

## Alzheimer's Disease

Alzheimer's (AHLZ-high-merz) is a disease of the brain. It destroys brain cells, causing problems with memory, thinking and behavior. It is the most common form of dementia.

It is estimated that there are as many as 5.4 million Americans living with Alzheimer's. This includes 5.2 million people age 65 and over and 200,000 people under age 65 with younger-onset Alzheimer's disease. The number of Americans with Alzheimer's disease and other dementias will grow each year as the proportion of the U.S. population that is over age 65 continues to increase. The number will escalate rapidly in coming years as the baby boom generation ages.

Alzheimer's is not a typical part of aging; it gets worse over time and it is fatal. Today it is the sixth-leading cause of death in the United States. There is currently no cure for Alzheimer's, but new treatments are on the horizon as a result of accelerating insight into the biology of the disease. Research has also shown that effective care and support can improve quality of life for individuals and their caregivers over the course of the disease from diagnosis to the end of life.

### 10 Warning Signs of Alzheimer's Disease®

The Alzheimer's Association has developed a checklist of common symptoms to help recognize the warning signs of Alzheimer's disease.

1. Memory changes that disrupt daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion to time and 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

If you or someone you know is experiencing these symptoms, consult a doctor. Every individual may experience one or more of these in different degrees. If you notice any of them, please see a doctor. Early and accurate diagnosis of Alzheimer's disease or other dementias is an important step to getting the right treatment, care and support.

### Causes of Alzheimer's disease

In the vast majority of cases, the cause of Alzheimer's disease remains unknown. Most experts agree that Alzheimer's, like other common, chronic conditions, likely develops as a result of multiple factors rather than a single cause. Age is the greatest risk factor for Alzheimer's. Most Americans with Alzheimer's disease are age 65 or older.

A small percentage of Alzheimer cases is caused by rare, genetic variations found in a few hundred families worldwide. In these inherited forms of Alzheimer's, the disease tends to strike

younger individuals. When Alzheimer's is first recognized in a person under age 65, this is referred to as "younger-onset Alzheimer's."

### **How Alzheimer's disease affects the brain**

Scientists believe that whatever triggers Alzheimer's begins to damage the brain years before symptoms appear. When symptoms emerge, nerve cells that process, store and retrieve information have already begun to degenerate and die.

Scientists regard two abnormal microscopic structures called "plaques" and "tangles" as the hallmarks of Alzheimer's disease. Amyloid plaques (AM-uh-loyd plaks) are clumps of protein fragments that accumulate between the brain's nerve cells. Tangles are twisted strands of another protein that form inside brain cells. Scientists have not yet determined the exact role that plaques and tangles may play. To learn more about how Alzheimer's affects the brain, see our online Brain Tour: [www.alz.org/braintour](http://www.alz.org/braintour)

### **Diagnosing Alzheimer's disease**

Experts estimate that a doctor experienced in diagnosing Alzheimer's can make a diagnosis with more than 90 percent accuracy. Because there is no single test for Alzheimer's, diagnosis usually involves a thorough medical history and physical examination as well as tests to assess memory and the overall function of the mind and nervous system. The doctor may ask a family member or close friend about any noticeable change in the individual's memory or thinking skills.

Most diagnostic uncertainty arises from occasional difficulty distinguishing Alzheimer's disease from a related dementia. Dementia is a general term for a group of brain disorders that affect memory, judgment, personality and other mental functions. Alzheimer's disease is the most common type of dementia, accounting for 60 to 80 percent of cases.

Vascular dementia, another common form, results from reduced blood flow to the brain's nerve cells. In some cases, Alzheimer's disease and vascular dementia can occur together in a condition called "mixed dementia." Other causes of dementia include frontotemporal dementia, dementia with Lewy bodies, Creutzfeldt-Jakob disease and Parkinson's disease. Learn more about related dementias: [www.alz.org/relateddementias](http://www.alz.org/relateddementias).

One important goal of the diagnostic workup is to determine whether symptoms may be due to a condition other than Alzheimer's. Depression, medication side effects, certain thyroid conditions, excess use of alcohol and nutritional imbalances are all potentially treatable disorders that may sometimes impair memory or other mental functions. Even if the diagnosis is Alzheimer's disease, timely identification enables individuals to take an active role in treatment decisions and planning for the future.

### **Treatment and prevention of Alzheimer's disease**

Medications approved by the U.S. Food and Drug Administration (FDA) may temporarily delay memory decline and treat Alzheimer symptoms for some individuals, but none of the currently approved drugs is known to stop or prevent the disease. Certain drugs approved to treat other illnesses may sometimes help with the emotional and behavioral symptoms of Alzheimer's.

One important part of treatment is supportive care that helps individuals and their families come to terms with the diagnosis; obtain information and advice about treatment options; and maximize quality of life through the course of the illness.

Many scientists consider the emerging field of prevention one of the most exciting recent developments in dementia research. Some of the most exciting preliminary evidence suggests that strategies for general healthy aging may also help reduce the risk of developing Alzheimer's. These measures include controlling blood pressure, weight and cholesterol levels; exercising both body and mind; eating a brain-healthy diet that is low in fat and includes fruits and vegetables; and staying socially active.

### **Impact on people living with Alzheimer's disease**

Due to changes in the brain, people with Alzheimer's will eventually lose sense of who they are and the ability to care for themselves. The disease affects independence, relationships and the ability to express oneself.

Younger individuals with the disease can also face other issues. If they are employed, they may have to reduce work hours or quit, leaving a gap in the family income. Kids may still be living at home. Insurance and other benefits may be more difficult to get to help pay for care.

### **Impact on caregivers**

Millions of family members are currently facing the enormous physical, emotional and financial impact of caring for a loved one. Seventy percent of people with Alzheimer's live at home, where family and friends provide most of their care and pay for it out of their own pockets.

### **Impact on society**

Alzheimer's takes an enormous toll on society. Total payments from all sources for health and long-term care services for people with Alzheimer's and dementia will amount to \$183 billion. People with Alzheimer's and other dementias are high users of healthcare, long-term care and hospice. Total payments for these types of care from all services, including Medicare and Medicaid, are nearly three times higher for older people with Alzheimer's and other dementias than for other older people.

The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support and research.

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