

South Central's Health on Blast

Alzheimer's Awareness

- Alzheimer's is a disease that attacks the brain. It is the most common form of dementia.
- The disease is the decline in mental ability that is severe enough to interfere with daily life.
- Risk Factors in developing the disease are
Age, Family History, Heredity
- Recent studies show high blood sugar levels, high blood pressure and high cholesterol have been linked to a higher risk of developing dementia.
- Alzheimer's can strike people in their 30's, 40's and 50's.

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10 Warning Signs

- Memory Loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks at home, at work or at leisure
 - Confusion with time or place
- Trouble understanding visual images and spatial relationships
 - New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
 - Decreased or poor judgment
- Withdrawal from work or social activities
 - Changes in mood and personality

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What you can do now

- **Protect you brain from head trauma- wear seat belt and sports helmet**
- **Know your heart-head connection-brain health is connected to heart health**
- **Have general good health-exercise your mind and body- stay socially connected as you age.**