**ALZHEIMER’S AWARENESS**

**PREVENTION TIPS**

- **ENGAGE IN SOCIAL AND INTELLECTUALLY STIMULATING ACTIVITIES.** Socializing, volunteering, and playing games such as puzzles are examples of activities that may reduce the risk of developing Alzheimer’s disease.

- **EXERCISE REGULARLY.** Exercise can stimulate the human brain’s ability to maintain old network connections and make new ones that are vital to healthy cognition.

- **EAT A DIET RICH IN FRUITS AND VEGETABLES.** Studies have found that diets that include various fruits and vegetables, as well as chocolate and small amounts of red wine, are associated with a reduced rate of cognitive decline.

**GENETICS.** There are genetic links to both early-onset and late-onset Alzheimer’s disease. Early onset occurs in a person’s 30s to 50s and is caused by gene mutations. Late-onset symptoms first appear after age 65.

**AGE.** The risk of developing Alzheimer’s disease doubles every 5 years after age 65. It is common as people reach their 80s, 90s, and beyond.

**ALZHEIMER’S DISEASE IS A PROGRESSIVE, IRREVERSIBLE BRAIN DISEASE THAT SLOWLY DESTROYS MEMORY, THINKING SKILLS AND OTHER IMPORTANT MENTAL FUNCTIONS, INCLUDING THE ABILITY TO MANAGE ROUTINE DAILY TASKS.**

**CONTROL BLOOD SUGAR, CHOLESTEROL LEVELS, & BLOOD PRESSURE**

**MAINTAIN A HEALTHY WEIGHT**

**STOP SMOKING**

**GET TREATMENT FOR DEPRESSION**

**GET ADEQUATE SLEEP**

**SIGNS AND SYMPTOMS**

**MEMORY LOSS THAT DISRUPTS DAILY LIFE.** Forgetting recently learned information, important dates, or asking the same questions repeatedly.

**DIFFICULTY COMPLETING FAMILIAR TASKS.** Trouble driving to familiar locations, managing a budget, or remembering the rules of a favorite game.

**MISPLACING THINGS.** Losing things frequently and unable to retrace their steps to find them again, or accusing others of stealing.

**DECREASED OR POOR JUDGMENT.** Poor decisions when dealing with money or paying less attention to grooming or hygiene.

**CHANGES IN MOOD AND PERSONALITY.** Becoming confused, suspicious, depressed, fearful, or anxious.

For a complete list visit UABMEDICINE.ORG/MEMORYDISORDERS