

# ALZHEIMER'S

IS THE 6TH LEADING CAUSE OF DEATH IN AMERICA

2/3 PEOPLE WITH  
ALZHEIMER'S ARE  
WOMEN



Alzheimer's disease is a neurological disorder in which the death of brain cells causes memory loss and cognitive decline. A neurodegenerative type of dementia, the disease starts mild and gets progressively worse.

No cure exists, but cognition-enhancing medications and management strategies may temporarily improve symptoms.

The main symptoms are memory loss and confusion. However, behavioral changes such as aggression, agitation, and mood swings are also common.



alzheimer's association®

EVERY 68 SECONDS

SOMEONE IN THE UNITED STATES DEVELOPS ALZHEIMER'S



5.4 MILLION AMERICANS

HAVE ALZHEIMER'S

50% DON'T KNOW THEY HAVE IT

While there is no cure, recent Alzheimer's research has shown that everyday lifestyle choices could reduce your risk factors.

1. **Exercise your brain.** Older adults who frequently read book, do crossword puzzles or play cards reduce their risk of developing Alzheimer's disease by 47%. *The Rush Alzheimer's Disease Center*
2. **Drink coffee.** People who drink 3-5 cups of coffee a day may reduce the risk of dementia and Alzheimer's by 65%. *The Journal of Alzheimer's Disease*
3. **Don't smoke.** People who smoke heavily during middle age have a 157% higher risk of developing Alzheimer's. *The Archives of Internal Medicine*