Alzheimer’s 101

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

There’s a difference!

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

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

What should I do?
**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

**Steps to Better Brain Health**

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

**Steps to Better Brain Health**

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

**It’s Time to Get Active!**
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?