

what's being done about alzheimer's?



alzheimer's  association®

the compassion to care, the leadership to conquer

more than you think.



**we are the alzheimer's association,
the leader in alzheimer research
and support, and we are working
to give everyone a reason to hope.**

Is there a reason to hope?

Not long ago, Alzheimer's disease was widely considered a hopeless condition. It was largely unknown by doctors, researchers and policy-makers. People with the disease and their caregivers had few resources for information or support.

Today, a network of scientists, health care professionals and industry leaders is collaborating with the Alzheimer's Association to rapidly uncover the mysteries of the disease; prevent or treat its effects; and find better ways to support and care for those affected by its symptoms. Phenomenal progress in research is being made every day, and what was once considered hopeless is now hopeful.

How can I reduce my risk for Alzheimer's?

Alzheimer's disease is a disorder that kills brain cells. It causes serious memory loss, confusion and other major changes in the way the mind works. While many people find it harder to recall certain details as they grow older, significant problems with thinking and remembering are not normal, age-related changes.

Every day, scientists learn more about the brain and what you can do to keep it healthy. Growing evidence suggests that lifestyle can affect brain health, and there may even be steps you can take to reduce your risk of Alzheimer's disease.

We don't have all the answers yet. And there is no guaranteed way to prevent Alzheimer's. But with such dramatic progress in research, we now expect breakthroughs in prevention and risk reduction within the next decade.

Researchers report that Alzheimer's disease shares many of the same risk factors as heart disease and stroke: high blood pressure, cholesterol, blood sugar and body weight.



Findings indicate a healthy diet and regular exercise are good for both your heart and your head. Staying mentally and socially active also may give your brain a boost.

The Alzheimer's Association Maintain Your Brain® awareness campaign urges us to take brain health to heart and make it one of our overall goals for healthy aging.

Visit www.alz.org for more information.

join the voices of people with alzheimer's disease, caregivers, friends, family and health care professionals to speak out for change and hope.

When will there be a cure for Alzheimer's?

We do not know what causes Alzheimer's disease, nor do we expect a cure anytime soon. But over the last 15 years, Alzheimer's and related disorders have moved to the forefront of medical research, attracting some of the best minds in science. Every day brings new advances in understanding the disease, identifying risk factors and developing more effective treatments and care techniques. There is growing evidence that we will be able to find ways to limit Alzheimer's disabling effects and related costs.

Who's taking action to do something now?

New promising partnerships are providing needed funds and innovative ideas for defeating this disease.

The Alzheimer's Association is a vital partner with the National Institute on Aging (NIA) and the pharmaceutical industry to promote research in drug discovery and testing. As a catalyst for change, the Association also collaborates with policy-makers, business leaders and the health care industry to advance the knowledge and practice of Alzheimer research and care. To seed these fruitful collaborations, we host annual forums on scientific research, dementia care education and public policy, attracting the world's leading dementia researchers, health care professionals and advocates.

Through its own research grants program, the Alzheimer's Association has awarded more than \$185 million to promising research projects. As the world's largest private nonprofit source of funding for Alzheimer research, we have launched the careers of scientists who are making the necessary groundbreaking discoveries in the field of dementia prevention, treatment and care.

Where do I go for support?

When Alzheimer's disease touches your life, the Alzheimer's Association, the nation's largest voluntary health organization dedicated to Alzheimer's disease, is here to help. We are the trusted resource for reliable information, education, referral and support to the millions of people affected by the disease; their families and caregivers; and health care professionals.

Our nationwide network of chapters, representing 300 points of service from coast to coast, is the core of our support lifeline. Dedicated professional staff members help people navigate through the difficult decisions and uncertainties of the disease.

- Our 24/7 Nationwide Contact Center Helpline provides information, referral and care consultation in more than 140 languages.
- Our award-winning Web site at www.alz.org is a rich resource with evidence-based content that helps inform our diverse audiences.
- More than half of those with Alzheimer's will wander and become lost. The Alzheimer's Association Safe Return[®] program works with local law enforcement to track and find lost individuals.
- Professionally facilitated support groups, conducted at hundreds of locations, provide people with Alzheimer's and their families a confidential, open forum to share concerns and receive support.
- Educational workshops, led by our professional colleagues, provide people with the information and skills necessary to care for those living with dementia.
- The Alzheimer's Association Green-Field Library is the nation's largest resource center devoted to Alzheimer's disease and dementia. Expert staff librarians fulfill more than 6,000 inquiries each year from the public and professionals in health care, public policy and research.



What are they thinking about Alzheimer's?

- In a recent survey of American adults, only 26 percent expressed personal concern about the disease, yet nearly half either have a family member or know someone with the disease.
- One out of every three Americans knows someone with Alzheimer's, yet most don't understand the disease or its effects. They are not aware of treatment options, the progress of research nor the things they can do as possible preventions. As the baby boom generation enters the age of greatest risk for dementia, the number of those with Alzheimer's could soar beyond 16 million.
- Only 29 percent of Americans think scientists are on the brink of Alzheimer advances. Yet, 95 percent of what we know about Alzheimer's disease we've learned in just the last 15 years. And physicians now have a series of tests that can reliably diagnose early-stage Alzheimer's.
- Fewer than 50 percent of Americans know there are treatments for Alzheimer's. But there are five drug treatments that are FDA-approved, and more compounds are in the pipeline that may modify the disease process, delay onset and extend quality of life.
- Although Alzheimer's is not a normal part of aging, age is the greatest risk factor for getting the disease, which affects one in 10 individuals over age 65 and nearly half of those over 85.

What can I do?

We've made dramatic progress in advancing research, enhancing care and raising awareness about the importance of brain health. Join our cause today and keep the momentum going:

✓ **Be aware**

Learn about Alzheimer's disease and what you can do to reduce your risk and to take care of your aging body and mind.

✓ **Memory Walk**

Get up and walk with us in one of the 600 communities across the country that participates in the annual Alzheimer's Association Memory Walk[®], our largest fund-raising event of the year.

✓ **Volunteer**

Make a real impact as one of the more than 35,000 volunteers who provide the service critical to every program at one of our 300 local offices nationwide.

✓ **Advocate**

Join the leading voice speaking out for those affected by Alzheimer's. Through our united network of advocates in our nation's capital and from coast to coast, we're urging lawmakers at the federal, state and local levels to increase funding for research, care and support. A top priority is our \$1 billion goal for federal funding for the National Institutes of Health to accelerate the pace of promising research. We're also taking action to strengthen Medicare and Medicaid.

✓ **Donate**

The Alzheimer's Association is donor supported. Your gift funds vital research and care programs, and there are many ways to give.

The more we all know and do together, the sooner we can stop the devastating impact of this disease.

