

# UNDERSTANDING ALZHEIMER'S AND DEMENTIA

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An education program presented by the Alzheimer's Association®



Participant's Guide

alzheimer's  association®

# Understanding Alzheimer's and Dementia Participant's Guide

## Introduction

### Understanding Alzheimer's and Dementia

#### Learning Objectives

- Compare Alzheimer's and dementia.
- Recognize how Alzheimer's disease affects the brain.
- List the risk factors of Alzheimer's disease.
- Identify the three stages of the disease.
- Recognize current FDA-approved treatments that can address some of the symptoms of the disease.
- Describe how scientists are working to advance research.
- Name the resources available through the Alzheimer's Association.

## Impact of Alzheimer's Disease



Approximately how many  
Americans are currently  
living with Alzheimer's?

Over 3 million

More than 6 million

About 8 million

About 11 million

1 of 2



About how many Americans provide unpaid care for people living with Alzheimer's or other dementias?

About 8 million

Over 11 million

Over 14 million


More than 18 million

2 of 2

Know the facts





## Alzheimer's and Dementia




Alzheimer's is a normal part of the aging process.

1 of 2



People younger than age 65 can get Alzheimer's.

2 of 2





Alzheimer's  
Chronic traumatic encephalopathy  
Creutzfeldt-Jakob disease  
Dementia with Lewy bodies  
Down syndrome and Alzheimer's  
Frontotemporal dementia  
Huntington's disease  
Korsakoff syndrome  
Mild cognitive impairment  
Mixed dementia  
Normal pressure hydrocephalus  
Parkinson's disease dementia  
Posterior cortical atrophy  
Traumatic brain injury  
Vascular dementia

Why is an accurate diagnosis important?

### The importance of an accurate diagnosis



Gail W.  
Care partner

### Alzheimer's and Dementia Recap

- Dementia is a general term for a collection of symptoms that are severe enough to interfere with daily life.
- Alzheimer's is the most common cause of dementia.
- Alzheimer's is not a normal part of aging; it is a progressive brain disease.

# Alzheimer's in the Brain



### Alzheimer's in the Brain Recap

- More than 100 years ago, Dr. Alois Alzheimer described specific changes in the brain, the formation of plaques and tangles.
- Alzheimer's causes nerve cells to die, which leads to shrinkage in the brain.
- The brain changes result in changes in memory, thinking and behavior.

# Risk Factors



What is the greatest known risk factor for Alzheimer's disease?

Genetics

Family history

Age



Dr. Heather Snyder  
Alzheimer's Association



### Populations at higher risk

- Hispanics are about 1.5 times as likely as Whites to develop Alzheimer's and other dementias.
- African Americans are about twice as likely to develop the disease as Whites.
- Almost two-thirds of Americans with Alzheimer's are women.

### Risk Factors Recap

- Age is the greatest known risk factor for Alzheimer's. An individual's risk for developing the disease increases at age 65.
- Family history is also a known risk factor — having a parent or sibling with the disease increases an individual's risk.
- Risk genes and deterministic genes are the two types of genes associated with Alzheimer's.
- Hispanics, African Americans and women are at an increased risk for Alzheimer's.



# Stages of Alzheimer's Disease

A different kind of forgetting

Losing the words

Facing the frustration

Living for today



Dr. James Hendrix  
Dementia expert



Dr. Heather Snyder  
Alzheimer's Association





#### Early (Mild) Stage

- Functions independently, but has memory lapses.
- Problems with concentration.
- Challenges performing tasks.
- Trouble remembering new information.

#### Middle (Moderate) Stage

- Confusion with words.
- Personality and behavioral changes.
- Forgetfulness of events or personal history.
- Changes in sleep patterns.

#### Late (Severe) Stage

- Requires around-the-clock assistance.
- Unable to respond to environment or hold a conversation.
- Changes in physical abilities.
- Unaware of recent experiences.

#### Stages of Alzheimer's Disease Recap

- The three stages of Alzheimer's disease — early, middle and late — are sometimes referred to as mild, moderate and severe in a medical context.
- No two individuals experience the symptoms and progression of Alzheimer's disease in the same way.
- While symptoms worsen over time, people progress through stages at different rates as their abilities change.

