

Alzheimer's Disease Myths and Facts



Presentation to
United Seniors of Maryland

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What is Dementia?

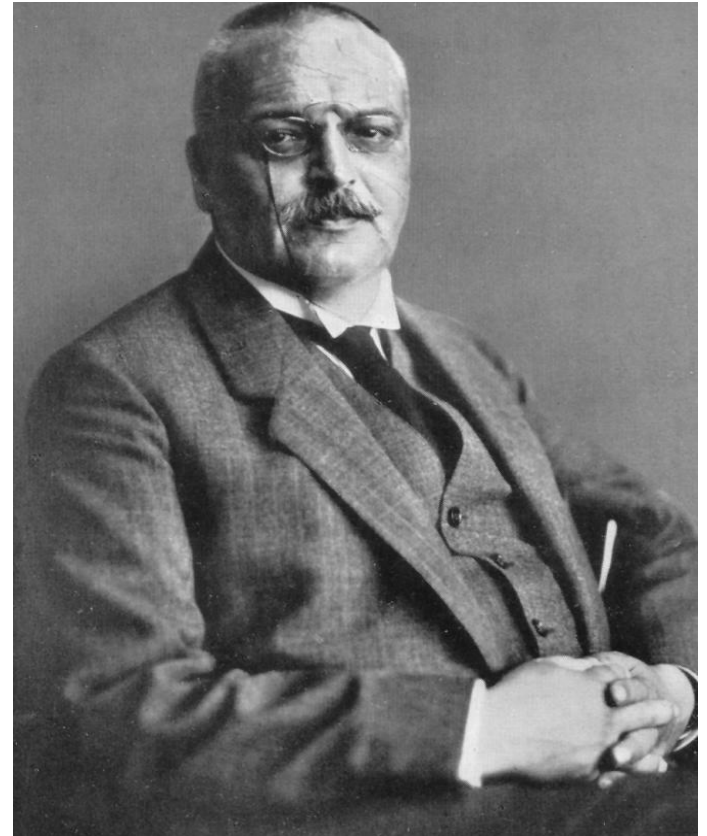
- Dementia is an overall decline in mental function
- Loss of memory and other intellectual abilities serious enough to interfere with daily life
- Characterized by confusion, disorientation and memory loss
- More severe than age-related mental difficulties
- Interferes with daily activities and social relationships

Dementia

- Alzheimer's is the leading cause of dementia (70% of dementia cases)
- Other causes of dementia:
 - Vascular dementia
 - Post-stroke dementia
 - Multi-infarct dementia
 - Mixed dementia
 - Dementia with Lewy Bodies
 - Parkinson's disease
 - Frontotemporal dementia
 - Pick's disease
 - Creutzfeldt- Jakob disease
 - Normal pressure hydrocephalus
 - Huntington's disease
 - Wernicke- Korsakoff syndrome

What is Alzheimer's Disease?

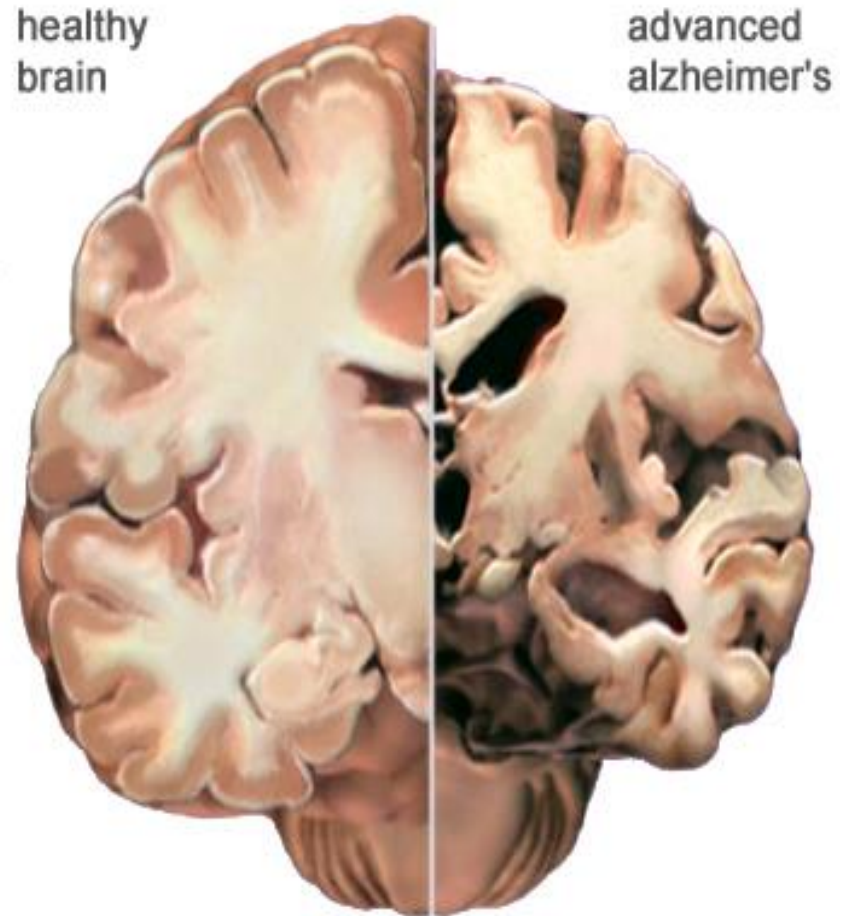
Alzheimer's disease is a progressive brain disease named for German physician Dr. Alois Alzheimer, who first discovered it in 1906.



