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Alzheimer's 101

Knowledge 

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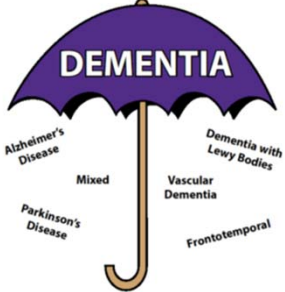
“Alzheimer’s disease is the biggest health crisis facing the world today.”


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There’s a difference!

Dementia
A decline in mental ability severe enough to interfere with your daily life





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Alzheimer’s: What is it?

An irreversible, progressive brain disease that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks.



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Know the 10 Signs

- #1** Memory loss that disrupts your daily life
- #2** Challenges in planning or solving problems
- #3** Difficulty completing familiar tasks
- #4** Confusion with time or place

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Know the 10 Signs

- #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 judgement

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Know the 10 Signs

- #9** Withdrawal from work or social activities
- #10** Changes in mood and personality

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What should I do?




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Benefits of Early Detection and Diagnosis

- Learn and understand your own disease process
- Explore resources in your community and online
- Remain independent for a longer period of time
- Receive the maximum benefit from available treatments
- Participate in clinical trials
- Participate in planning your own future healthcare
- Plan for your financial future
- Name someone you trust to make decisions for you when you become unable
- Reduce burden and stress on your family members and loved ones

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Steps to Better Brain Health


-  Break a Sweat
-  Hit the Books
-  Follow Your Heart
-  Buddy Up
-  Fuel Up Right

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Steps to Better Brain Health

-  Heads Up!
-  Stump Yourself
-  Catch some Zzz's
-  Butt Out
-  Take Care of Your Mental Health

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It's Time to Get Active!



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A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

What do these words have in common: polish, job, herb?

What makes this number unique —
8,549,176,320?

