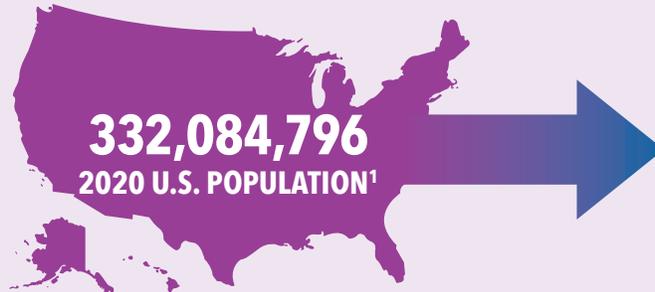


ALZHEIMER'S DISEASE AND BRAIN AWARENESS MONTH: QUALITY OF LIFE CAN BE IMPROVED

Alzheimer's disease is the most common type of dementia.

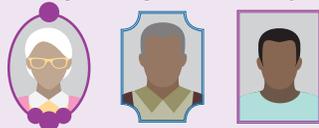
It usually begins with mild memory loss, possibly leading to not being able to talk clearly or live well day-to-day. Alzheimer's disease involves parts of the brain that control thought, memory, and language.¹



5.8 million WITH ALZHEIMER'S DISEASE

WHAT ARE SOME OF THE CAUSES OF ALZHEIMER'S DISEASE?³

- **Age** **60 70 80**
- **Possible other causes include** heart disease, stroke, high blood pressure, diabetes and obesity⁴
- **Family history**, but not always



WHAT ARE SOME OF THE SYMPTOMS OF ALZHEIMER'S DISEASE?⁵

There are different signs for the stages – mild, moderate and severe – of Alzheimer's disease. Some of the signs for mild cases are:

- **Memory loss**
- **Poor judgment** leading to bad decisions
- **Wandering** and getting lost

For more signs of mild cases, and for moderate and severe cases, visit www.nia.nih.gov/health/what-are-signs-alzheimers-disease.



WHAT DO I DO AFTER AN ALZHEIMER'S DISEASE DIAGNOSIS?⁷

- **Diet, exercise, being social**, sleep and brain exercises can help
- **Learn all you can** about Alzheimer's disease
- **Get regular** medical care
- **Find local** services and support
- **Do some legal, financial** and long-term care planning
- **Get help as needed** with day-to-day tasks
- **Be safe** at home.
- **Stay safe** on the road.
- **Consider participating** in a clinical trial
- **There are special things to do** if you live alone (www.nia.nih.gov/health/tips-living-alone-early-stage-dementia) and if you are working (www.ssa.gov/compassionateallowances)

FOR MORE INFORMATION ABOUT ALZHEIMER'S DISEASE, CALL YOUR CHC OR VISIT WWW.ALZ.ORG.

To learn more about Alzheimer's disease, visit your local Community Health Center. To find a health center, visit www.chc-ar.org/health-center-list or call **501-374-8225**.

SOURCES: 1: <https://www.cdc.gov/aging/aginginfo/alzheimers.htm> • 2: <https://www.census.gov/popclock/> • 3: <https://www.alz.org/media/Documents/alzheimers-facts-and-figures-infographic.pdf> • 4: <https://www.nia.nih.gov/health/what-causes-alzheimers-disease> • 5: <https://www.nia.nih.gov/health/what-are-signs-alzheimers-disease> • 6: <https://www.nia.nih.gov/health/how-alzheimers-disease-treated> • 7: <https://www.nia.nih.gov/sites/default/files/2020-09/next-steps-after-alzheimers-diagnosis.pdf>

This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,203,478 with 0 percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.