

# 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 stages of the disease.
- Recognize current FDA-approved treatments.
- 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



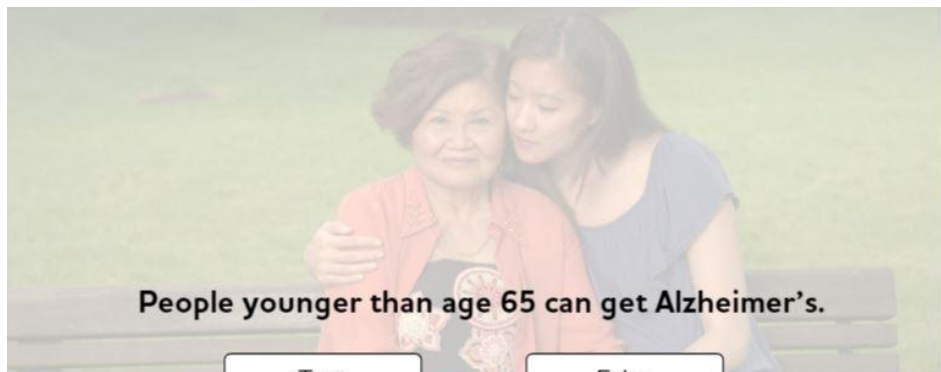

## Alzheimer's and Dementia



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

True  False


1 of 2



People younger than age 65 can get Alzheimer's.

True  False

2 of 2



## TYPES OF DEMENTIA

Dementia is an umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life.

- Alzheimer's
- Vascular
- Lewy body
- Frontotemporal
- Other, including Huntington's
- \* **Mixed dementia:** Dementia from more than one cause

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

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Why is an accurate diagnosis important?



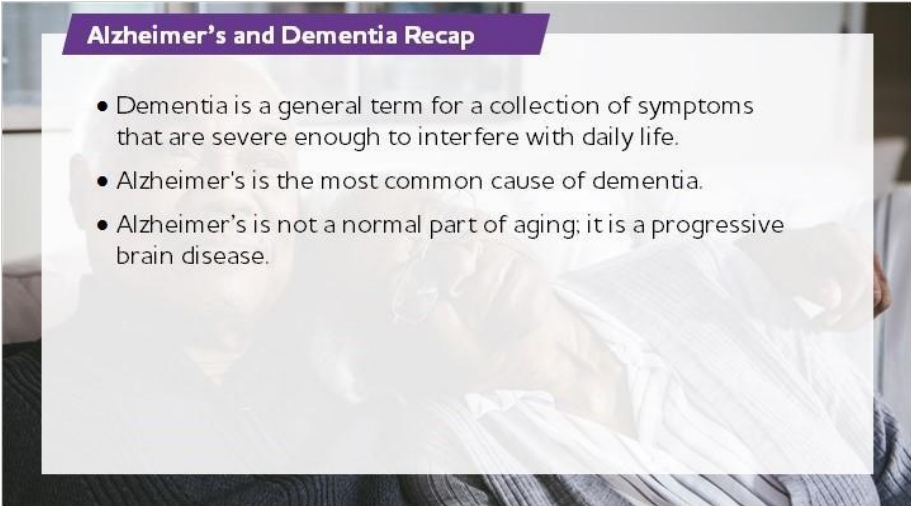
### The importance of an accurate diagnosis



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



Dr. Alois Alzheimer




Dr. Maria Carrillo  
Alzheimer's Association

## 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

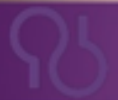


What is the greatest known risk factor for Alzheimer's disease?

Genetics

Family history

Age



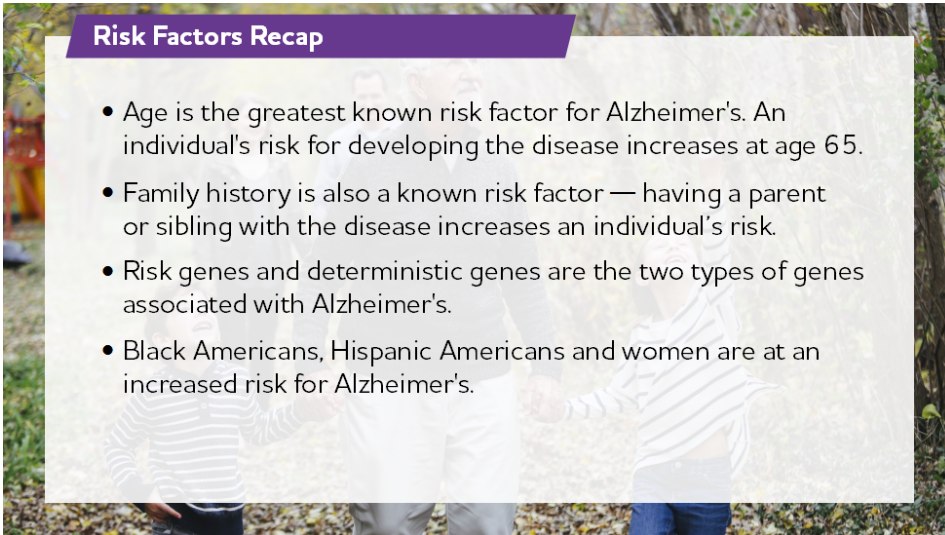
Dr. Heather Snyder  
Alzheimer's Association





