IT'S TIME TO TALK ABOUT ALZHEIMER'S

"One day, my mother stopped at a stop sign and didn't know what to do next. It was very unsettling for her."

Ed, on his mother living with Alzheimer's

NEARLY 3 OF 4 AMERICANS find **talking to a loved one about signs** of cognitive decline challenging

IN FACT NEARLY 1/3 OF PEOPLE **would not say anything to a family member** if they noticed cognitive decline or memory loss

HOWEVER

NEARLY 90% OF PEOPLE **would want others to tell them** if they themselves showed signs of cognitive decline

8 OUT OF 10 **believe there are benefits to early diagnosis of Alzheimer's disease**

If something feels different, it could be Alzheimer's. Learn how to approach the conversation at:

alz.org/ourstories

ad COUNCIL

alzheimer's association

Early Signs of Alzheimer's Disease and Tips for Reducing Risk of Developing Alzheimer's

Alzheimer's Disease is a neurodegenerative disease typically affecting older adults. Alzheimer's is the most common form of dementia.

In Alzheimer's Disease, the brain shrinks over time.

Alzheimer's Prevalence

The CDC estimates 5 million Americans have Alzheimer's Disease.

According to the World Health Organization, 30 million people have Alzheimer's Disease around the world.

Stay Social

Talking with others keeps the brain active and healthier. Play with your grandchildren or have lunch with friends!

Did you know?

Loss of smell is an early indication of possible Alzheimer's Disease.

Stay Active

Movement and exercise increases blood flow and is good for your brain! Go for a walk, jog, bike ride, swim, or dance, just get moving!

Challenge yourself

Read a book, complete a puzzle, make a painting, play a musical instrument, play sudoku, cards or a board game. Keep your brain thinking to help keep it working!

Eat Well

Alzheimer's is sometimes called "Type III Diabetes". Excessive sugar/carb consumption can lead to higher risk for Alzheimer's. Eat lots of fresh fruits and vegetables for a healthy dose of antioxidants to keep your brain its best!

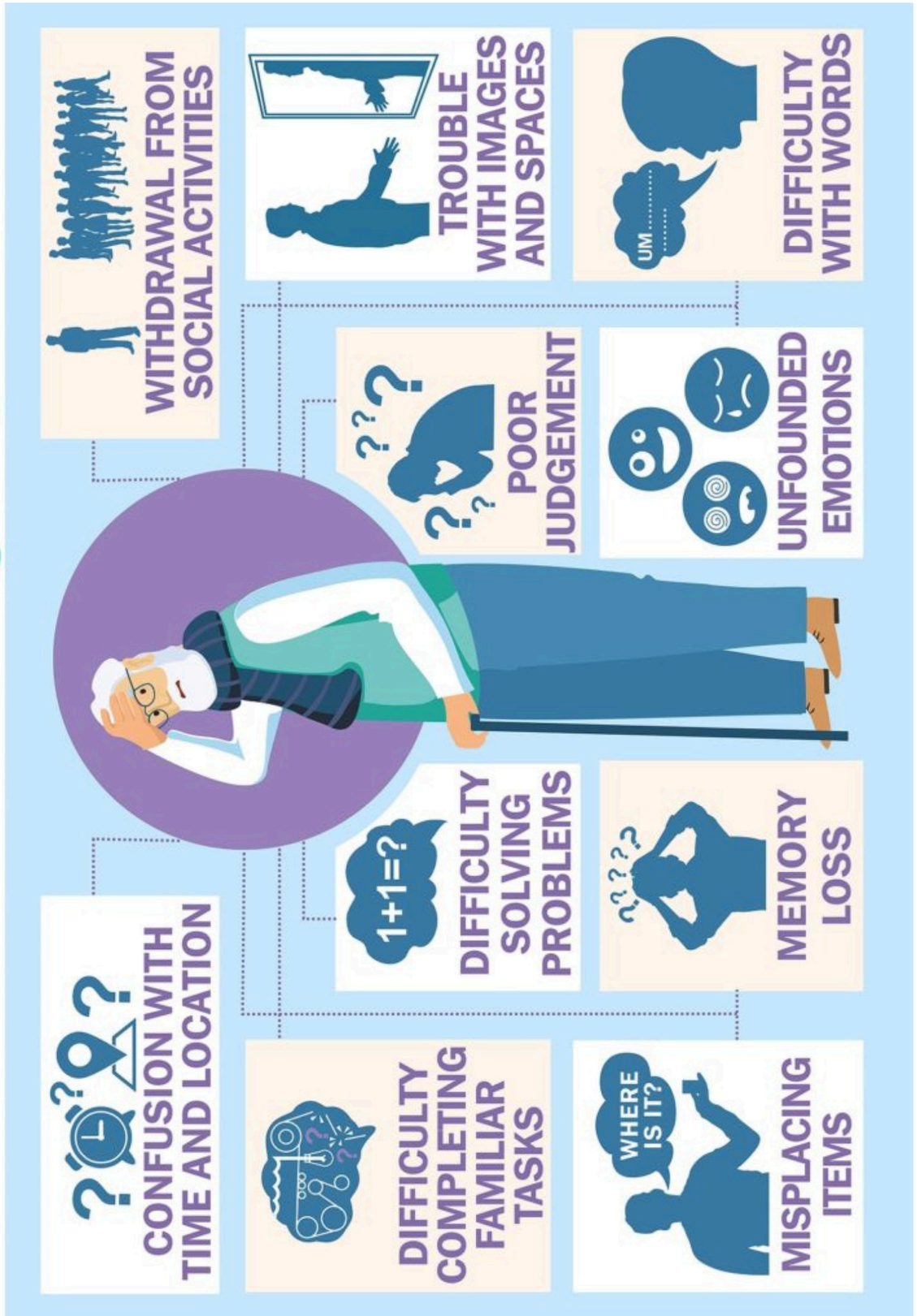
Call your doctor if you or a family member notice:

- short-term memory loss
- getting lost on familiar routes
- not recognizing familiar faces
- abnormal change in behavior/aggressiveness
- forgetting how to do simple tasks
- loss of sense of smell

Centers for Disease Control and Prevention (cdc.gov)

Sources Zou, Y., Lu, D., Liu, L., Zhang, H., & Zhou, Y. (2016, April 15). Olfactory dysfunction in Alzheimer's disease. Retrieved

Alzheimer's Symptoms



10 WAYS TO **LOVE YOUR BRAIN**

START NOW. It's never too late or too early to incorporate healthy habits.

BREAK A SWEAT
Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.

HIT THE BOOKS
Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.

BUTT OUT
Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.

FOLLOW YOUR HEART
Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

STUMP YOURSELF
Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

HEADS UP!
Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

BUDDY UP
Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

FUEL UP RIGHT
Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

TAKE CARE OF YOUR MENTAL HEALTH
Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

CATCH SOME ZZZ'S
Not getting enough sleep may result in problems with memory and thinking.

Visit alz.org/10ways to learn more.

alzheimer's association®

THE BRAINS BEHIND SAVING YOURS.