

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

An education program presented by the Alzheimer's Association®



Participant's Guide

ALZHEIMER'S  ASSOCIATION®

Understanding Alzheimer's and Dementia Participant's Guide

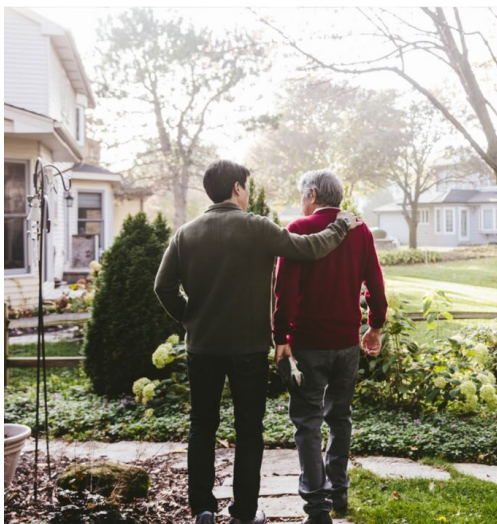
Introduction

Understanding Alzheimer's and Dementia

Learning Objectives

- Compare Alzheimer's and dementia.
- Recognize how Alzheimer's disease affects the brain.
- List the risk factors of Alzheimer's disease.
- Identify the stages of the disease.
- Describe how scientists are working to advance research.
- Name the resources available through the Alzheimer's Association.

Impact of Alzheimer's Disease



Approximately how many
Americans are currently
living with Alzheimer's?

Over 3 million

More than 6 million

About 8 million

About 11 million



About how many Americans provide unpaid care for people living with Alzheimer's or other dementias?

About 8 million

Over 11 million

Over 14 million


More than 18 million

2 of 2

Know the facts

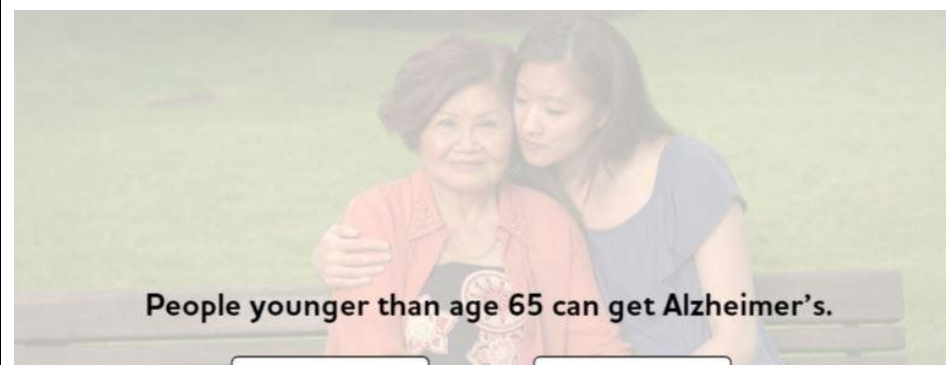



Alzheimer's and Dementia




Alzheimer's is a normal part of the aging process.

1 of 2



People younger than age 65 can get Alzheimer's.

2 of 2



TYPES OF DEMENTIA

Dementia is an umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life.

- Alzheimer's
- Vascular
- Lewy body
- Frontotemporal
- Other, including Huntington's
- * **Mixed dementia:** Dementia from more than one cause

Alzheimer's
Chronic traumatic encephalopathy
Creutzfeldt-Jakob disease
Dementia with Lewy bodies
Down syndrome and Alzheimer's
Frontotemporal dementia
Huntington's disease
Korsakoff syndrome
Mixed dementia
Normal pressure hydrocephalus
Parkinson's disease dementia
Posterior cortical atrophy
Traumatic brain injury
Vascular dementia

Why is an accurate diagnosis important?



The importance of an accurate diagnosis



Gail W.
Care partner

Alzheimer's and Dementia Recap

- Dementia is a general term for a collection of symptoms that are severe enough to interfere with daily life.
- Alzheimer's is the most common cause of dementia.
- Alzheimer's is not a normal part of aging; it is a progressive brain disease.