### Populations at higher risk

- Black Americans are about twice as likely as White Americans to have Alzheimer's or another dementia.
- Hispanic Americans are one and a half times as likely to have the disease as White Americans.
- Almost two-thirds of Americans living 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.
- Black Americans, Hispanic Americans and women are at an increased risk for Alzheimer's.

# Stages of Alzheimer's Disease

Losing the words

Facing the frustration

Living for today



Phil G.  
Living with Alzheimer's

Losing the words

Facing the frustration

Living for today

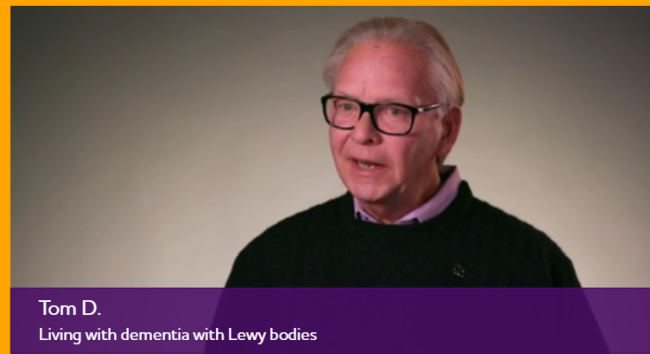


Theresa M.  
Living with Alzheimer's

Losing the words

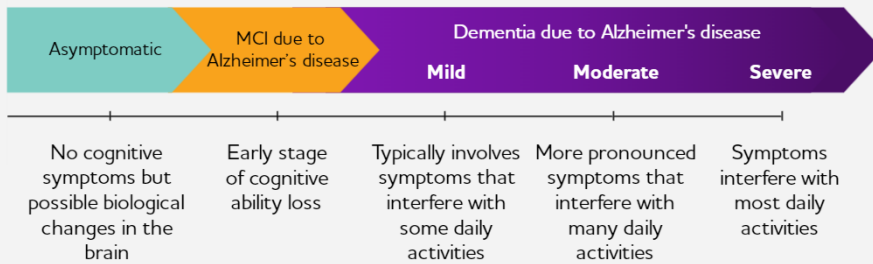
Facing the frustration

Living for today



Tom D.  
Living with dementia with Lewy bodies

## Alzheimer's disease is a continuum



A photograph of a group of people sitting around a table, eating a meal. The image is slightly faded and serves as a background for the text overlay. The people are engaged in conversation and eating. There are plates of food, glasses, and a bottle on the table. The setting appears to be a dining room or a restaurant.

## Stages of Alzheimer's Disease Recap

- The three broad phases of the disease are asymptomatic, MCI due to Alzheimer's disease, and dementia due to Alzheimer's disease.
- The dementia phase is further broken down into three stages — mild, moderate and severe.
- 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

## FDA-Approved Therapies for Alzheimer's



**1906**  
First description  
of disease



**1996**  
Donepezil  
(Aricept<sup>®</sup>)



**2000**  
Rivastigmine  
(Exelon<sup>®</sup>)



**2001**  
Galantamine  
(Razadyne<sup>®</sup>)



**2003**  
Memantine  
(Namenda<sup>®</sup>)



**2014**  
Memantine  
+ Donepezil  
(Namzaric<sup>®</sup>)



**2021**  
Aducanumab  
(Aduhelm<sup>™</sup>)

*Most of the currently available therapies do not modify or slow disease, only treat symptoms.*

## Talk to a Health Care Professional

- Because everyone experiences Alzheimer's differently, these treatments work in varying degrees and are not effective for everyone.
- We encourage people who are interested in learning more about treatments to have a conversation with their health care professional.

# Advancing Alzheimer's Research

Investigating  
early  
intervention

Exploring  
lifestyle factors

Moving  
toward a cure

Securing  
the funds



Hope for the Future

Investigating  
early  
intervention

Exploring  
lifestyle factors

Moving  
toward a cure

Securing  
the funds



Dr. Heather Snyder  
Alzheimer's Association



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Dr. Maria Carrillo  
Alzheimer's Association

