Alzheimer’s Disease: A Helpful Overview

What is Alzheimer’s Disease?

Alzheimer’s disease is the most common type of dementia. Alzheimer’s disease involves parts of the brain that control thought, memory, and language. It can seriously affect a person’s ability to carry out daily activities.

What is known about Alzheimer’s Disease?

- Scientists do not yet fully understand what causes Alzheimer’s disease. There likely is not a single cause but rather several factors that can affect each person differently.
- Age is the best-known risk factor for Alzheimer’s disease.
- Family history—researchers believe that genetics may play a role in developing Alzheimer’s disease. However, genes do not equal destiny.
- A healthy lifestyle may help reduce your risk of developing Alzheimer’s disease.

In 2020, as many as 5.8 million Americans were living with Alzheimer’s disease.

Source: cdc.gov
What are the warning signs of Alzheimer’s disease?

- **Alzheimer’s disease** is not a normal part of aging. Memory problems are typically one of the first warning signs of Alzheimer’s disease and related dementias.

- Someone with symptoms of Alzheimer’s disease may experience one or more of the following:
  - Memory loss that disrupts daily life
  - Trouble handling money and paying bills
  - Difficulty completing familiar tasks at home, at work or at leisure
  - Decreased or poor judgment
  - Misplacing things and being unable to retrace steps to find them
  - Changes in mood, personality, or behavior

Even if you or someone you know has several or even most of these signs, it doesn’t mean it’s Alzheimer’s disease.

Source: cdc.gov