Alzheimer's in the Brain



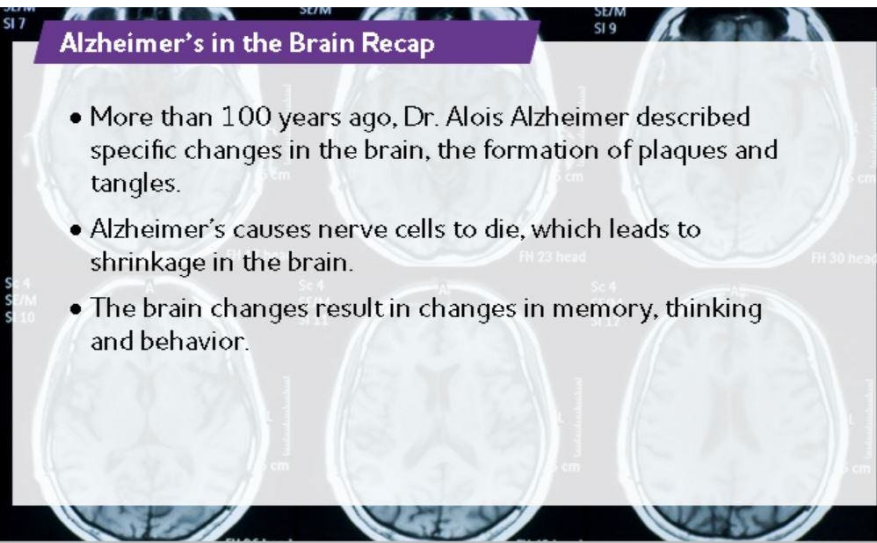
Dr. Alois Alzheimer




Dr. Maria Carrillo
Alzheimer's Association

Alzheimer's in the Brain Recap

- More than 100 years ago, Dr. Alois Alzheimer described specific changes in the brain, the formation of plaques and tangles.
- Alzheimer's causes nerve cells to die, which leads to shrinkage in the brain.
- The brain changes result in changes in memory, thinking and behavior.



Risk Factors

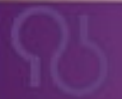


What is the greatest known risk factor for Alzheimer's disease?

Genetics

Family history

Age

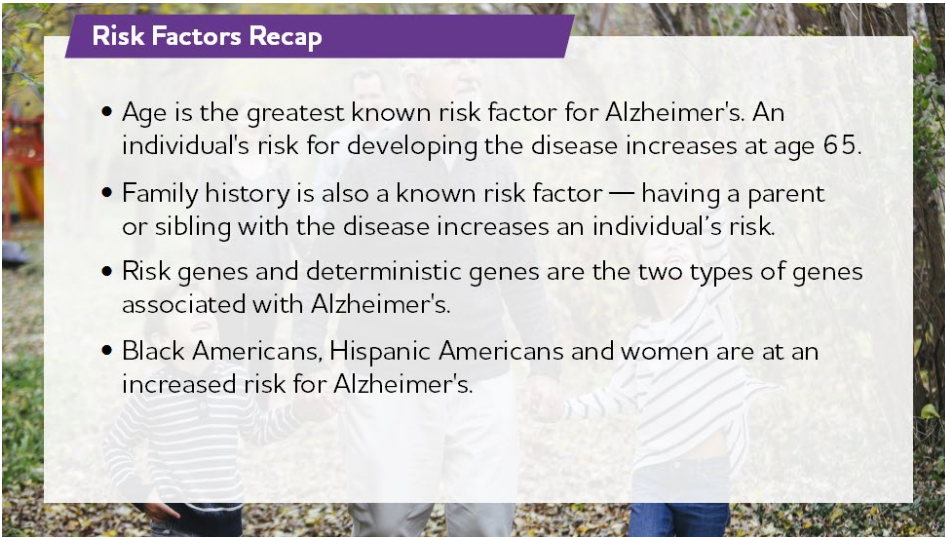


Dr. Heather Snyder
Alzheimer's Association



Populations at higher risk

- Black Americans are about twice as likely as White Americans to have Alzheimer's or another dementia.
- Hispanic Americans are one and a half times as likely to have the disease as White Americans.
- Almost two-thirds of Americans living with Alzheimer's are women.



Risk Factors Recap

- Age is the greatest known risk factor for Alzheimer's. An individual's risk for developing the disease increases at age 65.
- Family history is also a known risk factor — having a parent or sibling with the disease increases an individual's risk.
- Risk genes and deterministic genes are the two types of genes associated with Alzheimer's.
- Black Americans, Hispanic Americans and women are at an increased risk for Alzheimer's.

