

# 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 three stages of the disease.
- Recognize current FDA-approved treatments that can address some of the symptoms of the disease.
- Describe how scientists are working to advance research.
- Name the resources available through the Alzheimer's Association.

### Impact of Alzheimer's Disease



How many Americans  
are currently living with  
Alzheimer's?

850,000

5.7 million

12 million

3.4 million

1 of 2



How many unpaid  
Alzheimer's caregivers are  
there in the United States?

1.2 million

8.5 million

13 million

16.2 million

2 of 2

Know the facts





## Alzheimer's and Dementia

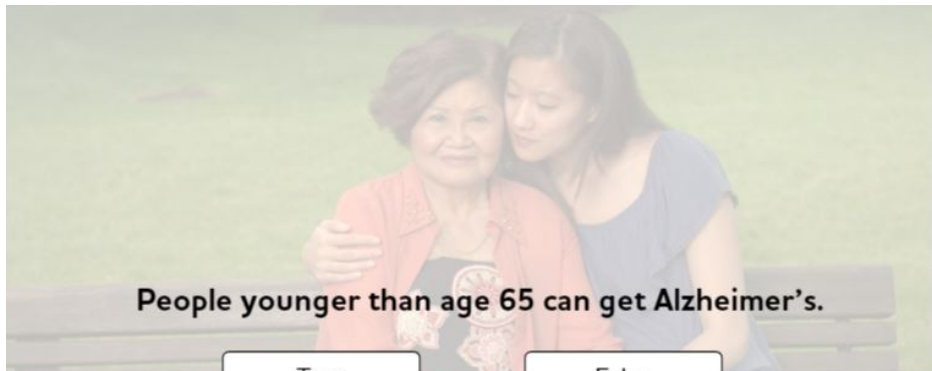


**Alzheimer's is a normal part of the aging process.**

True

False

1 of 2



**People younger than age 65 can get Alzheimer's.**

True

False

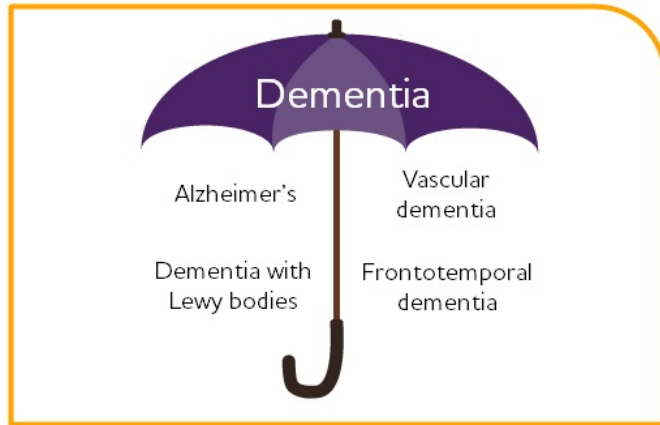
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Dr. Heather Snyder  
Alzheimer's Association

#### Glossary of Dementias



Dementia

Alzheimer's

Vascular  
dementia

Dementia with  
Lewy bodies

Frontotemporal  
dementia

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

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. Dean Hartley  
Dementia expert

