

National Active and Retired Federal Employees Association

June is [Alzheimer's & Brain Awareness Month](#). Worldwide, at least 44 million individuals are living with Alzheimer's disease, and that number is expected to rise as high as 76 million by 2030. As a valued supporter of the Alzheimer's Association, we want you to join us. Throughout June, we're asking people around the world to wear purple and use their brain power to fight Alzheimer's disease.

Please enjoy and share this month's updates, specifically designed for members of NARFE.

Doctors must overcome their reactions when discussing and treating Alzheimer's

According to one physician, Alzheimer's and other dementias are not something doctors talk about much. But she writes that while the diagnosis can be difficult and treatments are limited, doctors need to face their uneasiness and confront their reactions so that they can best serve the needs of people with the disease and their families.

[Learn more.](#)



Antidepressant may help reduce beta-amyloid production

A common antidepressant, citalopram (sold as Celexa), may cut production of beta-amyloid, a protein considered a chief suspect in the development of Alzheimer's, a new study shows. Researchers caution that the study, performed on mice and healthy young people, not seniors or people with Alzheimer's, is preliminary and that no one should begin taking the drug to combat the disease.

[Learn more.](#)



Living to 90 and beyond

A groundbreaking study entitled "The 90+ Study" was initiated in 2003 to study the oldest-old, the fastest growing age group in the United States. The project is one of the largest studies of the oldest-old in the world and sought to explore issues such as determining factors associated with longevity, and rates of cognitive and functional decline. This study was also recently featured on [60 Minutes](#). [Learn more.](#)



Online Tools

[Alzheimer's Navigator](#)

[Alzheimer's Association International](#)

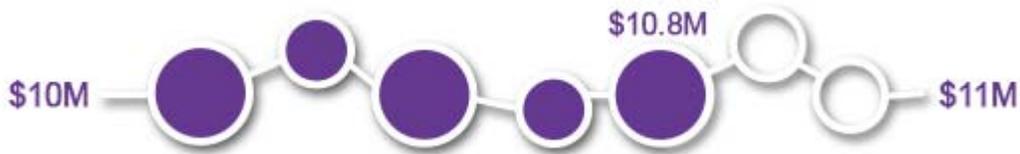
[Conference 2014](#)

[2014 Facts and Figures](#)

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NARFE Contributions to Advance Alzheimer's Research



Your donation goes directly to support research through the NARFE Alzheimer's Fund.
Help us reach our goal of \$11 million!

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24/7 Helpline: 1-800-272-3900

The [Alzheimer's Association](#) is the world's leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's disease®.

Alzheimer's Association National Office, 225 N. Michigan Ave., Fl. 17, Chicago, IL 60601

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