Alzheimer’s disease is the most common type of dementia. It usually begins with mild memory loss, possibly leading to not being able to talk clearly or live well day-to-day. Alzheimer’s disease involves parts of the brain that control thought, memory, and language.¹

WHAT ARE SOME OF THE CAUSES OF ALZHEIMER’S DISEASE?²

- Age

60 70 80

- Family history, but not always

WHAT ARE SOME OF THE SYMPTOMS OF ALZHEIMER’S DISEASE?⁵

There are different signs for the stages — mild, moderate and severe — of Alzheimer’s disease. Some of the signs for mild cases are:

- Memory loss
- Poor judgment leading to bad decisions
- Wandering and getting lost

For more signs of mild cases, and for moderate and severe cases, visit www.nia.nih.gov/health/what-are-signs-alzheimers-disease.

WHAT DO I do AFTER AN ALZHEIMER’S DISEASE DIAGNOSIS?⁷

- Diet, exercise, being social, sleep and brain exercises can help
- Learn all you can about Alzheimer’s disease
- Get regular medical care
- Find local services and support
- Do some legal, financial and long-term care planning
- Get help as needed with day-to-day tasks
- Be safe at home.
- Stay safe on the road.
- Consider participating in a clinical trial
- There are special things to do if you live alone (www.nia.nih.gov/health/tips-living-alone-early-stage-dementia) and if you are working (www.ssa.gov/compassionateallowances)

FOR MORE INFORMATION ABOUT ALZHEIMER’S DISEASE, CALL YOUR CHC OR VISIT WWW.ALZ.ORG.

To learn more about Alzheimer’s disease, visit your local Community Health Center.
To find a health center, visit www.chc-ar.org/health-center-list or call 501-374-8225.


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