

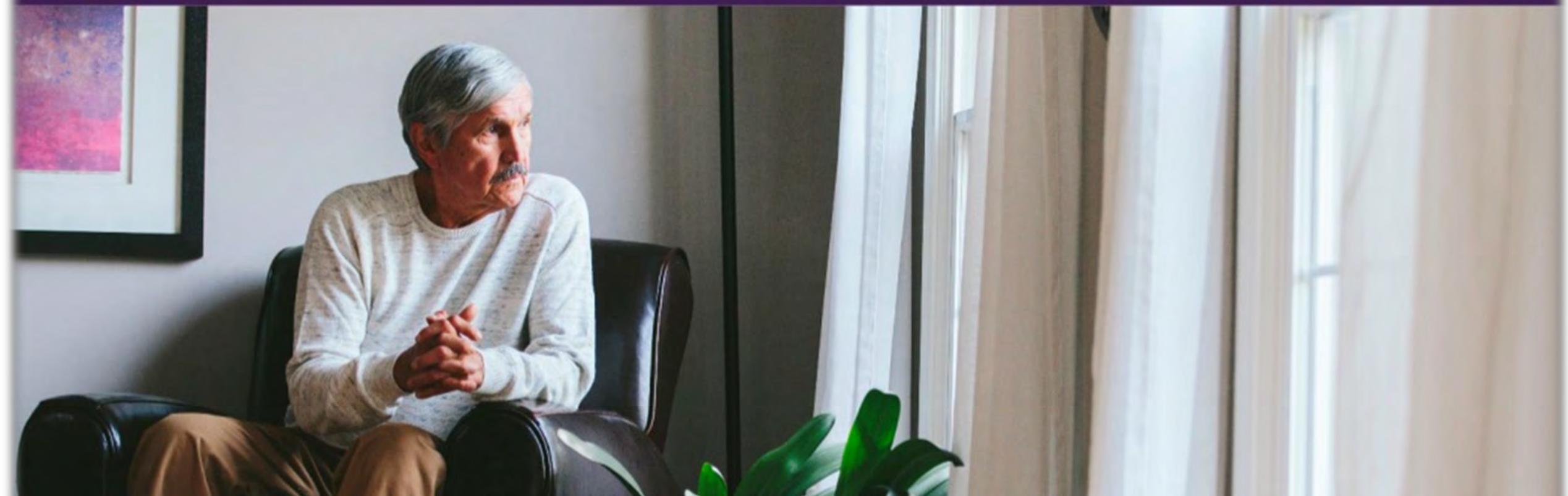


CATHOLIC CHARITIES
HAWAII
CIRCLE OF CARE FOR DEMENTIA

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UNDERSTANDING ALZHEIMER'S AND DEMENTIA

An education program presented by the Alzheimer's Association®





Alzheimer's and Dementia

Dementia is a general term, “umbrella term” for loss of memory, and other mental abilities that are severe enough to interfere with daily life.



Alzheimer's is the most common type of dementia.

Alzheimer's and Dementia Recap

- Dementia is a general term for a collection of symptoms that are severe enough to interfere with daily life.
- Alzheimer's is the most common cause of dementia.
- Alzheimer's is not a normal part of aging; it is a progressive brain disease.



Impact of Alzheimer's



2019 ALZHEIMER'S DISEASE FACTS AND FIGURES

ALZHEIMER'S
DISEASE IS THE

6TH

leading cause of death
in the United States



82%

of seniors say it's important
to have their thinking or
memory checked



How many unpaid Alzheimer's caregivers are there in the United States?

1.2 million

8.5 million

13 million

16.1 Million



How many Americans are currently living with Alzheimer's?