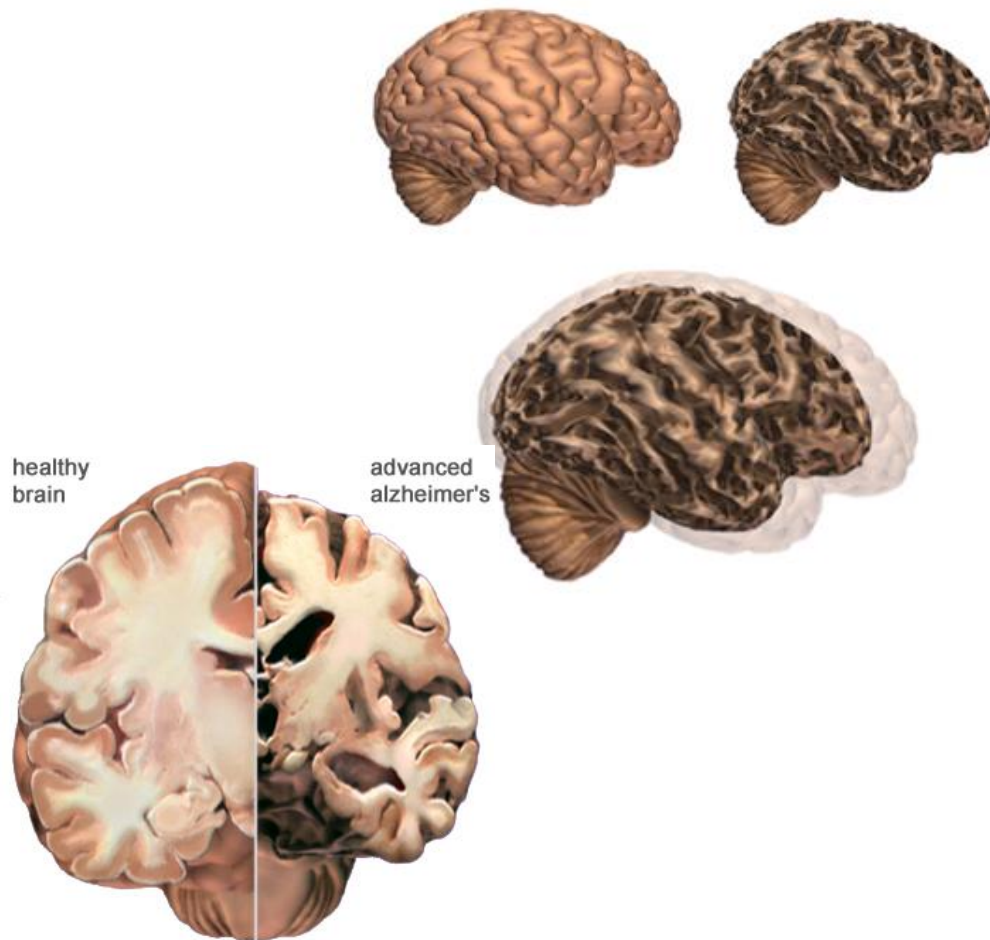
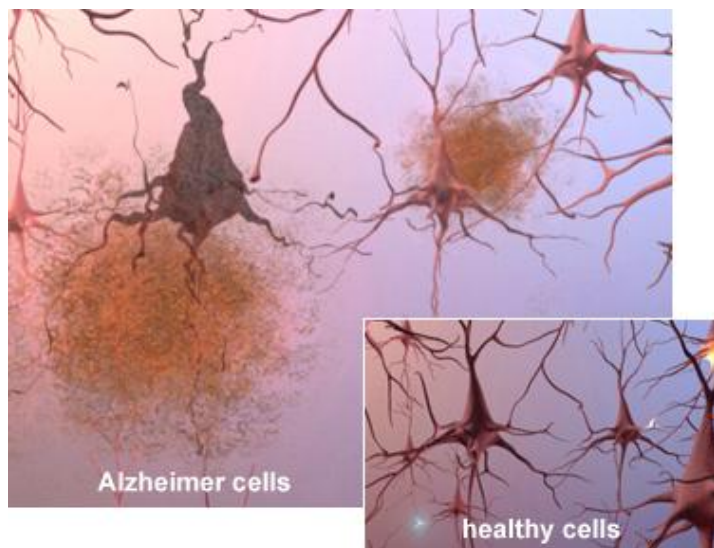
Alzheimer's Disease...

