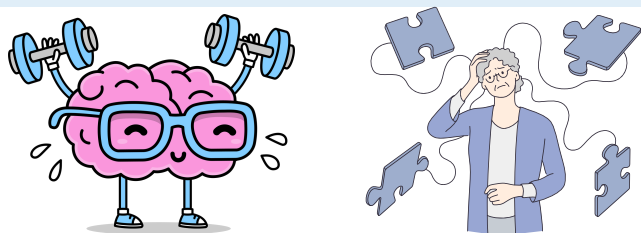


ALZHEIMER'S

Alzheimer's is a progressive brain disorder that slowly destroys memory, thinking skills, and the ability to carry out everyday tasks. There is currently no cure and symptoms tend to worsen over time, but healthy habits can help reduce risk and support brain health.

ALZHEIMER'S FACTS

- Alzheimer's is the most common form of dementia (an estimated two-thirds of all cases).
- The exact cause isn't fully understood, but Alzheimer's is linked to abnormal buildups of proteins in the brain, which disrupt communication between brain cells.
- Risk factors include advanced age, family history, genetics, and lifestyle.
- Early diagnosis gives people a chance to seek treatment and plan for the future while symptoms are still manageable.
- Speak with a healthcare provider if you notice any memory loss symptoms.



SYMPTOMS INCLUDE:

- Memory loss that disrupts daily life
- Difficulty planning or solving problems
- Confusion with time or place
- Trouble with words in speaking or writing
- Misplacing items & difficulty retracing steps
- Withdrawal from work or social activities
- Changes in mood, personality, or behavior

WALKING & BRAIN HEALTH

- Research shows physical activity can substantially reduce the risk of Alzheimer's and slow dementia progression.
- One study found that walking 4,000 steps per day lowered Alzheimer's risk by 25%, and walking 10,000 steps per day cut the risk by nearly 50%!
- Walking boosts blood flow to the brain, improving memory, focus, and mood.
- Walking also helps reduce inflammation and supports overall brain health.

OTHER PREVENTION HABITS

- Stay mentally active. Try puzzles, reading, or learning new things.
- Eat a brain-healthy diet consisting of fruits, vegetables, whole grains, nuts, and fish (i.e. Whole Food Plant-Based or Mediterranean)
- Aim for 7–9 hours of sleep each night.
- Strong relationships help protect memory, so stay socially active.
- Focus on heart health by managing your blood pressure, cholesterol, and blood sugar.
- Learn more at alz.org or nia.nih.gov