Stages of Alzheimer's Disease

Losing the words

Facing the frustration

Living for today



Losing the words

Facing the frustration

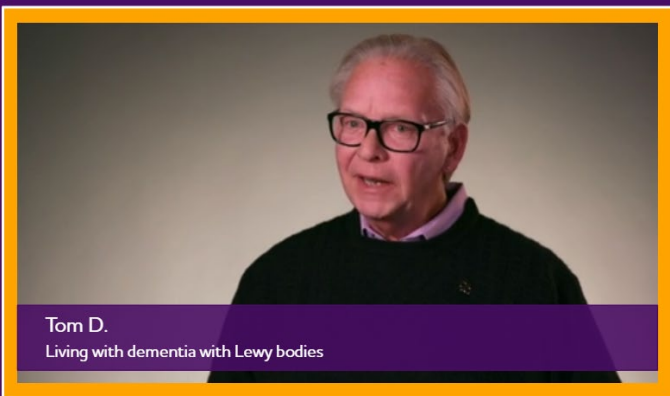
Living for today



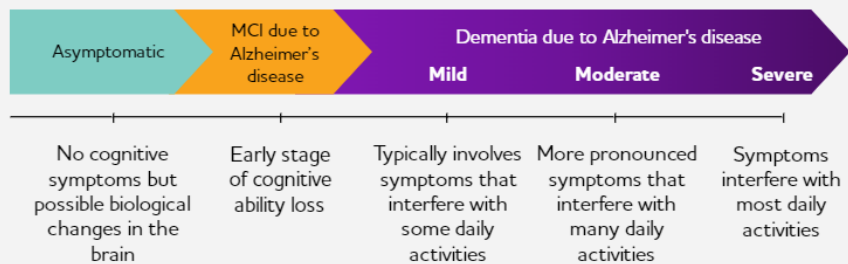
Losing the words

Facing the frustration

Living for today



Alzheimer's disease is a continuum





Stages of Alzheimer's Disease Recap

- The three broad phases of the disease are asymptomatic, MCI due to Alzheimer's disease, and dementia due to Alzheimer's disease.
- The dementia phase is further broken down into three stages — mild, moderate and severe.
- No two individuals experience the symptoms and progression of Alzheimer's disease in the same way.
- While symptoms worsen over time, people progress through stages at different rates as their abilities change.

FDA-Approved Treatments

Talk to a Health Care Professional

- Current medications cannot cure Alzheimer's, but there are treatments that change disease progression. There are also drug and non-drug options that may help treat symptoms, such as memory loss and confusion.
- Treatments may be administered as a pill, patch or intravenously.
- These treatments work in varying degrees and are not effective for everyone.
- Have a conversation with a health care professional to determine whether a specific treatment is appropriate.
- Learn more at [alz.org/treatments](https://www.alz.org/treatments)

Advancing Alzheimer's Research

Investigating early intervention

Exploring lifestyle factors

Moving toward a cure

Securing the funds



Hope for the Future

Investigating early intervention

Exploring lifestyle factors

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Dr. Heather Snyder
Alzheimer's Association



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Alzheimer's Association

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Mary F.
Care partner

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Clinical studies

TrialMatch®



Clinical studies

TrialMatch™



Dr. Maria Carrillo
Alzheimer's Association



Advancing Alzheimer's Research Recap

- Scientists have increased their understanding of Alzheimer's significantly over the past decade.
- People living with dementia, caregivers and healthy volunteers without dementia are needed for clinical studies in order to find methods of prevention, treatment and, ultimately, a cure.
- Both drug and non-drug studies are taking place across the country and online.
- TrialMatch (alz.org/TrialMatch) is a free clinical studies matching service.

Alzheimer's Association

About the Alzheimer's Association

Our mission:

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

Our vision is a world without Alzheimer's and all other dementia®.

800.272.3900 | alz.org®

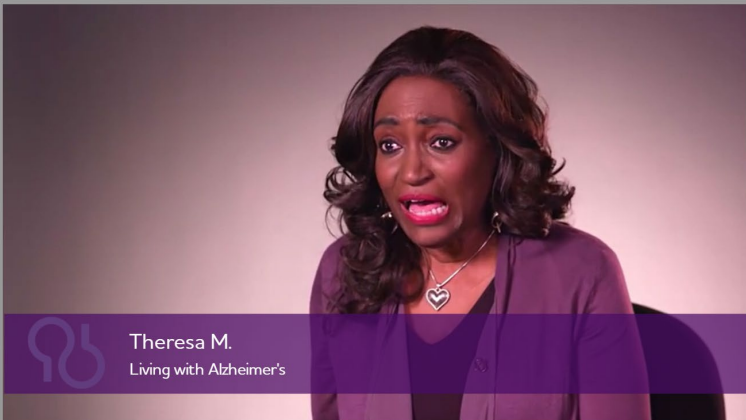
ALZHEIMER'S  ASSOCIATION®


Alzheimer's Association Key Resources

We're available wherever and whenever you need reliable information and support.

