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.

**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.

**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 those 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.

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

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

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