



## OTHER RESOURCES:

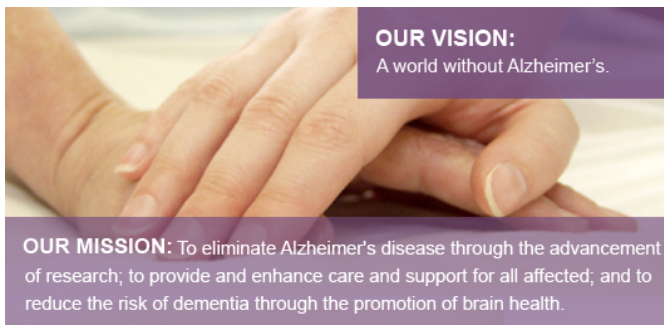
### **SERVICES FOR FAMILIES Provided by the Chapter**

- Informational and Referral Service
- Care consultants
- Support group meetings
- Educational programs
- Medic Alert® / Safe Return® program
- Respite care financial assistance

**alzheimer's  association  
Midlands Chapter**

### **How The Chapter Serves The Community:**

The Chapter is a not-for-profit organization of volunteers, laypersons, and health care professionals committed to working together to accomplish our mission.



### **If you are caring for someone with memory loss and you . . .**

- Feel alone and disconnected from friends
- Need assistance, but are reluctant to ask
- Can't do errands or complete household tasks
- Experience stress, sometimes severe enough to cause depression
- Need a break from giving care, but may not have anyone to help
- Need someone to listen to you

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Midlands Chapter**

#### Headquarters Office

1941 South 42nd Street, Suite 205  
Omaha, NE 68105  
Business Line: 402.502.4301  
Fax: 402.502.7001  
24/7 Helpline: 800.272.3900

#### Branch Office

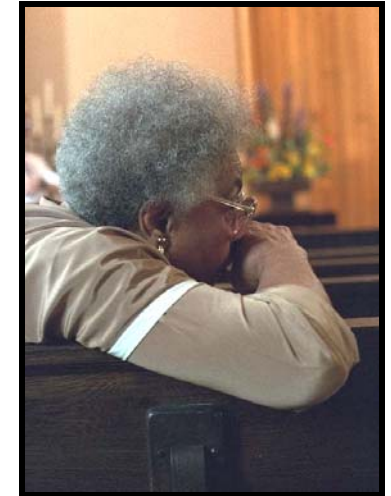
Charles E. Lakin Human Services Campus  
705 North 16<sup>th</sup> Street  
Council Bluffs, IA 51501  
Business Line: 712.322.8840  
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**[www.alz.org/midlands](http://www.alz.org/midlands)**

## **African Americans & Alzheimer's disease**

### **“The Silent Epidemic”**



**AFRICAN AMERICANS  
ARE AMONG THE HARDEST HIT  
BY ALZHEIMER'S DISEASE**



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## What is Alzheimer's disease?

**A**lzheimer's disease is a disease that attacks the brain and results in impaired memory, thinking and behavior.



## Alzheimer's disease begins gradually . . .

Alzheimer's disease attacks the parts of the brain that control memory, thinking and judgment.

A person with Alzheimer's disease may be physically healthy but require 24-hour a day assistance. At some point, he or she may forget the names and faces of family and friends. The person may become withdrawn, agitated or combative. Later, they may decline physically as well.

## Memory loss is NOT a normal part of aging . . .

### The 10 Warning Signs:

1. Recent memory loss that affects job skills
2. Difficulty performing familiar tasks
3. Problems with language
4. Decreased awareness of time and place
5. Poor judgment
6. Problems with thinking
7. Misplacing things
8. Changes in mood or behavior
9. Changes in personality
10. Loss of interest



If you or someone you know has three or more of these signs, please call us.

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## Impact on African Americans:

The incidence and risk of developing Alzheimer's disease appears to be much higher in African Americans than in non-Hispanic whites.

African Americans tend to be diagnosed at a later stage of Alzheimer's—limiting the effectiveness of treatments that depend upon early intervention.

Heart disease may be a particularly powerful factor in the prevalence of Alzheimer's disease among African Americans. Data from a large-scale longitudinal study indicates that persons with a history of either high blood pressure or high cholesterol levels are twice as likely to get Alzheimer's disease. Those with both risk factors are four times as likely to have Alzheimer's disease.

Age is a key risk factor for Alzheimer's disease. The number of African Americans age 65 and over will more than double by 2030. The number of African Americans age 85 and over is growing almost as rapidly.