



Weill Cornell Medicine



Do You Know About **Alzheimer's Disease?**

**Enhance your knowledge of this disease during
World Alzheimer's Month.**

It's Not A Sure Thing

- Alzheimer's isn't an inevitable part of aging.
- Mild memory loss and occasional forgetfulness is normal and not a cause for concern.
- Alzheimer's is the most common form of dementia, a group of conditions that affect memory and thinking.
- Typically starting after age 65, Alzheimer's makes it difficult to perform activities of daily living.

Watch For the Signs

Diagnosing Alzheimer's requires medical tests, imaging scans and more. **Before these tests, you may notice the following:**

- Memory loss, personality changes and getting lost often occur with mild cases.
- As the disease progresses, difficulties may develop with reading or writing, recognizing loved ones or anxiety.
- Severe Alzheimer's leaves the individual incapacitated and in need of constant care.



Brighter Days Ahead

- Currently, there is no cure for Alzheimer's. Researchers hope that may change soon.
- A new medication, aducanumab, recently gained FDA approval. It aims to reduce beta-amyloid plaques, which some suspect causes Alzheimer's.
- Experts suggest that individuals should exercise, eat well, and avoid smoking and drinking to reduce the risk of developing Alzheimer's.



Find a physician to discuss your cognitive health concerns
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