850,000

5.7 million

12 million

3.4 million



Alzheimer's in the Brain



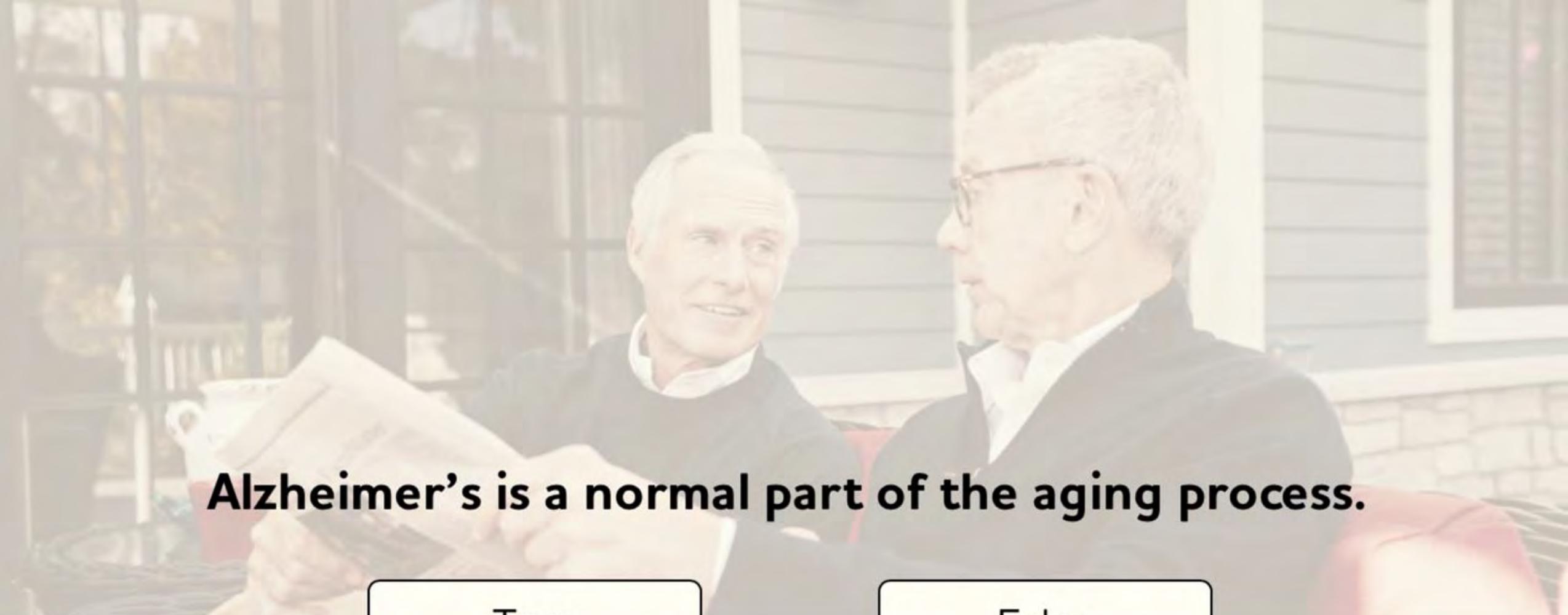
Alzheimer's in the Brain Recap

- More than 100 years ago, Dr. Alois Alzheimer described specific changes in the brain, the formation of plaques and tangles.
- Alzheimer's causes nerve cells to die, which leads to shrinkage in the brain.
- The brain changes result in changes in memory, thinking and behavior.