## FDA-Approved Treatments for Symptoms

Current drugs help address symptoms, but do not treat the underlying cause of the disease.

True

False



Dr. James Hendrix  
Dementia expert.



## FDA-Approved Treatments for Symptoms



Cholinesterase inhibitors



Glutamate modulators



Combination of cholinesterase inhibitors and glutamate modulators

## FDA-Approved Treatments Recap

- Three types of drugs are approved by the FDA to help manage Alzheimer's symptoms.
  - Cholinesterase inhibitors: Aricept (donepezil), Exelon (rivastigmine), Razadyne (galantamine)
  - Glutamate modulators: Namenda (memantine)
  - Combination of cholinesterase inhibitors and glutamate modulators: Namzaric (memantine + donepezil)
- These treatments only address some symptoms of Alzheimer's in some people; they do not treat the underlying cause of the disease.



# Advancing Alzheimer's Research

Investigating  
early  
intervention

Exploring  
lifestyle factors

Moving  
toward a cure

Securing  
the funds



Hope for the Future

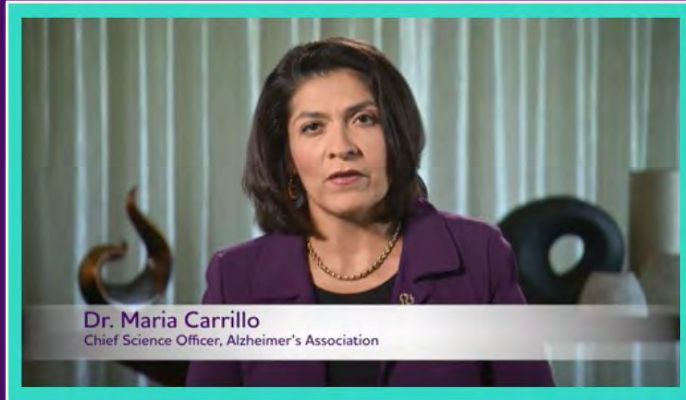
Clinical studies

TrialMatch\*



Clinical studies

TrialMatch®



### Advancing Alzheimer's Research Recap

- Scientists have increased their understanding of Alzheimer's significantly over the past decade.
- People living with dementia, caregivers and healthy volunteers without dementia are needed for clinical studies in order to find methods of prevention, treatment and, ultimately, a cure.
- Both drug and non-drug studies are taking place across the country and online.
- TrialMatch ([alz.org/TrialMatch](http://alz.org/TrialMatch)) is a free clinical studies matching service.

# Alzheimer's Association

## About the Alzheimer's Association

### Our mission:

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.




**Our vision is a world without Alzheimer's and all other dementia.**

800.272.3900 | [alz.org](http://alz.org)<sup>®</sup>


alzheimer's  association<sup>®</sup>

## Alzheimer's Association Key Resources

We're available wherever and whenever you need reliable information and support.

-  On the phone – 24/7 Helpline, 800.272.3900
-  Online – [alz.org](http://alz.org)
-  In communities nationwide – [alz.org/CRF](http://alz.org/CRF)

