

# Help and Hope



alzheimer's  association™

Minnesota-North Dakota



## The Dementia Epidemic

Alzheimer's is not normal aging; it's a progressive, fatal disease. Today there is no cure, but there are treatments, medications and resources to help. The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research and is dedicated to improving the lives of those impacted by the disease.

- It is the sixth-leading cause of death in the United States.
- Currently 5.3 million Americans are living with Alzheimer's disease.
- In Minnesota and North Dakota, an estimated 116,000 people have Alzheimer's disease.

## We're here to help

Families throughout the two-state area have access to support services through regional offices in Minneapolis, Duluth, Rochester, and St. Cloud, Minnesota; and Fargo and Bismarck, North Dakota.

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No matter where you live, the Alzheimer's Association is here for you. For more than 30 years, the Minnesota-North Dakota Chapter has led the fight against Alzheimer's disease and related disorders.

As the premier source of information, support and hope for those with Alzheimer's disease, their families and caregivers, we offer a broad range of programs and services statewide, including:

- 24/7 Information Helpline
- Community Education
- Support Groups
- Care Consultation
- MedicAlert® + Safe Return®
- Professional Education

We advocate at the federal level for increased research funding to find a cure and at the local level for legislation to improve quality of care and lives of those affected by Alzheimer's and related dementias.

When you have questions about Alzheimer's disease or related dementias, turn to us.

## **Make the first call**

### **Call us today.**

24/7 Information Helpline – 1.800.272.3900

### **Visit us online.**

[www.ALZ.org/mnnd](http://www.ALZ.org/mnnd)

### **Get Involved. Move for a Cause.**

Volunteer, Participate, Advocate, Donate

**1.800.272.3900**

**[www.ALZ.org/mnnd](http://www.ALZ.org/mnnd)**

# Know the signs

If you recognize any warning signs, contact your physician and the Alzheimer's Association.

1. Memory changes that disrupt daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

Early diagnosis of Alzheimer's disease or a related dementia is an important step to getting appropriate treatment, care and support services. For more information about partnering with your doctor, contact the Alzheimer's Association.

## Our Mission

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

A world without Alzheimer's disease.

**1.800.272.3900 ALZ.org/mnnd**