Is a progressive brain disorder that

- begins with memory problems,
- proceeds to disrupting cognition,
- and eventually affects all parts of the brain, including life-sustaining functions



Visuals of Alzheimer's Disease



Facts about Alzheimer's Disease

- 6th leading cause of death in the U.S.
- 5.3 million Americans live with Alzheimer's
- Someone develops Alzheimer's every 70 seconds
- 1 out of 8 over 65; 1 out of 2 over 85 have the disease
- Baby boomers are entering the age of greatest risk (16 million by 2050 if no treatment/prevention found)
- About a quarter million under 65 have Alzheimer's

Greatest Risk Factor - Age

- Most individuals with the disease are 65 or older.
- The likelihood of developing Alzheimer's doubles about every five years after age 65.
- After age 85, the risk reaches nearly 50 percent.

Risk Factors

- Family history
 - Research has shown that those who have a first degree relative with Alzheimer's are more likely to develop Alzheimer's.
 - The risk increases if more than one family member has the illness.

Risk Factors: Genetics

- RISK GENES increase the likelihood of developing a disease, but do not guarantee it will happen. Scientists have so far identified one Alzheimer risk gene called apolipoprotein E-e4 (APOE-e4)
- DETERMINISTIC GENES directly cause a disease, guaranteeing that anyone who inherits them will develop the disorder.
 - When Alzheimer's disease is caused by deterministic genes, it is called "familial Alzheimer's disease," and many family members in multiple generations are affected.
 - True familial Alzheimer's accounts for less than 5 percent of cases.

Can You Prevent Alzheimer's?

- There is no proven method to prevent Alzheimer's disease.
- Risk factors we might be able to control:
 - Avoid head injury
 - Heart-brain connection
 - *What's good for your heart is good for your brain.*
 - RISK: Conditions that damage the heart or blood vessels (high blood pressure, heart disease, stroke, diabetes, high cholesterol)
 - General healthy aging
 - Try to keep your weight within recommended guidelines, avoid tobacco and excess alcohol, stay socially connected, and exercise both your body and mind.

Is there a cure or treatment?

- There is no cure for Alzheimer's disease
- Current medications give people with Alzheimer's about a 6-9 month improvement, but do not change the rate of progression after that.
- They may help with memory, cognition, independence and behavioral symptoms of Alzheimer's

How is it Diagnosed?