-  On the phone – 24/7 Helpline, 800.272.3900
-  Online – alz.org
-  In communities nationwide – alz.org/CRF

Alzheimer's Association Key Resources






Tom D.
Living with dementia with Lewy bodies

< PREV NEXT >

A video player interface showing a man with glasses, Tom D., speaking. A purple banner at the bottom of the video frame contains his name and the text "Living with dementia with Lewy bodies". Navigation controls for "PREV" and "NEXT" are visible at the bottom of the player. A close button (X) is in the top right corner.

Module: Ways to Join the Fight



Volunteer

Advocacy

TrialMatch®

Walk to End Alzheimer's®

The Longest Day®

Let's take a look at some ways you can get involved.

A slide with a dark purple sidebar on the left containing a list of five options: "Volunteer", "Advocacy", "TrialMatch®", "Walk to End Alzheimer's®", and "The Longest Day®". The main area of the slide is light gray and contains the text "Let's take a look at some ways you can get involved."

Volunteer

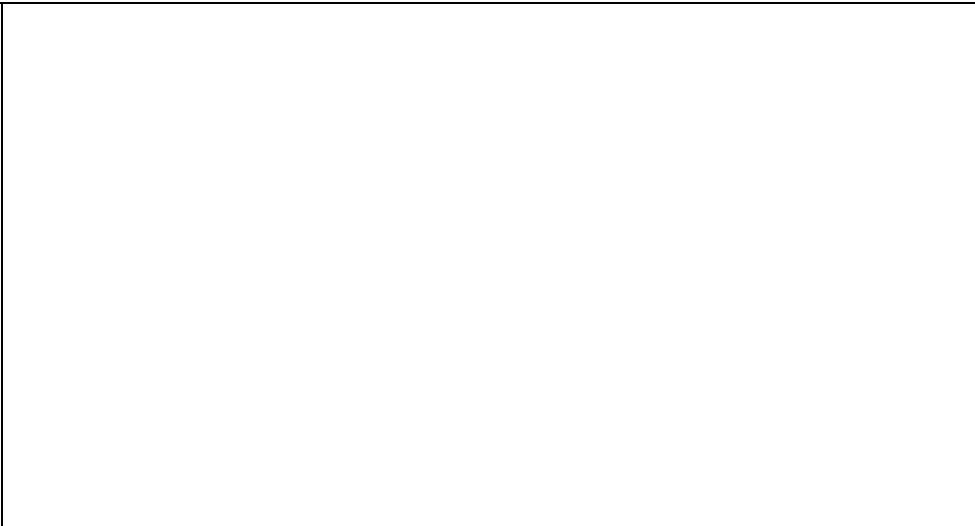
Advocacy

TrialMatch®

Walk to End Alzheimer's®

The Longest Day®

Whether you can spare a few hours a week or make a more significant time commitment, consider volunteering with the Alzheimer's Association. Numerous opportunities are available, including becoming a community educator or joining your local Walk Committee.
alz.org/volunteer



Volunteer

Advocacy

TrialMatch®

Walk to End Alzheimer's®

The Longest Day®

Become an Alzheimer's Association advocate and speak out on behalf of the needs and rights of those facing Alzheimer's disease. **alzimpact.org**

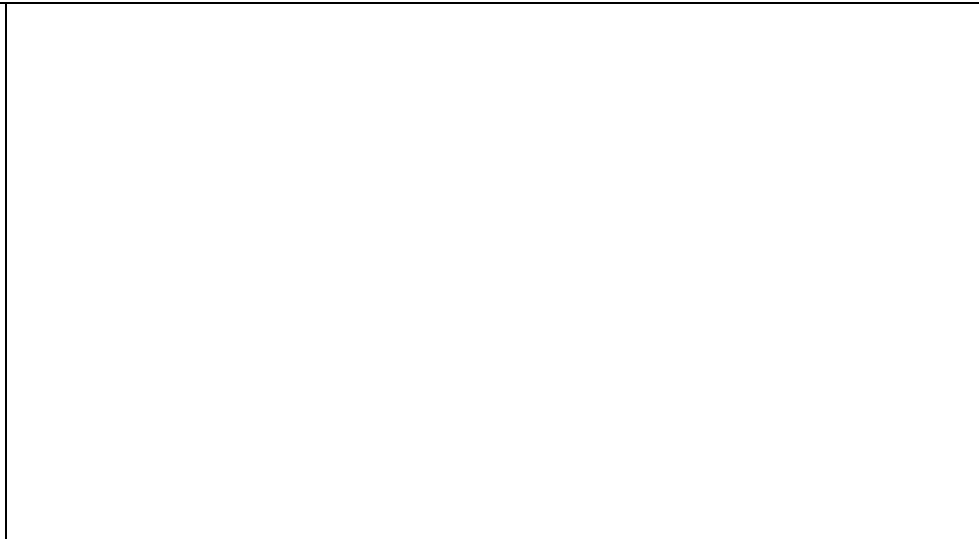


- Volunteer
- Advocacy
- TrialMatch®**
- Walk to End Alzheimer's®
- The Longest Day®