Test your knowledge



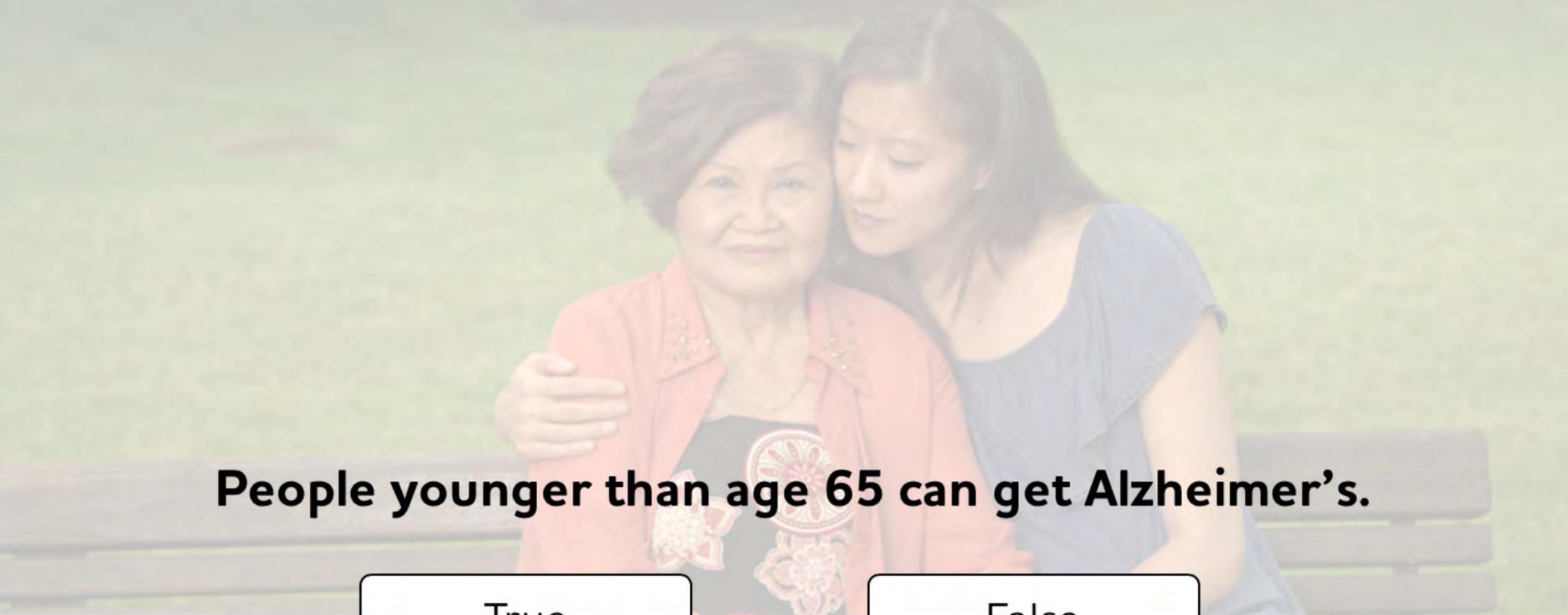
A photograph of two elderly men sitting on a porch. The man on the left is holding and reading a newspaper. The man on the right is wearing glasses and looking towards the first man. The background shows a house with a window and some outdoor furniture.

Alzheimer's is a normal part of the aging process.

True

False



A young woman with long dark hair, wearing a blue top, is sitting on a wooden park bench and hugging an elderly woman from behind. The elderly woman has short, wavy brown hair and is wearing a red jacket over a black top with a colorful floral pattern. They are both looking towards the camera with gentle expressions. The background is a soft-focus green lawn.

People younger than age 65 can get Alzheimer's.

True

False

2 of 2





Risk Factors



What is the greatest known risk factor for Alzheimer's disease?

Genetics

Family history

Age

- ▶ The primary risk factor is age
- ▶ The incidence is higher in women largely due to women living longer



Populations at higher risk

- Hispanics are about 1.5 times as likely as whites to develop Alzheimer's and other dementias.
- African Americans are about twice as likely to develop the disease as whites.
- Almost two-thirds of Americans with Alzheimer's are women.

Risk Factors Recap

- Age is the greatest known risk factor for Alzheimer's. An individual's risk for developing the disease increases at age 65.
- Family history is also a known risk factor — having a parent or sibling with the disease increases an individual's risk.
- Risk genes and deterministic genes are the two types of genes associated with Alzheimer's.
- Hispanics, African Americans and women are at an increased risk for Alzheimer's.



Stages of Alzheimer's Disease



Early (Mild) Stage

- Functions independently, but has memory lapses.
- Problems with concentration.
- Challenges performing tasks.
- Trouble remembering new information.



Middle (Moderate) Stage

- Confusion with words.
- Personality and behavioral changes.
- Forgetfulness of events or personal history.
- Changes in sleep patterns.