- There is currently no test that can diagnose Alzheimer's with 100% accuracy
- With a thorough evaluation (including memory testing, psychiatric evaluation, neurological testing) can yield an 85-90% accurate diagnosis of Alzheimer's

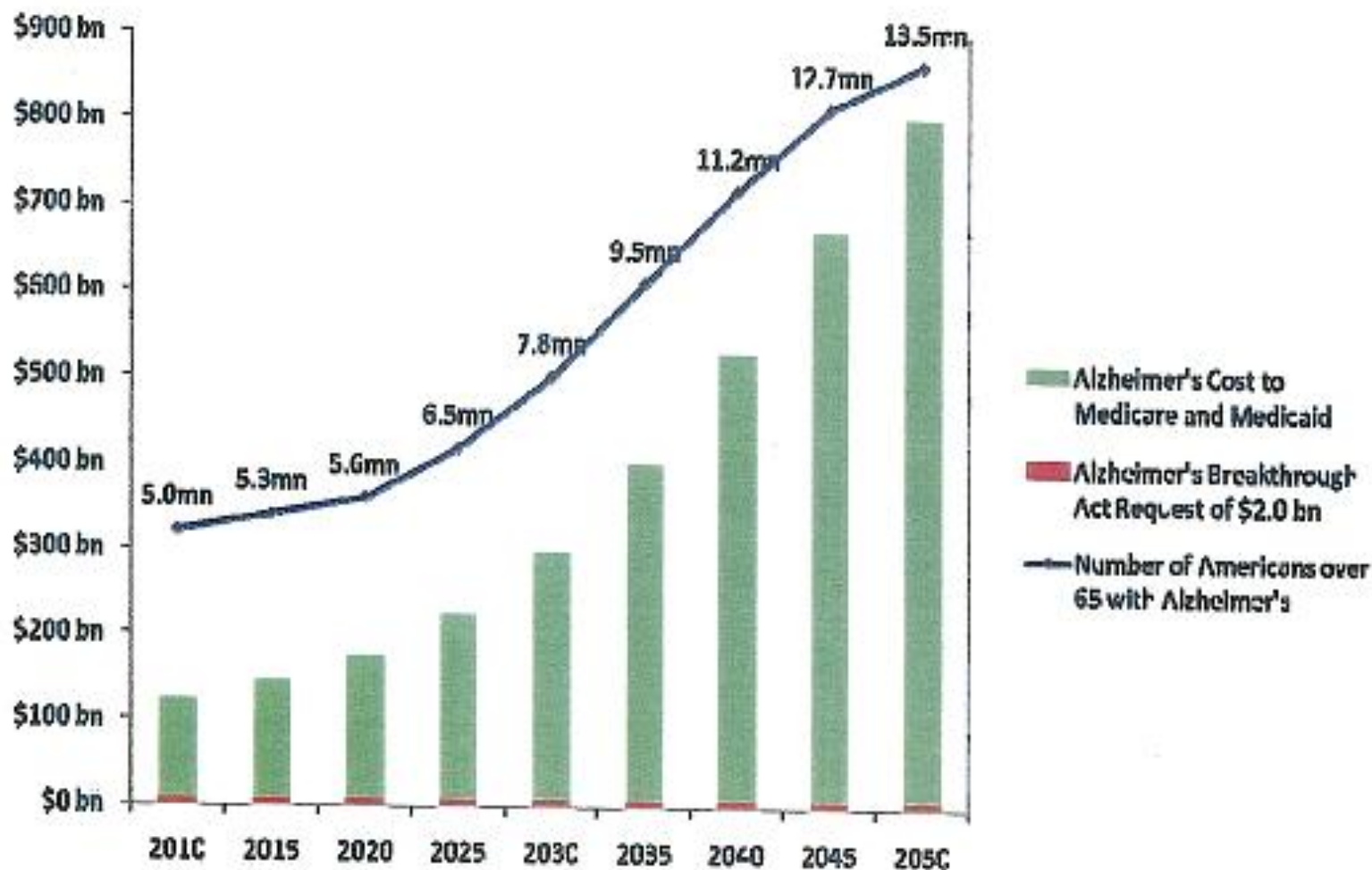
Why Seek a Diagnosis?

