



Boost Your Alzheimer's Awareness

Alzheimer's disease causes major brain changes. You can spot the signs—if you know what to look for and who's at risk.

A Growing Challenge

6.5 million

estimated number of Americans 65 and older **who have dementia due to Alzheimer's disease**

12.7 million

number of Americans 65 and older **projected to have Alzheimer's dementia by 2050**



Concerning Clues

The following actions and behaviors may be signs of Alzheimer's disease:

- Avoiding get-togethers with family or friends
- Difficulty remembering dates and events
- Falling behind with paying bills
- Getting lost on the way to familiar places, such as the bank or store
- Forgetting how to cook a favorite meal
- Misplacing keys or other everyday items
- Struggling to find the right word in a conversation

What Can Increase Your Risk?

- Aging
- Being a woman
- Cardiovascular disease
- Certain genetic changes that may play a role in Alzheimer's disease
- Family history of Alzheimer's disease
- Traumatic head injury



Protective Steps

You may be able to lower your Alzheimer's disease risk by:

- Following a heart-healthy eating plan, such as the DASH (Dietary Approaches to Stop Hypertension) or Mediterranean diets
- Exercising regularly
- Staying social
- Taking steps to avoid falls at home, such as moving cords and pet toys out of walkways

Find a provider who can help guide you through life's stages at weillcornell.org/doctors