Late (Severe) Stage

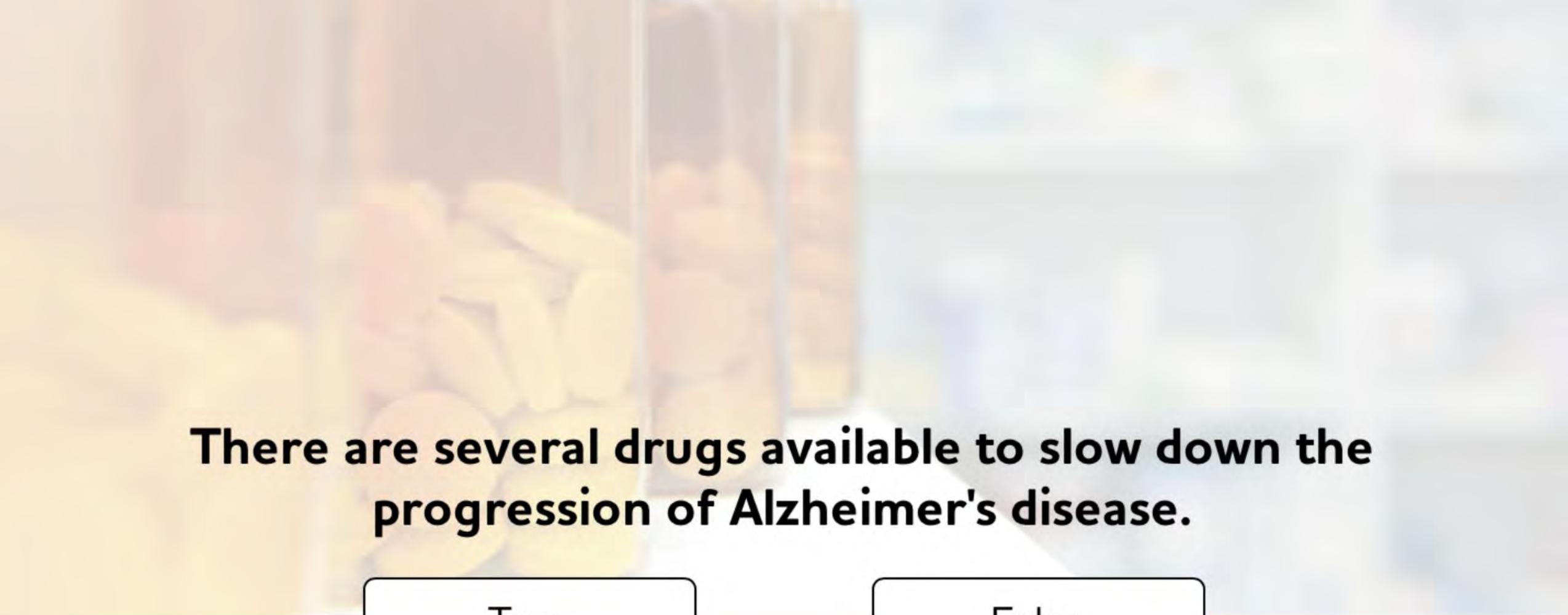
- Requires around-the-clock assistance.
- Unable to respond to environment or hold a conversation.
- Changes in physical abilities.
- Unaware of recent experiences.

Stages of Alzheimer's Disease Recap

- The three stages of Alzheimer's disease — early, middle and late — are sometimes referred to as mild, moderate and severe in a medical context.
- No two individuals experience the symptoms and progression of Alzheimer's disease in the same way.
- While symptoms worsen over time, people progress through stages at different rates as their abilities change.



FDA-Approved Treatments for Symptoms



There are several drugs available to slow down the progression of Alzheimer's disease.