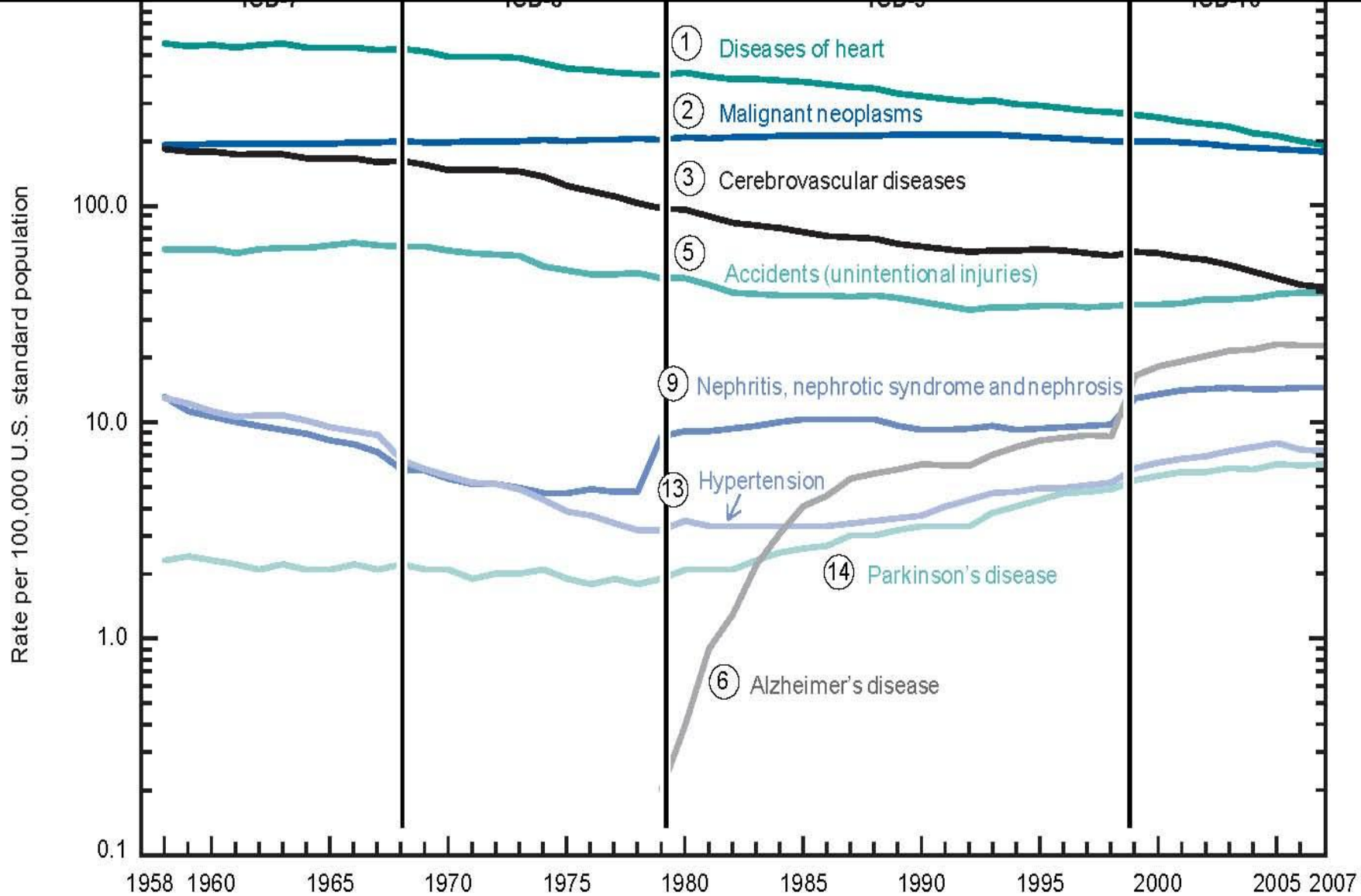
- Early detection matters
 - Relief from knowing what is causing symptoms
 - Maximum time for planning ahead
 - Participate in clinical trials
 - Benefit from new early intervention treatments when they are available

Earlier Diagnosis Increasing

- Greater awareness
- Primary care providers better trained
- Identification in the workplace
- People will be identified sooner and remain in the early stages longer

