



The Impact of Alzheimer's and Dementia in Our Community

www.alz.org/hello



2025 **ALZHEIMER'S** DISEASE **FACTS AND FIGURES**



1 IN 3 older adults dies with Alzheimer's or

NEARLY

12

MILLION

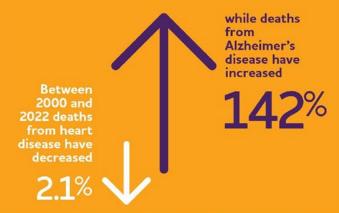
Americans provide

unpaid care for people

with Alzheimer's or other dementias

another dementia





IT KILLS MORE THAN

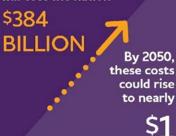
breast cancer



prostate cancer

COMBINED

In 2025, Alzheimer's and other dementias will cost the nation



for women

The lifetime risk for Alzheimer's at age 45 is



10 for men



provided more than

\$413 **BILLION**



These caregivers

19 billion hours

valued at nearly

UP TO 4 IN 5

TRILLION

Americans feel optimistic about new Alzheimer's treatments in the next decade





of Americans would want a medication to slow the progression of Alzheimer's following a diagnosis

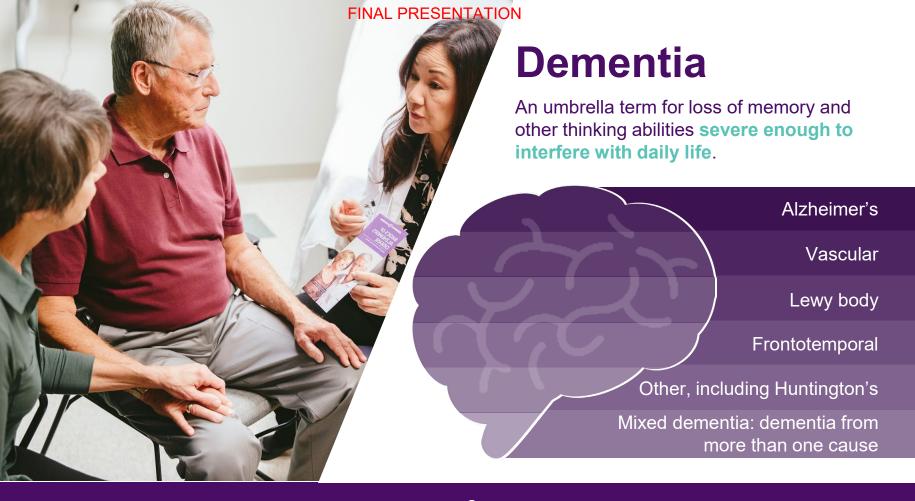
Over 7 MALON Americans are living with Alzheimer's

About the Alzheimer's Association

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

Our vision is a world without Alzheimer's and all other dementia[®].





What is Alzheimer's?



Alzheimer's is a brain disease that causes problems with **memory**, **thinking and behavior**. Symptoms eventually grow severe enough to interfere with daily tasks.

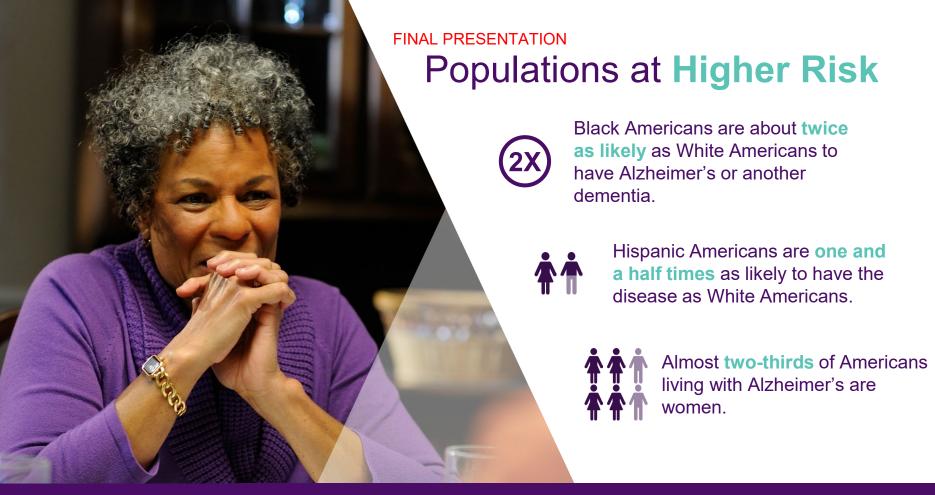


Alzheimer's is a progressive disease, where **symptoms gradually worsen** over a number of years.



