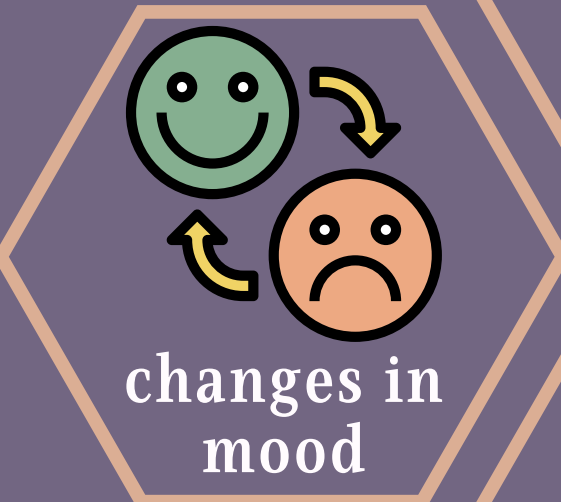
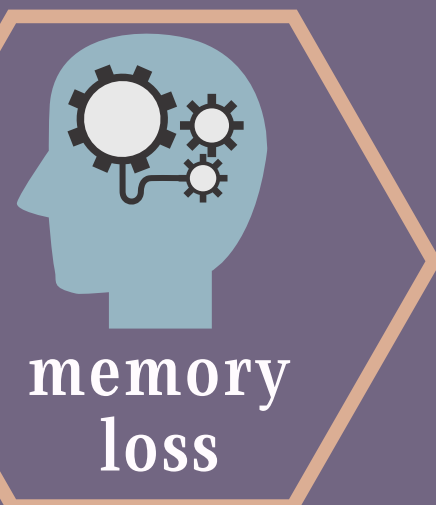


Alzheimer's Disease:

The Most Common Type of Dementia



5 EARLY SIGNS OF ALZHEIMER'S



What's the Difference?

WARNING SIGNS OF ALZHEIMER'S:

Poor judgement and decision making

Inability to manage a budget

Losing track of the date or season

Difficulty having a conversation

VS. TYPICAL AGE-RELATED CHANGES:

Making a bad decision once in a while.

Missing a monthly payment

Forgetting which day it is and remembering later.

Sometimes forgetting which word to use

The greatest known risk factor of Alzheimer's is **increasing age**.

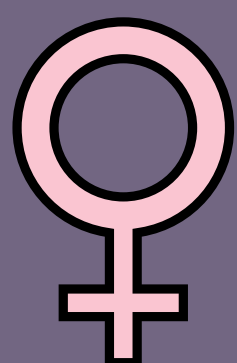


Most individuals who have the disease are 65 or older. After the age of 65, the risk of Alzheimer's nearly **doubles every year**.

Other risk factors...



family history & genetics



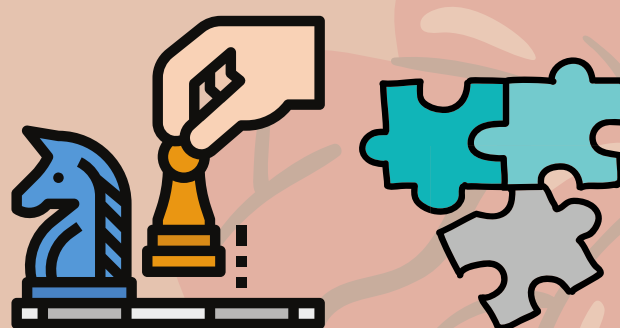
Alzheimer's is more likely in women



smoking

Prevention

mental stimulation



eat a balanced diet, like the Mediterranean diet



be physically and socially active



stress management



Am I at Risk?

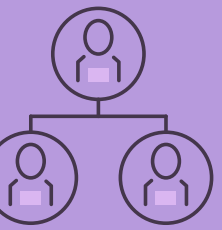
Risk increases with age

But age is not a direct cause. Most individuals with the disease are age 65+. In rare cases, younger individuals can also be affected as early as age 40.



