



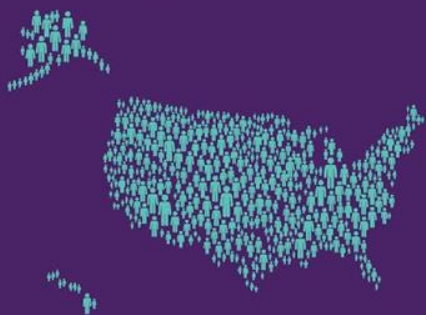
Brain Health Self-care for Your Mind and Body

www.alz.org/hello



2025 ALZHEIMER'S DISEASE FACTS AND FIGURES

Over
7 MILLION
Americans are living with
Alzheimer's



1 IN 3

older adults dies
with Alzheimer's or
another dementia



IT KILLS MORE THAN

breast cancer



prostate cancer

COMBINED

In 2025, Alzheimer's
and other dementias
will cost the nation

**\$384
BILLION**



By 2050,
these costs
could rise
to nearly

**\$1
TRILLION**

The lifetime
risk for Alzheimer's
at age 45 is

1

IN

5

for
women

1

IN

10

for
men

Between
2000 and
2022 deaths
from heart
disease have
decreased

2.1%



while deaths
from
Alzheimer's
disease have
increased

142%



These caregivers
provided more than
19 billion hours
valued at nearly

**\$413
BILLION**



**NEARLY
12
MILLION**

Americans provide
unpaid care for people
with Alzheimer's or
other dementias



**UP TO
4 IN 5**

Americans feel
optimistic about new
Alzheimer's treatments
in the next decade



92%

of Americans would
want a medication to
slow the progression of
Alzheimer's following
a diagnosis

About the Alzheimer's Association

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[®].



Cognitive Decline

Cognitive decline refers to changes in memory, thinking, and/or reasoning that are worsening over time.



Dementia

An umbrella term for loss of memory and other thinking abilities **severe enough to interfere with daily life**. Dementia is NOT a normal part of aging.

Alzheimer's

Vascular

Lewy body

Frontotemporal

Other, including Huntington's

Mixed dementia: from more than one cause

Early Detection and Treatment



Early detection is important, **pay attention to any changes in memory, thinking or behavior** that you notice in yourself or someone else.



There are treatments that can change disease progression, and drug and non-drug options that may help treat symptoms. **Talk to your doctor to learn more about treatment options.**



We all deserve a life with the healthiest brain possible.

We can all take actions to help protect our brain health.



Risks to Brain Health

In most cases, Alzheimer's is the result of complex interactions across multiple factors.

Non-modifiable

Ones we cannot change

- » Age
- » Genetics
- » Family history

Modifiable

Ones we can change!