Alzheimer's Association Key Resources



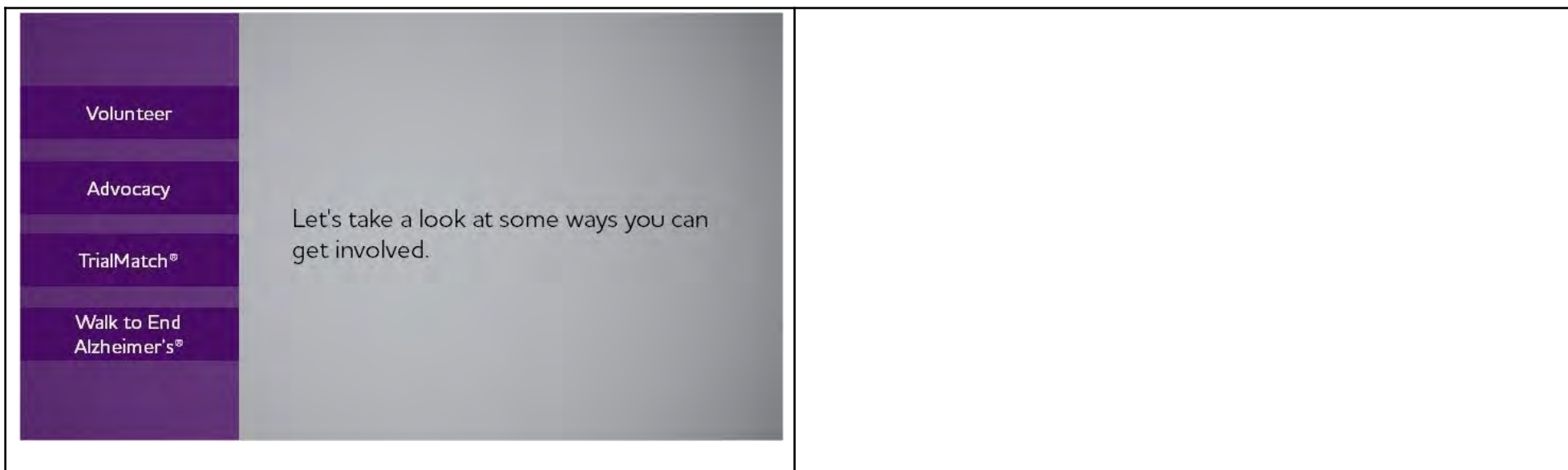
Tim W.  
Care partner

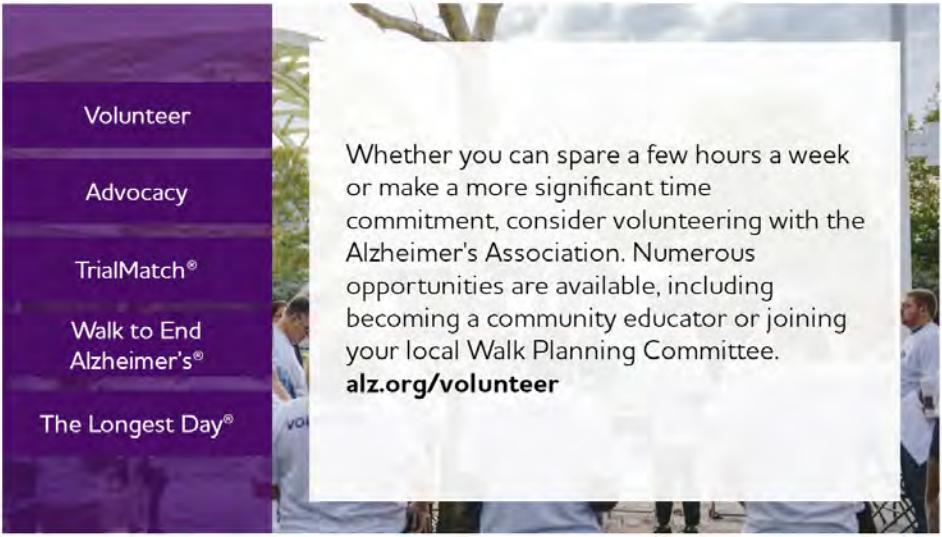






## Module: Ways to Join the Fight





Volunteer

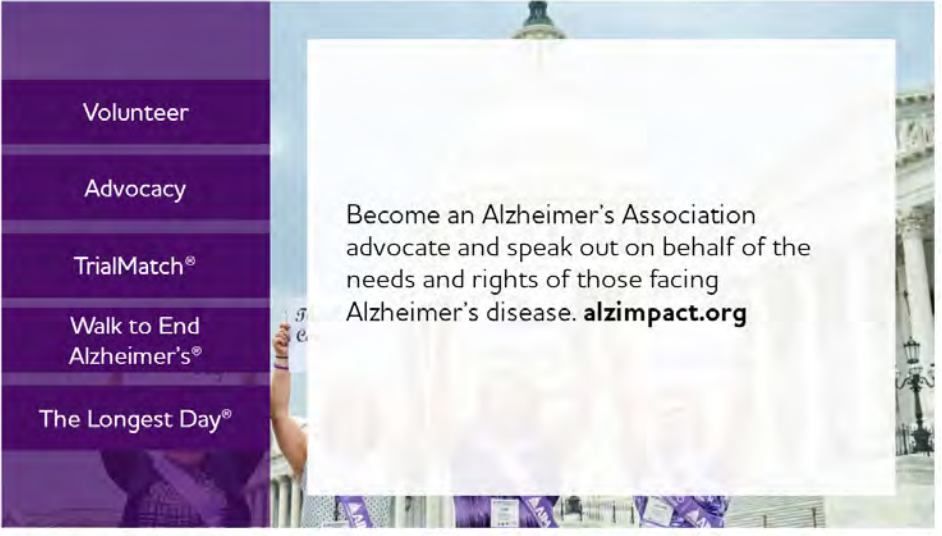
Advocacy

TrialMatch®

Walk to End  
Alzheimer's®

The Longest Day®

Whether you can spare a few hours a week or make a more significant time commitment, consider volunteering with the Alzheimer's Association. Numerous opportunities are available, including becoming a community educator or joining your local Walk Planning Committee.  
**[alz.org/volunteer](http://alz.org/volunteer)**



Volunteer

Advocacy

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Walk to End  
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Become an Alzheimer's Association advocate and speak out on behalf of the needs and rights of those facing Alzheimer's disease. **[alzimpact.org](http://alzimpact.org)**

Volunteer

Advocacy

TrialMatch®

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Alzheimer's®

The Longest Day®

Everyone can help advance Alzheimer's research by participating in clinical trials. Get started with Alzheimer's Association TrialMatch, a free, easy-to-use clinical studies matching service. [alz.org/TrialMatch](http://alz.org/TrialMatch)



Volunteer

Advocacy

TrialMatch®

Walk to End  
Alzheimer's®

The Longest Day®

Held annually in more than 600 communities, the Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser to fight the disease. Register today to raise awareness and funds to benefit Alzheimer's care, support and research. [alz.org/walk](http://alz.org/walk)



Volunteer

Advocacy

TrialMatch®

Walk to End  
Alzheimer's®

The Longest Day®

On The Longest Day — the day with the most light, the summer solstice — raise funds and awareness for the care, support and research efforts of the Alzheimer's Association through an activity of your choice. [alz.org/thelongestday](http://alz.org/thelongestday)

