



ALZHEIMERS TOP 10 EARLY SIGNS

- MEMORY LOSS
- CHANGES IN MOOD
- MISPLACING BELONGINGS
- HARD TO COMPLETE FAMILIAR TASK
- CONFUSION OF TIME AND PLACE
- SOCIAL WITHDRAWAL
- POOR JUDGEMENT
- STRUGGLING TO COMMUNICATE
- CHANGES IN VISION

All About Alzheimer's

Alzheimer's disease (AD) is the most common type of dementia that targets the brain. Ultimately, Alzheimer's damages a person's mental ability and can cause symptoms such as memory loss in adults of all ages. Most cases are seen in individuals who are sixty years of age and older.

What is Alzheimer's Disease? An individual with Alzheimer's has extraordinary levels of beta-amyloid in the brain. It is known to be an extremely toxic protein that occurs naturally. High amounts of this protein build upon one another forming plaques which interrupt normal cell function by blocking neurons.

Causes/Risk Factors of Alzheimer's Disease: As an individual ages, the risk of developing Alzheimer's disease increases. The amount of people who have been diagnosed with Alzheimer's has grown in recent years.

Genetics is also a risk factor for Alzheimer's disease. Genes in a parent's DNA may be passed down to children. If an individual carries the Alzheimer's gene, it may be inherited by that person's offspring. Genes may also become mutated through environmental factors, which can then be passed down through genetics. Environmental factors include ultraviolet radiation from the sun, alcohol consumption, smoking, lack of exercise, and poor nutrition. Mutations in an individual's genes may also occur during cell division when a parent's DNA is replicated into new cells.

Symptoms of Alzheimer's Disease: Alzheimer's disease usually occurs in three different stages, and these stages may be different for each unique individual. Symptoms may worsen overtime. Yet, some symptoms, such as problems with the brain, begin to form long before the person even knows that they have the disease.

Early Stage Symptoms

An individual in the early stage may notice small signs such as forgetting names, words, or locations of items. Often, they may not notice any symptoms in the beginning. Early symptoms include: Memory Loss. Issues with remembering names and words may become a problem. Difficulty completing tasks. Issues may arise with completing daily or work related tasks. Forgetfulness. A person may begin to forget things they have just read or learned about. Lack of organization. Individuals may develop problems with keeping track of events and items.

RISK FACTORS FOR ALZHEIMER'S DISEASE

- BEING OLDER THAN 65
- A FAMILY HISTORY OF THE DISEASE
- INHERITING GENES FOR THE DISEASE FROM YOUR PARENTS
- EXISTING MILD COGNITIVE IMPAIRMENT
- DOWN SYNDROME
- UNHEALTHY LIFESTYLE
- PREVIOUS HEAD TRAUMA
- BEING SHUT OFF FROM A COMMUNITY OR HAVING POOR ENGAGEMENT WITH OTHER PEOPLE FOR EXTENDED PERIODS OF TIME

Alzheimer's Disease

Amyloid plaques build up and interrupt normal cell function by blocking neurons.

In 2017, **16.1 million** Americans provided over 18 billion hours of unpaid care for people with Alzheimer's or other dementias.

1 in 3 seniors dies with Alzheimer's or another dementia.

More than 5 million Americans are living with Alzheimer's.

Alzheimer's Disease is the **6th leading cause of death** in the U.S.

Every 65 seconds, someone in the U.S. develops Alzheimer's.

Symptoms of Alzheimer's

- Early Stage: Small signs such as forgetfulness
- Middle Stage: Issues with confusion and difficulty with decisions
- Late Stage: Problematic issues with communication and daily activities

Risk Factors

- Age
- Family History

Reduce Your Risk

- Mental Stimulation
- Socialization
- Regular Checkups
- Nutrition
- Physical Activity

NurseRegistry offers a full range of services, including Wellness Checks, Medication Management, Palliative Care, Case Management, Hospice Care, and Respite Care.

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