In the early stage, memory loss is mild. But as the disease progresses, **individuals will need around-the-clock care**. The disease is ultimately fatal.





10 Warning Signs of Alzheimer's

1.	Memory loss that disrupts daily life
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- 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 judgment
- 9. Withdrawal from work or social activities
- 10. Changes in mood and personality



Pay attention to any changes in memory, thinking or behavior that you notice in yourself or someone else.

Importance of **Early Detection**



If you see changes that are new or unusual, **take action** by having a conversation with a doctor, or a trusted family member or friend.

Treatments for Alzheimer's

While there's currently no cure for Alzheimer's, there are treatments that can change disease progression, and drug and non-drug options that may help treat symptoms. Talk to your doctor to learn more about treatment options. Learn more at alz.org/treatments.



New treatments are available that slow disease progression for those in the earliest stages.



Drug and non-drugs options are available that **may help treat symptoms**, such as memory loss and confusion.



Everyone experiences Alzheimer's differently, treatments work in varying degrees and are not effective for everyone.





THE U.S. POINTER BRAIN HEALTH RECIPE*

PHYSICAL EXERCISE

30–35 minutes of moderate-to-intense aerobic activity four times a week, plus strength and flexibility exercises twice a week.

COGNITIVE EXERCISE

Computer-based brain training program three times a week for 30 minutes, plus regular engagement in other intellectually challenging and social activities.





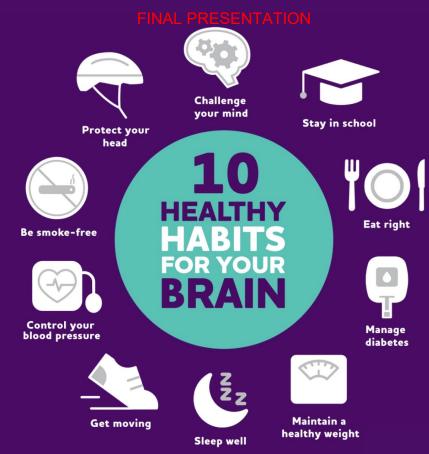
HEALTH MONITORING

Regular check-ins on blood pressure, weight and lab results.

NUTRITION

Adherence to the MIND diet, which emphasizes dark leafy greens, berries, nuts, whole grains, olive oil and fish, and limits sugar and unhealthy fats.

*Participants followed either a self-guided or structured lifestyle program. The two interventions both focused on the same lifestyle domains, but differed in structure, accountability and support provided.



Learn more at alz.org/healthyhabits



24/7 Helpline



The Alzheimer's Association 24/7 Helpline (800.272.3900) is a free service offering confidential information and support for people living with dementia, caregivers, families and the public.



Free Education and Support

The Association offers robust information, education and support both in person and online, and helps to connect individuals with resources in the community.

TrialMatch®



The Association connects individuals living with cognitive impairment, Alzheimer's disease or another dementia, caregivers and healthy participants with current research studies. This free, easy-to-use service helps you find clinical research that may be a good fit.



Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. alz.org/walk



Do What You Love to End ALZ makes it easy to make a difference. It's simple, flexible and starts with you — doing something you love and turning it into a fundraiser to end Alzheimer's and all other dementia.

There's no limit to what you can do!

From hiking, golfing, gaming, or crafting, to playing pickleball or bridge, hosting a cookout or purple party — choose your passion, add the power of your community, and get started.

DO WHAT YOU LEVE TO END ALZ

ALZHEIMER'S \ ASSOCIATION

alz.org/dowhatyoulove





Join Us!

- Share your personal story as an advocate.
- Help your neighbors by providing education or a support group.
- Get involved in clinical trials or a research study.
- Fight Alzheimer's through a fundraising activity of your choice on a day that works for you.
- Visit <u>alz.org</u> or call our helpline to learn more.





Thank you!