Everyone can help advance Alzheimer's research by participating in clinical trials. Get started with Alzheimer's Association TrialMatch, a free, easy-to-use clinical studies matching service. alz.org/TrialMatch

trialmatch
ALZHEIMER'S ASSOCIATION
POWERED BY CenterWatch iConnect™

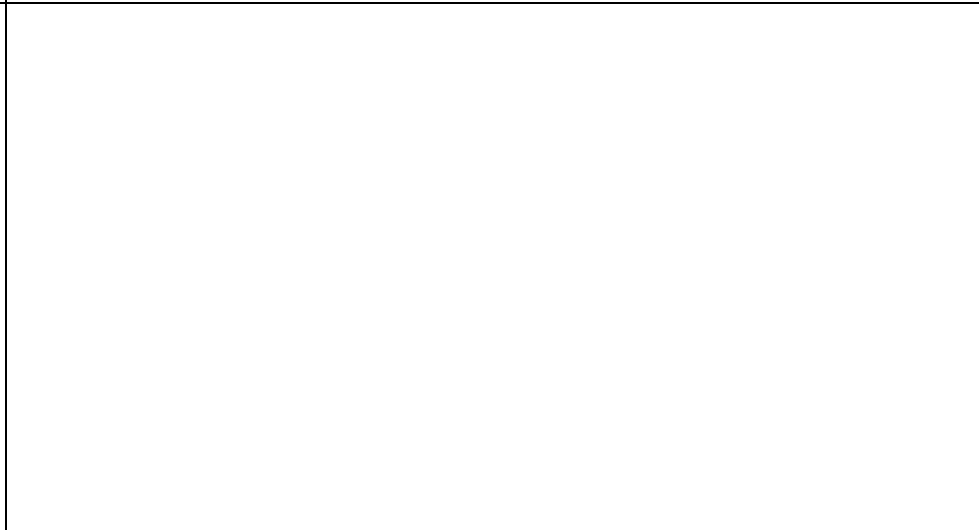


- Volunteer
- Advocacy
- TrialMatch®**
- Walk to End Alzheimer's®**
- The Longest Day®



Held annually in more than 600 communities, the Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser to fight the disease. Register today to raise awareness and funds to benefit Alzheimer's care, support and research. alz.org/walk

WALK TO END ALZHEIMER'S
ALZHEIMER'S ASSOCIATION



Volunteer

Advocacy

TrialMatch®

Walk to End
Alzheimer's®

The Longest Day®

On The Longest Day — the day with the most light, the summer solstice — raise funds and awareness for the care, support and research efforts of the Alzheimer's Association through an activity of your choice. alz.org/thelongestday

Questions



ALZHEIMER'S  ASSOCIATION®

800.272.3900 | alz.org®

Questions?

Alzheimer's Association Resources

- Call the **24/7 Helpline (800.272.3900)**. Care specialists and master's-level clinicians provide reliable information and support all day, every day.
- Visit **alz.org**[®], which includes free resources and up-to-date information for all those facing Alzheimer's and other dementia.
- Join **ALZConnected**[®] (**alz.org/alzconnected**), our free online community, to connect with other caregivers or people living with dementia.
- Explore **Alzheimer's Association & AARP Community Resource Finder** (**alz.org/CRF**) to find dementia resources, programs and services in your area, including your local Association office.
- Assess your needs and create customized action plans with **ALZNavigator**[™] (**alz.org/alznavigator**).
- Check out **alz.org/research** to learn more about how the Association is advancing the field of research.
- Go to **alz.org/publications** to access brochures and other resources on a variety of topics.

For people living with dementia:

- Visit **alz.org/IHaveAlz** to start learning and planning in order to live your best life today.
- Access **LiveWell Online Resources** (**alz.org/livewell**) for free interactive tools and personalized steps for living well with the disease.
- Take our free **Living with Alzheimer's: For People with Alzheimer's** workshop online at **alz.org/education** or through your local Alzheimer's Association chapter (**alz.org/CRF**).

For caregivers:

- Find support and information for all stages of the disease at **alz.org/care**.
- Visit the **alz.org/safety** for safety information, tips and resources.
- Take our free **Living with Alzheimer's: For Caregivers** workshop series online at **alz.org/education** or through your local Alzheimer's Association chapter (**alz.org/CRF**).

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