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Mary F.  
Care partner

Investigating  
early  
intervention

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Dr. Les B.  
Caregiver



Clinical studies

TrialMatch\*





Clinical studies

TrialMatch®



Dr. Maria Carrillo  
Alzheimer's Association



### 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)®

ALZHEIMER'S ASSOCIATION®

## 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



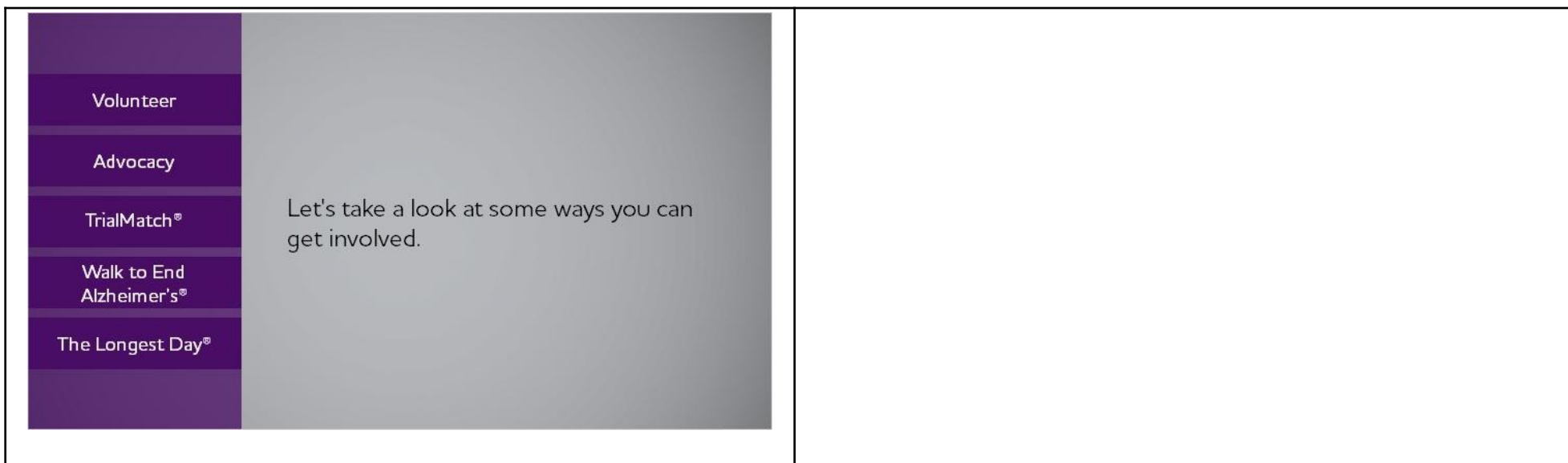
Tim W.  
Care partner

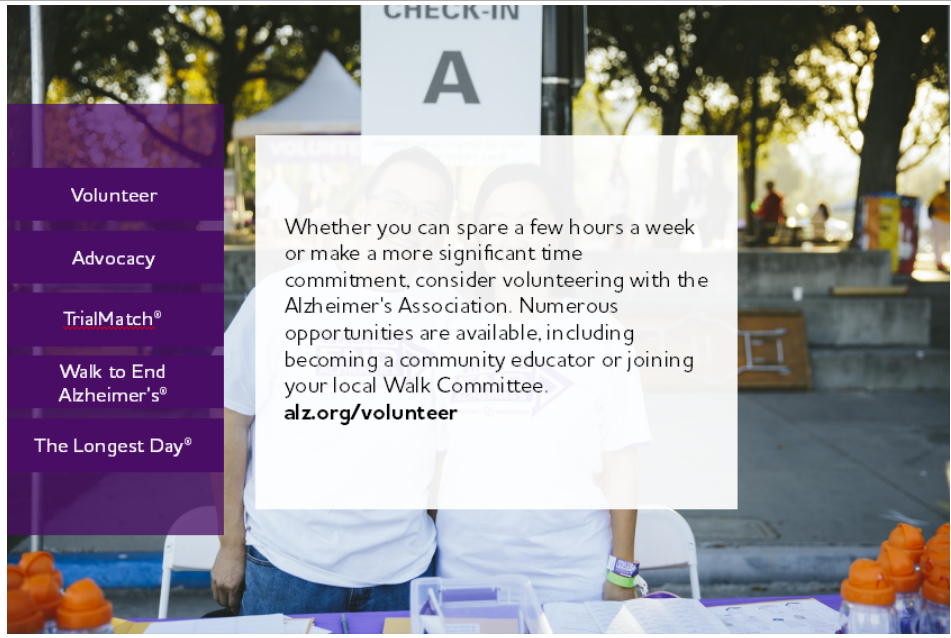


Theresa M.  
Living with Alzheimer's



## 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 Committee.  
[alz.org/volunteer](http://alz.org/volunteer)



- Volunteer
- Advocacy
- TrialMatch®
- Walk to End Alzheimer's®
- The Longest Day®

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®

Walk to End  
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)

**trialmatch**  
ALZHEIMER'S ASSOCIATION  
POWERED BY CenterWatch iConnect™

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)

**WALK TO  
END  
ALZHEIMER'S**  
alzheimer's association

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](https://alz.org/thelongestday)

## Questions

ALZHEIMER'S  ASSOCIATION®

800.272.3900 | [alz.org](https://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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