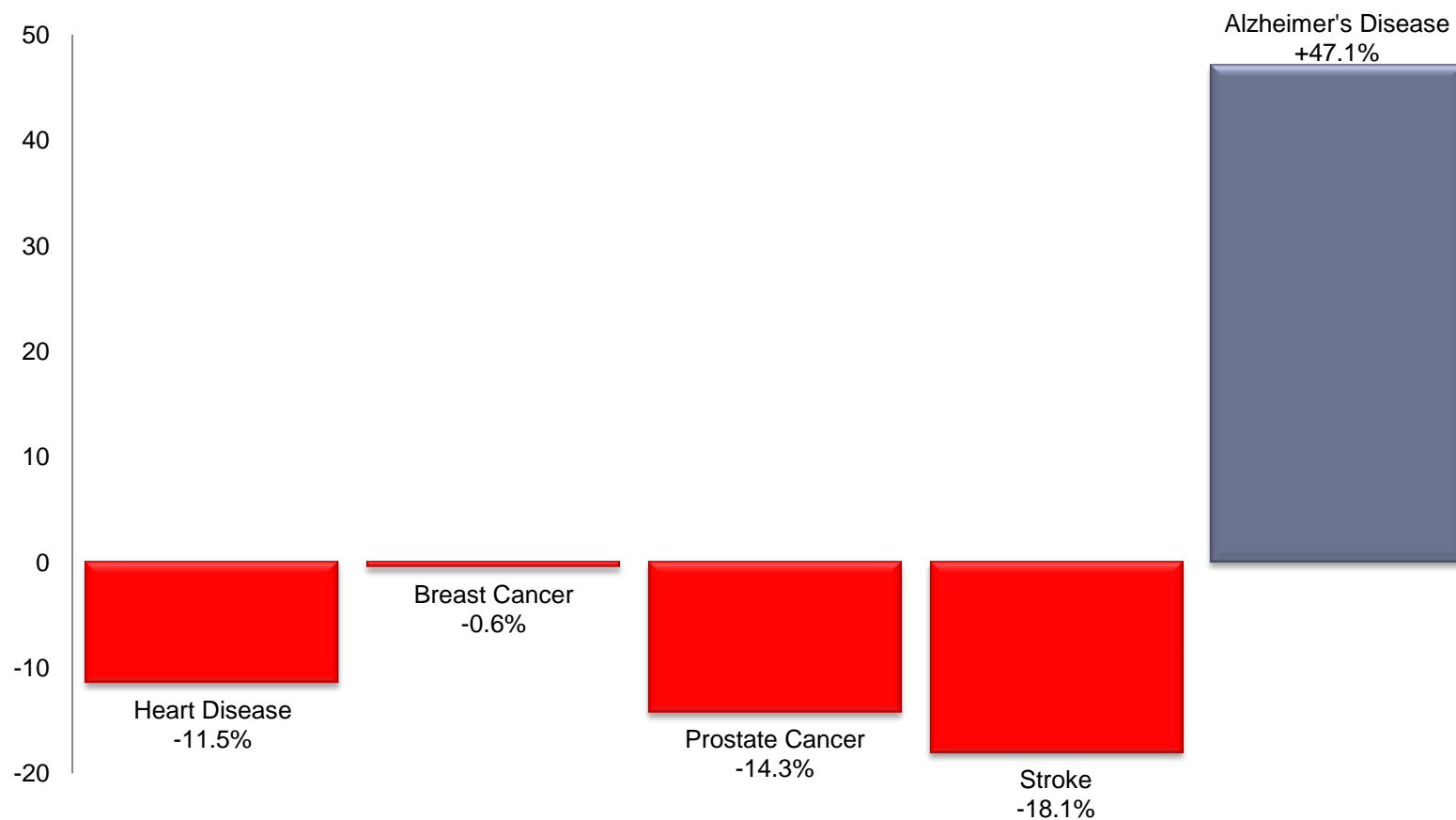
Alzheimer's Prevalence, Cost to Medicare and Medicaid, and Requested Federal Research Funding



