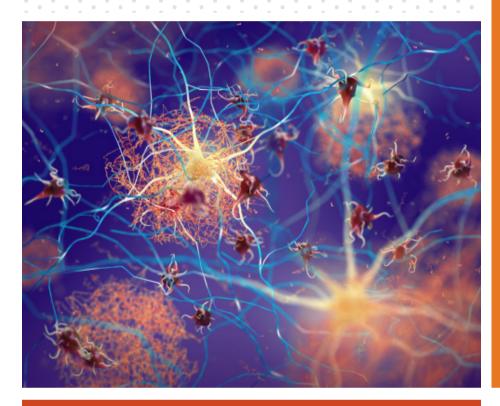
Weill Cornell Medicine



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 at weillcornell.org/doctors