## 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



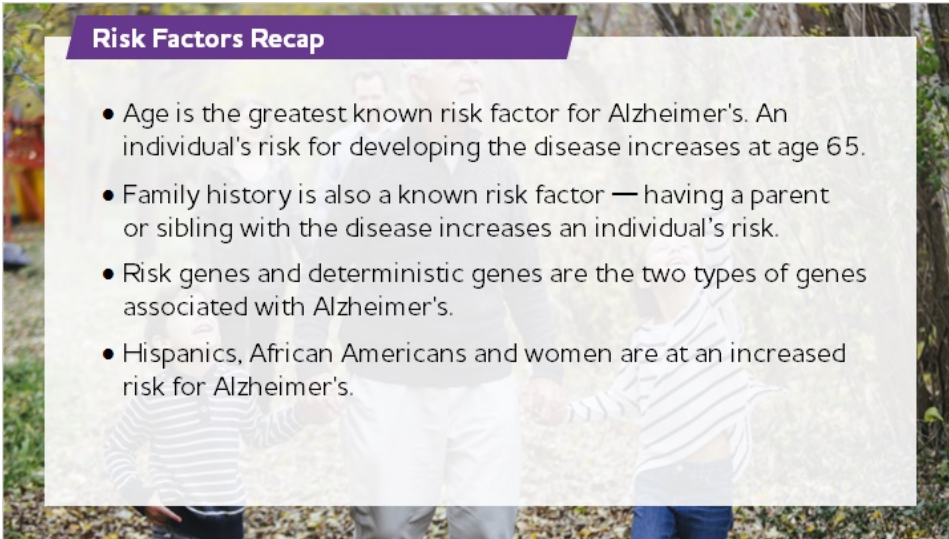


### Populations at higher risk

- Hispanics are about 1.5 times as likely as whites to develop Alzheimer's and other dementias.
- African Americans are about twice as likely to develop the disease as whites.
- Almost two-thirds of Americans 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.
- Hispanics, African Americans and women are at an increased risk for Alzheimer's.



# Stages of Alzheimer's Disease

A different kind  
of forgetting

Losing the  
words

Facing the  
frustration

Living for today



Dr. James Hendrix  
Dementia expert



Dr. Heather Snyder  
Alzheimer's Association



#### Early (Mild) Stage

- Functions independently, but has memory lapses.
- Problems with concentration.
- Challenges performing tasks.
- Trouble remembering new information.

#### Middle (Moderate) Stage

- Confusion with words.
- Personality and behavioral changes.
- Forgetfulness of events or personal history.
- Changes in sleep patterns.

#### Late (Severe) Stage

- Requires around-the-clock assistance.
- Unable to respond to environment or hold a conversation.
- Changes in physical abilities.
- Unaware of recent experiences.

#### Stages of Alzheimer's Disease Recap

- The three stages of Alzheimer's disease — early, middle and late — are sometimes referred to as mild, moderate and severe in a medical context.
- 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 for Symptoms

There are several drugs available to slow down the progression of Alzheimer's disease.

True

False



Dr. James Hendrix  
Dementia expert





## FDA-Approved Treatments for Symptoms



Cholinesterase inhibitors



Glutamate modulators



Combination of cholinesterase inhibitors and glutamate modulators

### FDA-Approved Treatments Recap

- Three types of drugs are approved by the FDA to help manage Alzheimer's symptoms.
  - Cholinesterase inhibitors: Aricept (donepezil), Exelon (rivastigmine), Razadyne (galantamine)
  - Glutamate modulators: Namenda (memantine)
  - Combination of cholinesterase inhibitors and glutamate modulators: Namzaric (memantine + donepezil)
- These treatments only address some symptoms of Alzheimer's in some people; they do not treat the underlying cause of the disease.

# Advancing Alzheimer's Research

Investigating  
early  
intervention

Exploring  
lifestyle factors

Moving  
toward a cure

Securing  
the funds



Hope for the Future

Clinical studies

TrialMatch®



Clinical studies

TrialMatch®



**Dr. Maria Carrillo**  
Chief Science Officer, 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 is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.




**Our vision is a world without Alzheimer's disease®.**

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)



## Module: Ways to Join the Fight

Volunteer

Advocacy

TrialMatch®

Walk to End  
Alzheimer's®

Let's take a look at some ways you can  
get involved.

# 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®**, a robust repository of up-to-date dementia-related information and resources.
- Join **ALZConnected® (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 locate 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® (alzheimersnavigator.org)**.
- Check out **alz.org/research** to learn more about Alzheimer's and other dementias and the Association's involvement in advancing the field of research.
- Go to **alz.org/publications** to access our catalog of brochures and topic sheets covering a variety of dementia-related 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 office (**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 a comprehensive offering of 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 office (**alz.org/CRF**).

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