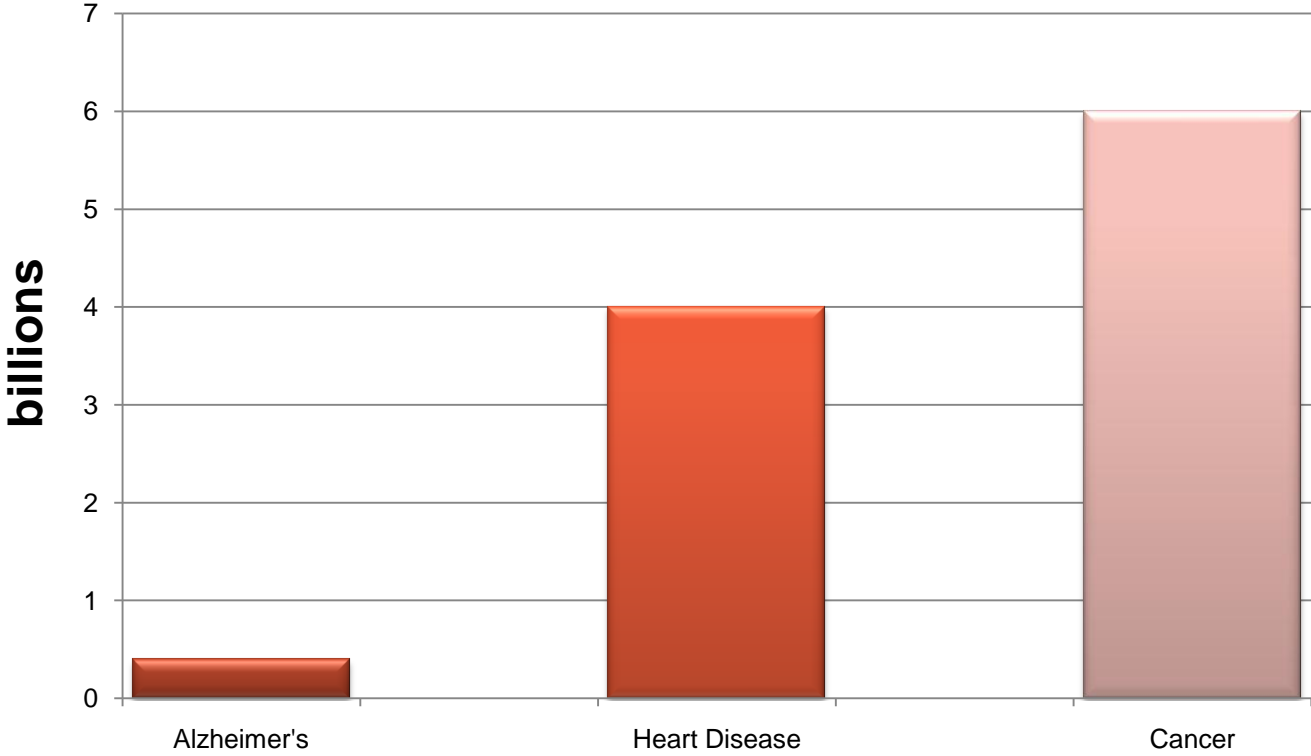


NOTES: ICD is the *International Classification of Diseases*. Circled numbers indicate ranking of conditions as leading causes of death in 2007.
 SOURCE: CDC/NCHS, National Vital Statistics System, Mortality.

Changes in Selected Causes of Death between 2000 and 2006



2008 Research Spending by Disease



Research Directions in Alzheimer's Disease

- Advanced imaging techniques
 - early identification,
 - track progress of interventions
- Earlier diagnosis -Biomarkers
- Early intervention –keep brains cells alive and thriving
- Targets for intervention
 - Beta Amyloid
 - Tau
 - Insulin resistance

Mission of the Alzheimer's Association

- Eliminate Alzheimer's disease through support of research
- Enhance care and support for all affected
- Reduce the risk of dementia through the promotion of brain health



Services and Education

- 24 Hour Helpline
800-272-3900
- Support Groups
- Safe Return
- Comfort Zone
- Respite Care
Assistance
- Care Consultation
- Early Stage programs
- Education Programs



Advocacy

State

- Caregiver Support
- Quality Care

Federal

- Advocacy for quality care
- Increase research funding



Research

- Largest funder of Alzheimer's research after the federal government
- Disseminate research findings
- Convene researchers for information sharing
- Assist in recruitment for participants in Alzheimer's research

Moving the Cause Forward

- Volunteering
 - Community outreach, office work, special events, Helpline, support group facilitation and more
- Become an advocate
 - Sign up at actionalz.org
- Find out about/ become involved in research going on in your area. Visit:
www.alz.org/trialmatch

Alzheimer's Association Contact Information



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