## Taking on Alzheimer's

## What You Need to Know

Alzheimer's Disease (AD) is a type of dementia that affects memory, thinking and behavior. It is the most common form of dementia and is more likely to affect women and communities of color. Those diagnosed are commonly 65 and older.

## Alzheimer's: What Californians Need to Know

Alzheimer's is the third leading cause of death in California.

The number of CA residents living with Alzheimer's Disease and related dementias is expected to double from 2019 to 2040.

Among California's baby boomers 65 and older, one in six people will develop AD. One in five will develop dementia.

## **Top Signs to Look For**

Memory loss

Challenges planning or solving problems

Difficulty completing familiar tasks at home, work or leisure

Confusion with time or place

Trouble understanding visual images and spatial relations



New problems with words in speaking or writing

Misplacing things and losing the ability to retrace steps

Decreased or poor judgment

Withdrawal from work or social activities

Changes in mood and personality

Alzheimer's By the Numbers



► AD accounts for 60-80% of all causes of dementia



Of the **5.6 million people 65 years and** older with AD in the U.S., an estimated 3.5 million are women and 2.1 million are men

If you or someone you know is experiencing signs of Alzheimer's Disease, contact your doctor or health specialist.

Please visit **TakeOnALZ.com** for more information on Alzheimer's and the actions you can take to protect yourself and your loved ones.

