



The Battle of the Minds: **Alzheimer's Disease**

What is Alzheimer's?

- Irreversible damage of nerve cells
 - o tangles and clumps in brain
 - o Loss of connection between nerve cells
 - o First effects the hippocampus
- Most common form of dementia
- Is a progressive disease: 3 main stages
- Affects more than 5.5 million Americans
- Often develops in mid-60's
 - o Early onset develops between 30's and 60's
- 6th leading cause of death in the United States
 - o 3rd leading cause in senior citizens

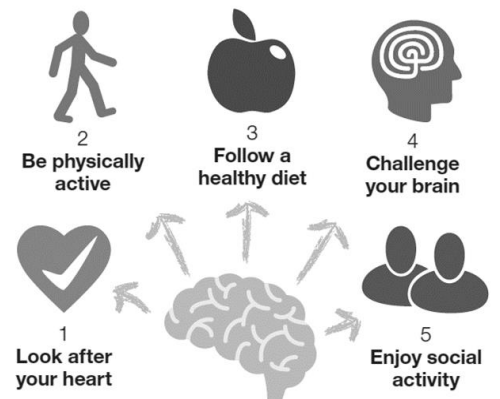
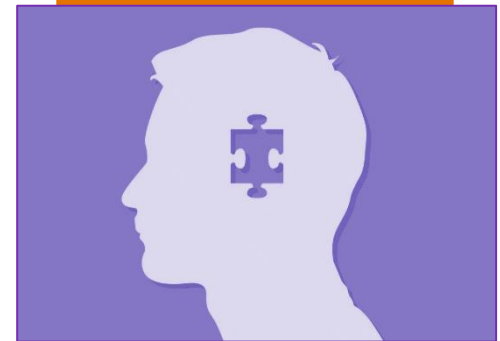
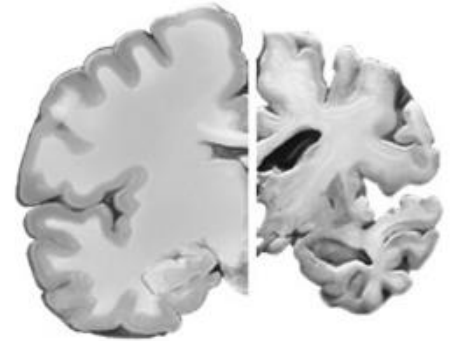
Causes:

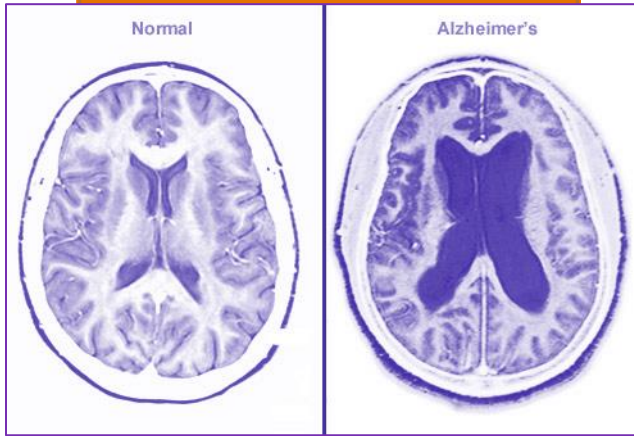
- Causes are not entirely known
- Early onset can be genetic
- Late onset: genetic, environmental or lifestyles
- Common in people with Down Syndrome

Can you prevent it?

- No definite prevention techniques
- Healthy lifestyles may help
 - o Physical activity, nutritious diet, social engagement

Healthy Brain Severe Alzheimer's





Treatments or cures:

- No cure known
- Medication has been developed to slow the progression
- Many clinical trials
- The earlier the treatment, the better



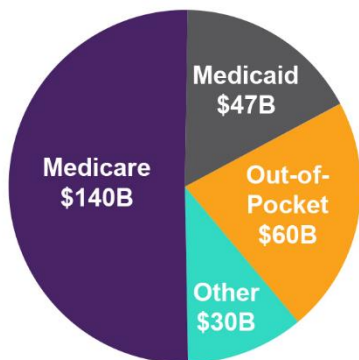
40% OF ALZHEIMER'S PATIENTS SUFFER FROM SEVERE DEPRESSION

The Impact of Alzheimer's

On victim:

- Memory loss
- Sleeplessness
- Wandering
- Aggression
- Movement difficulties
- Problems with sense of smell
- 1/3 seniors die from Alzheimer's
- Depression is very common – is often different from normal depression
 - o Hopelessness and guilt
 - o Loss of interest and social withdrawal
 - o Struggle to remember and articulate feelings

2018 Costs of Alzheimer's = \$277 Billion



Learn More:

- <https://www.nia.nih.gov/health/alzheimers-disease-fact-sheet>
- <https://www.brightfocus.org/alzheimers/article/depression-and-alzheimers-disease>
- <http://alz.org>



On family:

- 16.1 million are unpaid caregivers
- Spend 18.4 billion hours taking care of loved ones
- At an increased risk of depression
 - o Substantial stress levels
 - o Fatigue, loss of sleep, hopelessness and thoughts of suicide
 - o Many support groups to relieve burdens
 - o Yoga or a journal can help
- Often forget to care about one's self