



# UNDERSTANDING ALZHEIMER'S

## WHAT IS ALZHEIMER'S DISEASE?

Alzheimer's disease is the most common form of dementia. According to the CDC (Centers for Disease Control and Prevention), Alzheimer's disease affects nearly 5.7 million Americans.

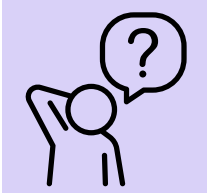


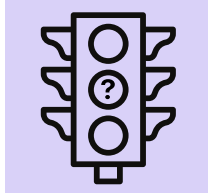




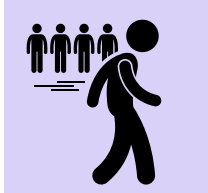

## WHAT ARE SOME KNOWN RISK FACTORS FOR DEVELOPING ALZHEIMER'S?

★ Modifiable risk factors for Alzheimer's Disease according to the Centers for Disease Control and Prevention

● Non-modifiable risk factors for Alzheimer's Disease according to the Centers for Disease Control and Prevention

★ HYPERTENSION	★ PHYSICAL INACTIVITY	● GENETIC HISTORY
★ DIABETES	★ OBESITY	● GENDER
★ CIGARETTE SMOKING	★ HEARING LOSS	● AIR POLLUTION
★ EXCESSIVE ALCOHOL USE	★ BRAIN STIMULATION	● VASCULAR DISEASES
★ DEPRESSION	● AGE	● HEAD INJURY

## WHAT ARE SOME OF THE KNOWN SYMPTOMS OF ALZHEIMER'S DISEASE?

 MEMORY LOSS	 MISPLACING ITEMS	 DIFFICULTY IN DECISION MAKING	 REDUCED ABILITY IN UNDERSTANDING VISUAL IMAGES	 CONFUSION WITH TIME AND PLACES
 MOOD SWINGS	 REPETITIVE SPEECH AND WRITING ISSUES	 DIFFICULTY PROBLEM SOLVING	 SOCIAL WITHDRAWAL	 UNABLE TO COMPLETE COMPLEX TASKS

Sources:  
Alzheimer's Association  
Centers for Disease Control and Prevention,  
Oregon Health & Science University Brain Institute



## Employee Wellness Program

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