



the compassion to care, the leadership to conquer

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### **For Immediate Release**

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### **NEW REPORT REVEALS IMPACT OF ALZHEIMER'S DISEASE ON IOWA**

**(Cedar Rapids, Iowa, March 9, 2010)** – According to the Alzheimer's Association's® 2010 *Alzheimer's Disease Facts and Figures* there are currently 5.3 million Americans living with the disease. There are 69,000 people living with Alzheimer's disease in Iowa alone, and that number is expected to rise to 77,000 by 2025.

“Alzheimer's is a significant threat not only for the nation – but also for the people of Iowa”, said Kelly Hauer, Executive Director of the Alzheimer's Association East Central Iowa Chapter. Alzheimer's is the 5<sup>th</sup> leading cause of death in the state of Iowa, and the 7<sup>th</sup> leading cause of death in the United States.

#### **Impact of Alzheimer and Dementia Caregivers**

With family members providing care at home for about 70 percent of people with Alzheimer's disease, the ripple effects of Alzheimer's disease can be felt throughout the affected person's entire family. According to *Facts and Figures*, in 2009, nearly 11 million Alzheimer caregivers in the U.S. provided 12.5 billion hours of unpaid care valued at \$144 billion. In Iowa alone, 106,474 caregivers provided over 121 million hours of unpaid care for a loved one with Alzheimer's or another dementia valued at nearly \$1.4 billion. The new report also reveals that more than 40 percent of family and other unpaid Alzheimer and dementia caregivers rate the emotional stress of caregiving as high or very high.

“The latest Facts and Figures report shows the significant impact of Alzheimer's disease – on the individual, the family, and government – all underscore the need for states to plan for the growing number and urgent service needs of these people,” said Hauer. “A dedicated office on Alzheimer's disease located within the Iowa Department of Public Health would begin to strategically connect such issues as Medicaid, Younger-Onset Alzheimer's, co-morbid prevention and long-term care. Ensuring passage of a bill to establish such an office in Iowa would be a significant first step.”

#### **Special Report on Race, Ethnicity and Alzheimer's Disease**

Although whites make up the great majority of the 5.3 million people with Alzheimer's and other dementias, African-Americans and Hispanics are at higher risk for developing the disease. There are no known genetic factors that can explain the greater prevalence of Alzheimer's and dementia in African-Americans and Hispanics; however conditions such as high blood pressure and diabetes

are known risk factors for Alzheimer's and are more common in these groups than in whites. Better management of these potentially modifiable conditions could help to reduce the prevalence of Alzheimer's and other dementias.

"The East Central Iowa Chapter is committed to increasing awareness about risk factors for Alzheimer's and other dementias among all Americans," continued Hauer.

Although African-Americans and/or Hispanics are more likely than whites to have Alzheimer's and dementia, they are less likely than whites to have a diagnosis of the condition. Delays in diagnosis mean that African-Americans and/or Hispanics are not getting treatment in the earlier stages of the disease when treatments are most effective, and they also miss the opportunity to make legal, financial and care plans.

"Early detection, diagnosis and intervention are vital because they provide individuals the best opportunities for treatment, support and planning for their future," said Hauer. "We know many families miss the warning signs or mistakenly assume symptoms are a normal part of aging. The East Central Iowa Chapter has worked hard to educate our community about those signs that may actually be cause for concern and warrant medical follow up."

The full text of the Alzheimer's Association's *2010 Alzheimer's Disease Facts and Figures* can be viewed at [www.alz.org](http://www.alz.org).

#### **About the Alzheimer's Association**

The Alzheimer's Association is the leading voluntary health organization in Alzheimer 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. For more information, visit [www.alz.org/eci](http://www.alz.org/eci).

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