- » Certain health conditions
- » Health behaviors

10 HEALTHY HABITS FOR YOUR BRAIN



Protect your head



Be smoke-free



Get moving



Challenge your mind



Control your blood pressure



Manage diabetes



Sleep well



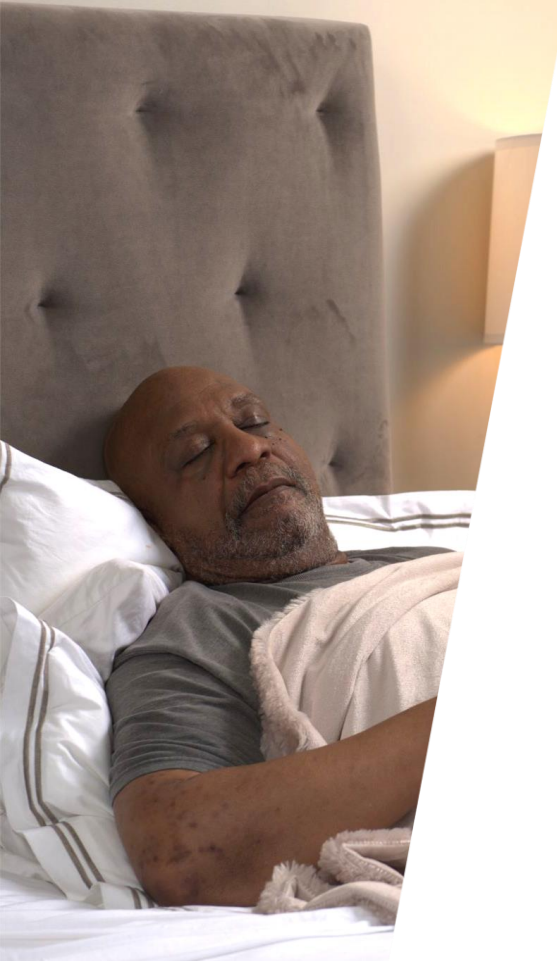
Stay in school



Eat right



Maintain a healthy weight



Maintain A Healthy Weight

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list - eating right, physical activity and sleep - can help with maintaining a healthy weight.

Sleep Well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.



Be Smoke-Free

Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.



Protect Your Head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.





Stay In School

Education reduces your risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library, college, or online.

Challenge Your Mind

Be curious. Put your brain to work and do something that is new or hard for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.



Why these

10 HEALTHY HABITS FOR YOUR BRAIN



Currently, these risk factors have the strongest levels of evidence.

There may be other risks to brain health but the current body of science is lower or unclear. Exciting research is exploring many topics, including hearing and vision loss, stress, air pollution.

Learn more alz.org/healthyhabits

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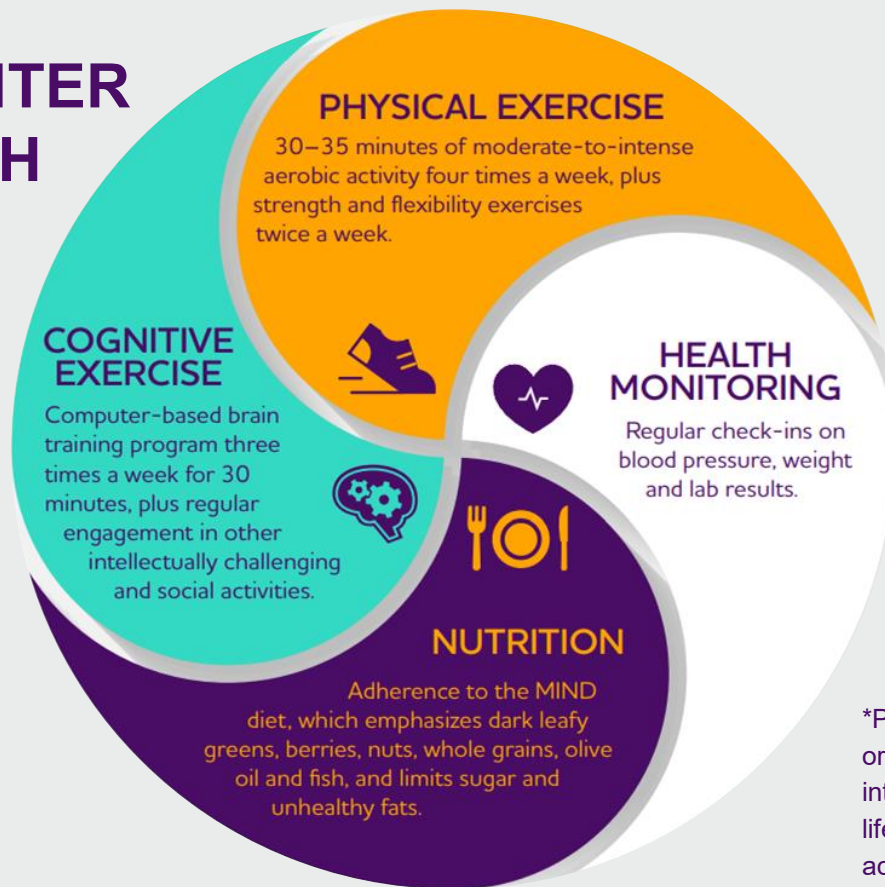


Eat right



Maintain a healthy weight

THE U.S. POINTER BRAIN HEALTH RECIPE*



*Participants followed either a self-guided or structured lifestyle program. The two interventions both focused on the same lifestyle domains, but differed in structure, accountability and support provided.