## Questions



alzheimer's  association®

800.272.3900 | [alz.org](http://alz.org)®

Questions?



# Alzheimer's Association Resources

- Call the **24/7 Helpline (800.272.3900)**. Care specialists and master's-level clinicians provide reliable information and support all day, every day.
- Visit **alz.org**<sup>®</sup>, which includes free resources and up-to-date information for all those facing Alzheimer's and other dementia.
- Join **ALZConnected**<sup>®</sup> (**alzconnected.org**), our free online community, to connect with other caregivers or people living with dementia.
- Explore **Alzheimer's Association & AARP Community Resource Finder (alz.org/CRF)** to find dementia resources, programs and services in your area, including your local Association office.
- Assess your needs and create customized action plans with **Alzheimer's Navigator**<sup>®</sup> (**alzheimersnavigator.org**).
- Check out **alz.org/research** to learn more about how the Association is advancing the field of research.
- Go to **alz.org/publications** to access brochures and other resources on a variety of topics.

## For people living with dementia:

- Visit **alz.org/IHaveAlz** to start learning and planning in order to live your best life today.
- Access **LiveWell Online Resources (alz.org/livewell)** for free interactive tools and personalized steps for living well with the disease.
- Take our free **Living with Alzheimer's: For People with Alzheimer's** workshop online at **alz.org/education** or through your local Alzheimer's Association chapter (**alz.org/CRF**).

## For caregivers:

- Find support and information for all stages of the disease at **alz.org/care**.
- Visit the **alz.org/safety** for safety information, tips and resources.
- Take our free **Living with Alzheimer's: For Caregivers** workshop series online at **alz.org/education** or through your local Alzheimer's Association chapter (**alz.org/CRF**).

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