

ALZHEIMER'S AWARENESS



GENETICS. There are genetic links to both early-onset and late-onset Alzheimer's disease. Early onset occurs in a person's 30s to 50s and is caused by gene mutations. Late-onset symptoms first appear after age 65.



AGE. The risk of developing Alzheimer's disease doubles every 5 years after age 65. It is common as people reach their 80s, 90s, and beyond.

ALZHEIMER'S DISEASE IS A PROGRESSIVE, IRREVERSIBLE BRAIN DISEASE THAT SLOWLY DESTROYS MEMORY, THINKING SKILLS AND OTHER IMPORTANT MENTAL FUNCTIONS, INCLUDING THE ABILITY TO MANAGE ROUTINE DAILY TASKS.



PREVENTION TIPS

ENGAGE IN SOCIAL AND INTELLECTUALLY STIMULATING ACTIVITIES.

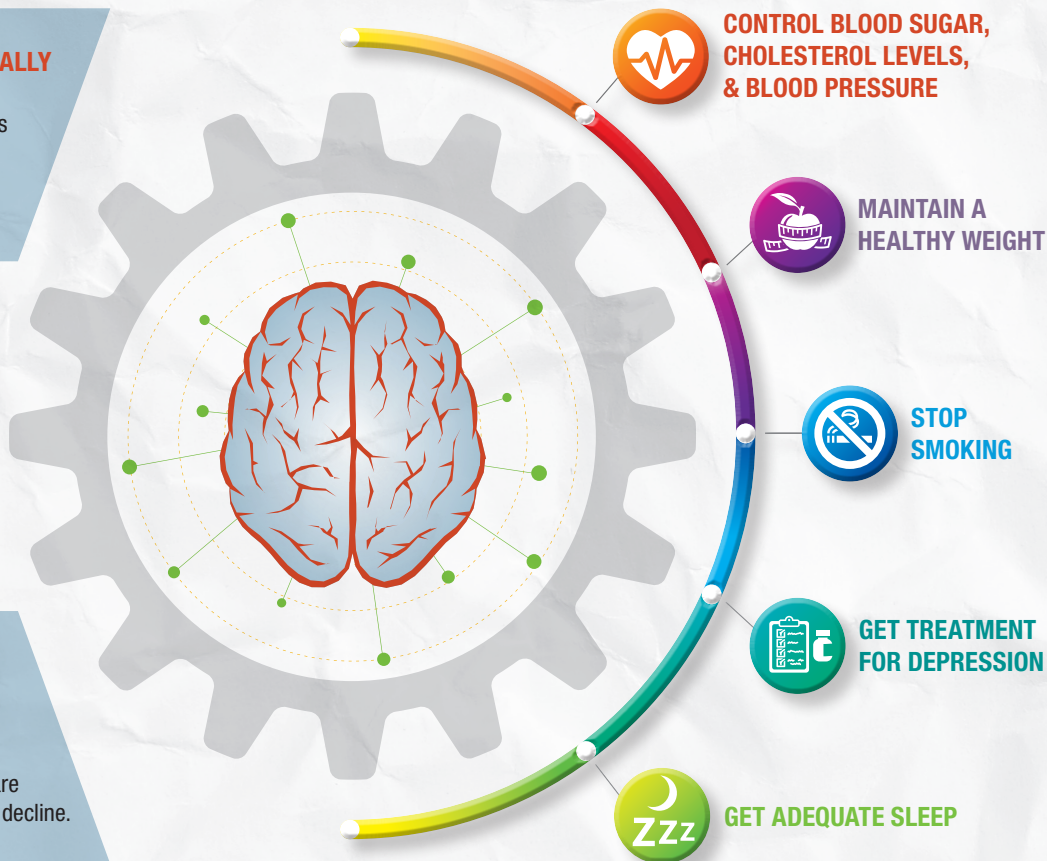
Socializing, volunteering, and playing games such as puzzles are examples of activities that may reduce the risk of developing Alzheimer's disease.

EXERCISE REGULARLY.

Exercise can stimulate the human brain's ability to maintain old network connections and make new ones that are vital to healthy cognition.

EAT A DIET RICH IN FRUITS AND VEGETABLES.

Studies have found that diets that include various fruits and vegetables, as well as chocolate and small amounts of red wine, are associated with a reduced rate of cognitive decline.



SIGNS AND SYMPTOMS

MEMORY LOSS THAT DISRUPTS DAILY LIFE. Forgetting recently learned information, important dates, or asking the same questions repeatedly.

DIFFICULTY COMPLETING FAMILIAR TASKS. Trouble driving to familiar locations, managing a budget, or remembering the rules of a favorite game.

MISPLACING THINGS. Losing things frequently and unable to retrace their steps to find them again, or accusing others of stealing.

DECREASED OR POOR JUDGMENT. Poor decisions when dealing with money or paying less attention to grooming or hygiene.

CHANGES IN MOOD AND PERSONALITY. Becoming confused, suspicious, depressed, fearful, or anxious.



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