

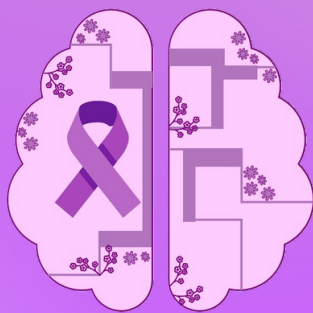
# Alzheimer's & Brain Awareness



Every three seconds someone in the world develops dementia, with nearly 50 million people currently living with the disease worldwide. That number is expected to reach 132 million by 2050.

## What is Dementia?

Dementia is a brain condition that affects the brain's functions to control thought, memory, and language. Alzheimer's is the most common form of dementia, accounting for 60-80% of dementia cases.



## Signs & Symptoms

- Increased memory loss and confusion
- Difficulty remembering newly learned information
- Disorientation
- Mood and behavior changes
- Confusion about events, time, and place
- Poor judgment

## Prevention and Risk Reduction

- There's growing evidence that behaviors that have also prevented cancer, diabetes, and cardiovascular disease could also reduce the risk for cognitive decline and dementia.
- Prevention can include:
  - Exercising
  - Having a diet limited in sodium, sweets, sugary beverages, and red meats
  - Maintaining social connections and intellectual activity
  - Preventing head trauma

## Risk Factors

- **Age:** While the risk of developing Alzheimer's increases with age, *it is not a normal part of aging*. Most individuals with the disease are 65 and older. After age 65, the risk of Alzheimer's doubles every five years. After age 85, the risk reaches nearly one-third.
- **Family History:** The risk increases if more than one family member has the illness.
- **Genetics:** Less than 1% of Alzheimer's cases are caused by genetic factors.



## Resources

- **Alzheimer's Association:** [alz.org](http://alz.org)
- **U.S. Department of Health and Human Services:** [alzheimers.gov](http://alzheimers.gov)
- **Elder Locator:** [eldercare.acl.gov](http://eldercare.acl.gov)
- **National Institute of Aging:** [nia.nih.gov/health/alzheimers](http://nia.nih.gov/health/alzheimers)