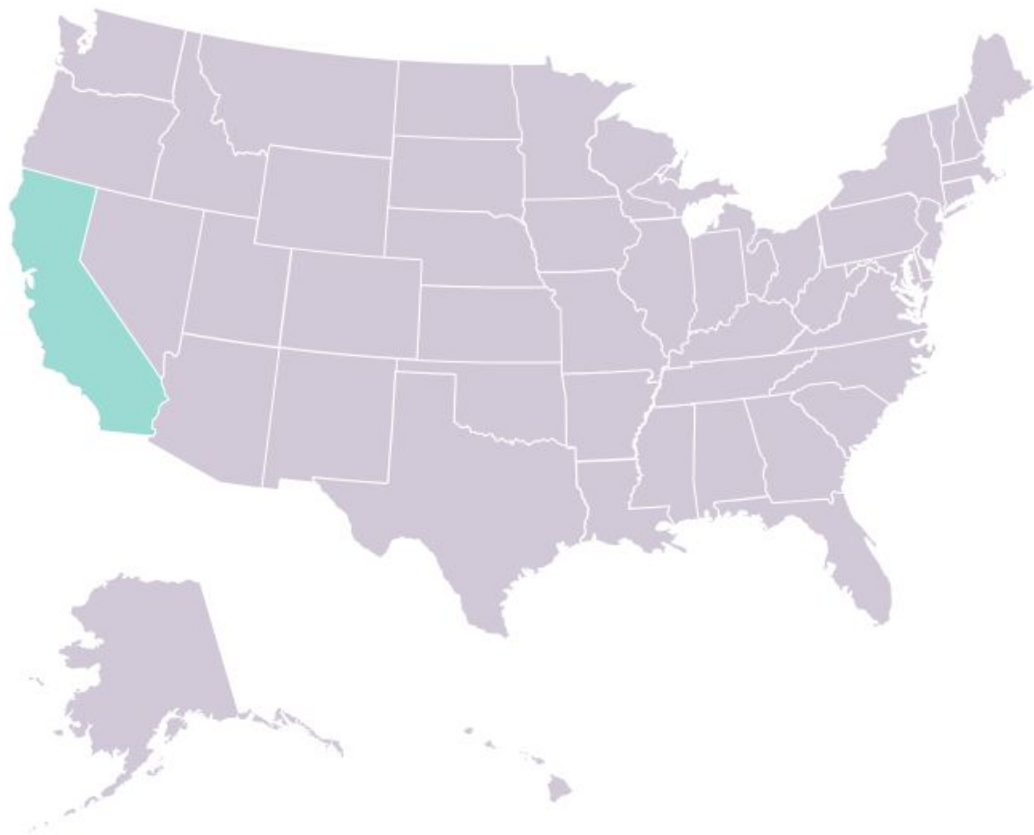


Populations at Higher Risk

Black Americans are about twice as likely as White Americans to have Alzheimer's or another dementia.

Hispanic Americans are one and a half times as likely to have the disease as White Americans.

Almost two-thirds of Americans living with Alzheimer's are women.



In

California

alone, there are more than

719,000

people aged 65 and older living
with Alzheimer's disease

There are over 1.37 million unpaid
caregivers in California

10 Warning Signs of Alzheimer's



1

Memory loss that disrupts daily life

2

Challenges in planning or solving problems

3

Difficulty completing familiar tasks

4

Confusion with time or place

5

Trouble understanding visual images and spatial relationships

6

New problems with words in speaking or writing

7

Misplacing things and losing the ability to retrace steps

8

Decreased or poor judgement

9

Withdrawal from work or social activities

10

Changes in mood and personality





Noticing Warning Signs



It's possible for individuals to experience one or more of these signs in varying degrees.



It's not necessary to experience every sign in order to raise concern.



If you notice one or more signs in yourself or someone else, don't ignore them — see a doctor.

Get a full medical evaluation to determine if it's Alzheimer's or something else.

Importance of Early Detection



Pay attention to any changes in memory, thinking or behavior that you notice in yourself or someone else.



If you see changes that are new or unusual, take action by having a conversation with a doctor, or a trusted family member or friend.



There are a number of benefits to early detection, including the opportunity to:

- Plan for the future
- Explore treatment options
- Participate in clinical studies
- Involve the person with dementia in important discussions about decision-making and future care

Evaluating Memory and Thinking Problems: What to Expect



Assessments may include:

- Medical history
- Physical exam
- Screen for depression
- Interview with close companion

Tests may include:

- Laboratory tests
- Mental cognitive status tests
- Brain imaging
- Cerebrospinal fluid (CSF) analysis

Treatments for Alzheimer's

- Current medications cannot cure Alzheimer's.
- But there are treatments that change disease progression.
- There are also drug and non-drug options that may help treat symptoms, such as memory loss and confusion.
- Treatments may be administered as a pill, patch or intravenously.
- Because everyone experiences Alzheimer's differently, these treatments work in varying degrees and are not effective for everyone.
- Talk to your doctor to learn more about treatment options.
- You can learn more about the different treatments that are currently approved by the FDA at [alz.org/treatments](https://www.alz.org/treatments).





Tips for Healthy Living for Your Brain and Body



Get quality sleep



Be smoke-free



Take care of your mental health



Get moving



Eat healthy



Challenge yourself



Stay connected

Impact of Alzheimer's on Families



Caring for someone living with Alzheimer's can take a **physical, emotional, social and financial toll** on families.



Approximately two-thirds of caregivers are women; more specifically, **over one-third of dementia caregivers are daughters.**



Of the total lifetime cost of caring for someone with dementia, **70% is borne by families** — either through out-of-pocket health and long-term care expenses or from the value of unpaid care.



Eighty-three percent of the help provided to older adults in the United States comes from family members, friends or other unpaid caregivers. **This care is valued at over \$271 billion.**



Compared with caregivers of people without dementia, **twice as many caregivers of those with dementia indicate substantial emotional, financial and physical difficulties.**

How We Can Help



24/7 Helpline
800.272.3900

24/7 Helpline

Our 24/7 Helpline (**800.272.3900**) is available around the clock. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families and the public.



Free Education

Find dementia and aging-related resources that connect individuals facing dementia with local programs and services at **alz.org**.

alzheimer's
association
PROGRAMS AND EVENTS

AARP
Partly Caring
PROGRAMS AND EVENTS

COMMUNITY SERVICES

HOUSING OPTIONS

Alzheimer's Association & AARP Community Resource Finder

Get easy access to resources, community programs and services in your local community at **communityresourcefinder.org**.

Care Consultation



Care Consultation is a free and confidential program to help families care for a relative with memory problems or dementia.

Care Consultation includes:

- Extended individual and family consultation with an Alzheimer's professional

- Help to prioritize needs and find appropriate resources

- Guidance to make caregiving less burdensome

- Help to increase understanding about Alzheimer's and dementia within the family



Thank you!
Questions?