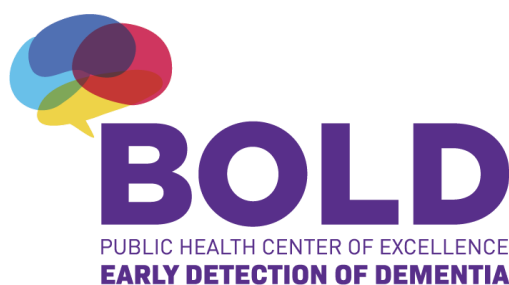
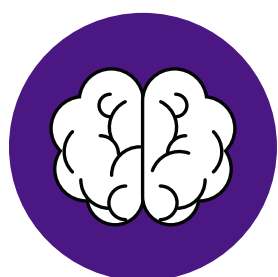


WHAT IS ALZHEIMER'S DISEASE?



ALZHEIMER'S DISEASE



Alzheimer's Disease (AD) is the most common cause of dementia. AD is a progressive disease that eventually impairs the ability to manage daily tasks due to difficulty with thinking, planning, and memory. These changes also affect relationships with other people.

SYMPTOMS OF ALZHEIMER'S DISEASE

Symptoms of AD may vary from person to person, but common symptoms include:

- **Memory loss, particularly with new information,**
- **Difficulty with communication**
- **Changes in behavior**

Due to AD's progressive nature, these symptoms tend to worsen over time.



CAUSES OF ALZHEIMER'S DISEASE



The basic cause of AD is still unknown. Research suggests that a combination of genetic, lifestyle and environmental factors influence the occurrence of Alzheimer's disease.

HOW ALZHEIMER'S DISEASE IS DIAGNOSED

The first step is assessing cognitive functioning. This is usually done with tests of memory and thinking, but information about a person's functioning in everyday life is equally important. People who know an individual well - usually close family members or friends - contribute essential information to this assessment.

Additional tests are often recommended, including different kinds of brain imaging and laboratory tests. Newer types of tests evaluate the presence of abnormal proteins in the brain or body fluids, but are not essential to the diagnosis for most people.



TREATMENT AND CARE



The most important first step is to develop a plan of care with the affected person and those who care for them at home. Good care plans rely on an overall assessment of health, proper treatment of other health conditions, and identifying support and community resources that meet individuals' needs. Care plans are re-evaluated at scheduled intervals, and whenever new concerns arrive.

Sources: Alzheimer's Association, The Centers for Disease Control and Prevention, National Institute on Aging

FOR ADDITIONAL DEMENTIA-RELATED RESOURCES, ACCESS OUR WEBSITE [HERE](#)