Take Charge of Your Brain Health



There are several risk factors for cognitive decline and dementia. Some, such as age, we can't control. But there are **actions we can take to improve our brain health.**



Growing evidence shows that **healthy living can lower the risk of cognitive decline and possibly dementia.**



Our brains need to be taken care of at all ages. It is never **too early or too late** to take action to protect brain health.

- 24/7 Helpline
- Alz.org
- Community Resource Finder
- Alzconnected
- Alzheimer's Navigator



24/7 Helpline
800.272.3900

alzheimer's  association®

ALZHEIMER'S navigator
 alzheimer's  association®

Get easy access to resources, community programs and services.

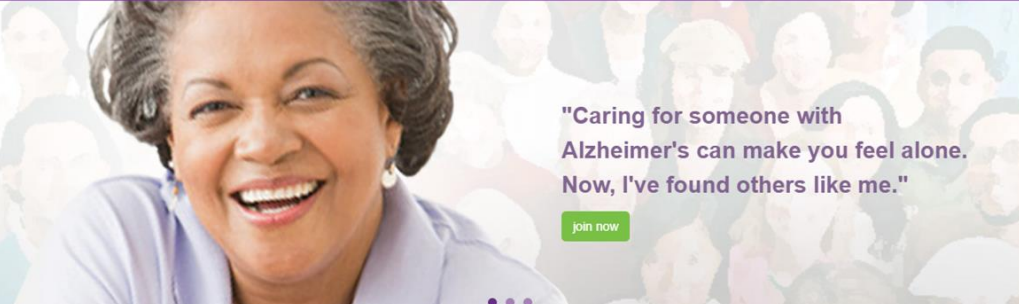
Based on guidance from local governments and health departments during the COVID-19 crisis, many programs will be offered virtually rather than in-person.

 PROGRAMS AND EVENTS	 PROGRAMS AND EVENTS	 CARE AT HOME
 COMMUNITY SERVICES	 HOUSING OPTIONS	 MEDICAL SERVICES

alz connected

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"Caring for someone with Alzheimer's can make you feel alone. Now, I've found others like me."

[join now](#)



24/7 Helpline



The Alzheimer's Association 24/7 Helpline (800.272.3900) is a free service offering confidential information and support for people living with dementia, caregivers, families and the public.



Free Education and Support

The Association offers robust information, education and support both in person and online, and helps to connect individuals with resources in the community.

TrialMatch®

The Association connects individuals living with cognitive impairment, Alzheimer's disease or another dementia, caregivers and healthy participants with current research studies. This free, easy-to-use service helps you find clinical research that may be a good fit.





Alzheimer's Association Resources and Support



24/7 Helpline
800.272.3900



Local Resources

- Find your chapter ([alz.org/findus](https://www.alz.org/findus))
- Support groups
- Alzheimer's Association & AARP Community Resource Finder ([alz.org/crf](https://www.alz.org/crf))



Online ([alz.org](https://www.alz.org))

- [alz.org/care](https://www.alz.org/care)
- [alz.org/safety](https://www.alz.org/safety)
- [alz.org/driving](https://www.alz.org/driving)

ALZConnected®

[alz.org/alzconnected](https://www.alz.org/alzconnected)

ALZNavigator™

[alz.org/alznavigator](https://www.alz.org/alznavigator)



Education Programs

[alz.org/education](https://www.alz.org/education)

- In-person, online and virtual