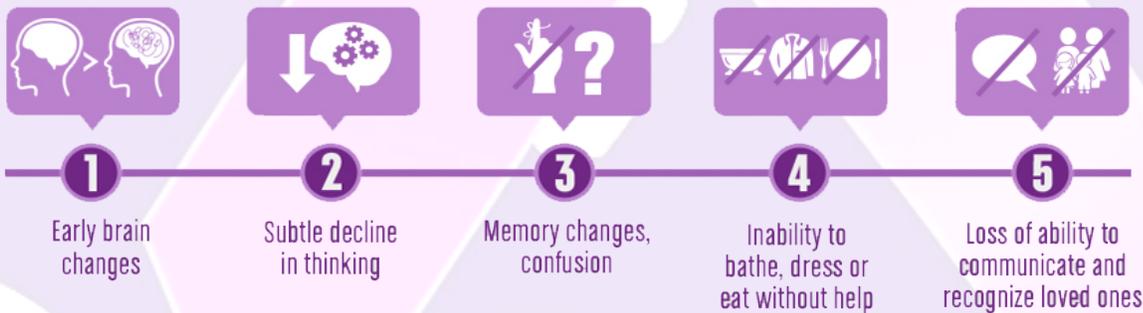


Risk Factors

- 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

- ✓ Alzheimers disease (AD) is a progressive disease it begins slowly, over time symptoms get worse, usually begins after age 65.
- ✓ On average a person with Alzheimer’s lives four to eight years after diagnosis, but can live as long as 20 years.
- ✓ It is important to note that AD is not a normal part of aging, and it is important to look for signs that might indicate AD versus basic forgetfulness or other conditions.
- ✓ With Alzheimer’s disease, these symptoms gradually increase and become more persistent.

THE ALZHEIMER’S TIMELINE



1 in 3 seniors dies with
Alzheimers 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

**Help is
available: call
the 24/7 hotline
at 1(800) 272-
3900**

Alzheimer's Association

By: Zenab Muzaffar
PharmD. candidate 2020
References:

Alzheimer's Foundation of America
Alzheimer's Association

Principles of care

- ✓ Consider vision, hearing, or sensory impairments
- ✓ Find optimal level of autonomy and adjust expectations for pain performance over time
- ✓ Avoid confrontation. Remain calm, firm, and supportive if the patient becomes upset
- ✓ Maintain a consistent, structured environment with stimulation level appropriate to the individual patient
- ✓ Provide frequent reminders, explanations, and orientation cues
- ✓ Reduce choices, keep requests and demands of the patient simple, and avoid complex tasks

*Alzheimer's treatment **cannot stop Alzheimer's** from progressing but can temporarily **slow the worsening of symptoms and improve quality of life***

Prescription medications

- ✓ Donepezil
- ✓ Rivastigmine
- ✓ Galantamine
- ✓ Memantine

Natural Supplements

- ✓ Vitamin E
- ✓ Gingko Biloba
- ✓ Huperzine A
- ✓ Polyphenols

**Consult with your doctor
before starting any
supplements**

