



What You Need To Know About Early Onset Alzheimer's Disease

Alzheimer's disease is a disease of the brain that slowly damages memory and thinking skills

Did you know?

Early onset or younger-onset Alzheimer's disease affects people in their 30s, 40s, 50s or early 60s.

Fact:

Just because you have a family member with Alzheimer's doesn't mean you'll get the disease, but you do have an increased risk.



The risk of developing Alzheimer's increases with age, but it's not a normal part of aging.

Causes: Who is at risk?

- Experts do not know for certain what causes early onset Alzheimer's
- Family history and genes can play a role
- Be sure to talk to your healthcare provider if you have family members that have had Alzheimer's disease

Symptoms: What Should I Look Out For?

Early Symptoms

- Forgetting important information
- Asking for the same information over and over
- Trouble solving basic problems
- Losing track of where you are and how you got there
- Misplacing things and increasingly poor judgment
- Changes in mood and personality

Late Symptoms

- Severe mood swings and behavior change
- Severe memory loss and confusion
- Suspicion of friends, family or caregivers
- Trouble speaking, swallowing or walking



Living With Early Onset Alzheimer's

People diagnosed with Alzheimer's in their 30s, 40s or 50s face different issues than people diagnosed later.

Things To Consider

Maintain a healthy lifestyle — physically, emotionally and socially

Find support groups to help you and your family

Start planning for medical, legal and personal needs as soon as possible

If you're working, understand the benefits available to you through your employer

Share your story to help fight stigma

