



*Touching Hearts & Enriching Lives*



## What is Alzheimer's

Alzheimer's is a progressive and fatal disease that attacks the brain and destroys brain cells, causing problems with memory, thinking, and behavior. It's the most common form of dementia and affects as many as 5 million Americans. Alzheimer's is not a normal part of aging.

### What are the risk factors?

- Age. It's the greatest known risk factor. 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.
- Family history. Those who have a parent, sibling, or child with Alzheimer's are more likely to develop it. The risk increases if more than one family member has the illness. When diseases run in families, either heredity (genetics) or environmental factors or both may play a role.
- Heredity (genetics). Scientists know genes are involved in Alzheimer's.

### What are the 10 warning signs of Alzheimer's

- Memory changes that disrupt 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 judgement
- Withdrawal from work or social activities
- Changes in mood or personality

### AARN can help...

- Supportive Care Education of Disease Process
- Individual and Family Counseling
- Management and Evaluation of Patient Care
- Home Safety and Emergency Education
- Observation and Assessment
- Medication Education
- Assistance with ADLs
- Nutrition Education
- Restorative Therapy (Physical, Occupational, & Speech)

Toll Free: 855-485-2220 | Fax: 888-625-4406

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*We treat our patients like family*