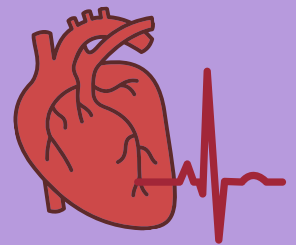
2/3 of people with Alzheimer's are women

However, the relationship between biological sex and Alzheimer's risk is still unclear.



Family history and certain genes are related to an increased risk of Alzheimer's but not everyone who has one or more of these genes will develop the disease.

Diabetes, heart disease, high blood pressure, and high cholesterol have all been associated with a higher risk of developing the disease.



Race and Ethnicity can also play a role in the risk of developing Alzheimer's

Compared to white individuals:
 Members of the **Latinx** community → **1.5x more at risk**
 Members of the **African American** community → **2x more at risk**



Source: Alz.org
 stanfordhealthcare.org
 mayoclinic.org

Stages of Alzheimer's

Pre-Clinical Stage

At this stage of Alzheimer's Disease, there are no clinically apparent symptoms and the stage may last for years.



Mild Cognitive Impairment

At this stage you can see changes in thinking, judgment, and memory.

Mild Dementia

Alzheimer's Disease is commonly diagnosed at this stage. They may experience memory loss of recent events, difficulty problem solving and expressing themselves, and may begin to socially withdraw

Moderate Dementia

At this stage people show worsening confusion, memory and may need help with daily activities

Severe Dementia

People tend to lose speaking abilities, require assistance with personal care and experience a decline in physical abilities



Alzheimer's Disease

The MOST common type of dementia



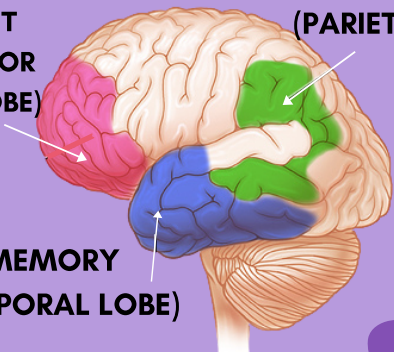
Did you know?
1 in 10
 people (aged 65+)
 has Alzheimer's

Overview

INTELLIGENCE,
JUDGEMENT
AND BEHAVIOR
(FRONTAL LOBE)

LANGUGAE
(PARIETAL LOBE)

MEMORY
(TEMPORAL LOBE)



What is Alzheimer's?



Degeneration of brain neurons & the presence of protein tangles and plaques in three main areas of the brain

Signs & Symptoms

Memory loss that disrupts daily life

Challenges in planning & problem solving

Difficulty completing familiar tasks

Confusion with place or time

Changes in mood or personality

Trouble with visual images & spatial relationships

New problems with spoken or written words

Decreased or poor judgement

Misplacing things & inability to retrace steps

Withdrawal from work or social activities

Individuals can experience one or more of these signs in varying degrees!

KNOW THE DIFFERENCE!

Alzheimer's warning signs	VS	Typical age-related changes
Poor judgement and decision making		Making a bad decision once in a while
Inability to manage a budget		Missing a monthly payment
Losing track of the date or season		Forgetting which day it is and remembering later
Difficulty having a conversation		Sometimes forgetting which word to use

Prevention



EXERCISE

AEROBIC EXERCISES
EX: WALKING, PLAYING SOCCER

HEALTHY DIET

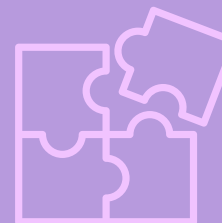
MEDITERRANEAN DIET – RICH IN VEGETABLES, FRUITS AND LEAN PROTEIN, PARTICULARLY PROTEIN SOURCES CONTAINING OMEGA-3 FATTY ACIDS.



REGULAR SLEEP



SOCIAL ENGAGEMENT



MENTAL STIMULATION

AVOID SMOKING AND ALCOHOL CONSUMPTION



MOST COMMON TYPE of dementia

- NOT A COMMON EFFECT OF AGING
- Causes are not fully known

RACIAL AND ETHNIC DIFFERENCES



AFRICAN AMERICAN



HISPANICS



NON -HISPANIC WHITES