



Alzheimer's Is Not a Normal Part of Aging: Know the Risks and Symptoms

An estimated **5.8 million Americans 65 and older have Alzheimer's** — a number expected to rise to 13.8 million by 2050

Alzheimer's and dementia are not the same thing. Alzheimer's is one of many types of dementia. It's also the most common, contributing to **60%–70%** of dementia cases.

10 Early Signs of Alzheimer's Disease

1. Memory loss that disrupts daily life
2. Trouble concentrating when doing things like paying bills or following a recipe
3. Difficulty completing familiar, once-easy tasks like driving to the grocery store
4. Losing track of time and place
5. Visual and spatial problems like trouble reading or balancing
6. Struggles with talking and/or writing clearly
7. Misplacing things
8. Decreased ability to make decisions and/or use good judgment
9. Self-isolation and withdrawal from social activities
10. Mood swings and anxiety

Early detection is key to effectively treating Alzheimer's.

10 Risk Factors for Alzheimer's Disease

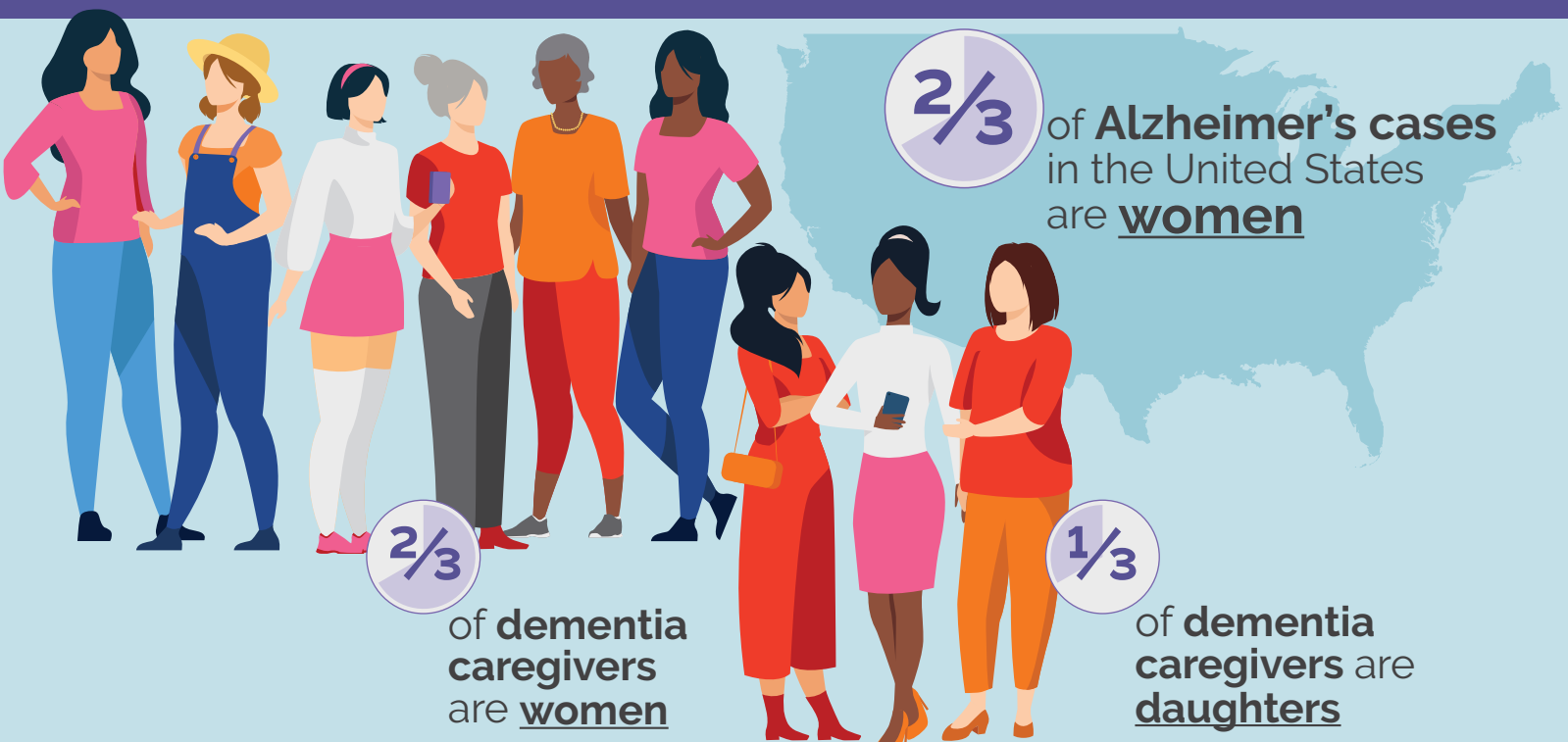
1. Advanced age
2. Family history
3. Genetics
4. Traumatic brain injury
5. Heart or cardiovascular problems *like high blood pressure, high cholesterol and heart disease*
6. Obesity
7. Smoking
8. Sedentary lifestyle
9. Social isolation
10. Diabetes

Did you know?

Although advanced age is the biggest risk factor for Alzheimer's disease, roughly **200,000 people under the age of 65 have early onset Alzheimer's.**

If you notice these signs in yourself or a loved one, don't be afraid to speak up and seek help.

Gender and Race Disparities



80% of the **disease's total financial burden**, including medical costs, elder care and assisted living

African Americans are **twice** as likely to develop Alzheimer's as white Americans

Hispanic Americans are **1½ times** more likely to develop Alzheimer's than white Americans

There is currently no cure for Alzheimer's. Medications focus on treating and slowing some symptoms, but no drugs have been shown to stop or significantly slow the disease.

The Good News:

Alzheimer's does not have to happen, even if you have family history. Lifestyle and environmental factors also play a role — meaning **you have some control.**

Ways to Maintain a Healthy Brain

1. Eat heart healthy food
2. Engage in physical exercise
3. Get plenty of sleep
4. Minimize stress
5. Stimulate your brain by reading, learning a language or taking up a new hobby
6. Maintain social connections
7. Take care of your heart health

Start taking preventive steps now! Alzheimer's begins 20 years or more before symptoms arise. The sooner you make healthy lifestyle choices, the better.