True

False





FDA-Approved Treatments for Symptoms



Cholinesterase inhibitors



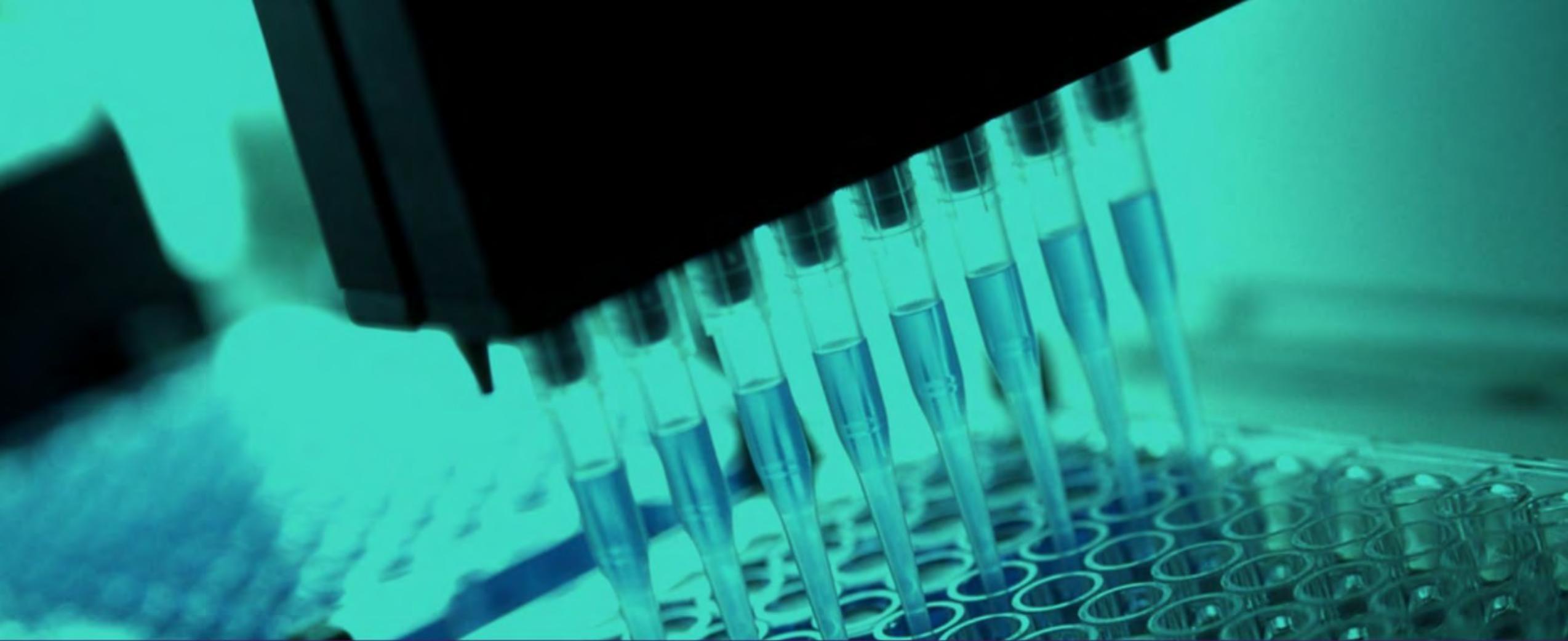
Glutamate modulators



Combination of cholinesterase inhibitors and glutamate modulators

FDA-Approved Treatments Recap

- Three types of drugs are approved by the FDA to help manage Alzheimer's symptoms.
 - Cholinesterase inhibitors: Aricept (donepezil), Exelon (rivastigmine), Razadyne (galantamine)
 - Glutamate modulators: Namenda (memantine)
 - Combination of cholinesterase inhibitors and glutamate modulators: Namzaric (memantine + donepezil)
- These treatments only address some symptoms of Alzheimer's in some people; they do not treat the underlying cause of the disease.



Advancing Alzheimer's Research

Clinical studies

TrialMatch®

Clinical studies are key to
advancing Alzheimer's research.



Advancing Alzheimer's Research Recap

- Scientists have increased their understanding of Alzheimer's significantly over the past decade.
- People living with dementia, caregivers and healthy volunteers without dementia are needed for clinical studies in order to find methods of prevention, treatment and, ultimately, a cure.
- Both drug and non-drug studies are taking place across the country and online.
- TrialMatch (alz.org/TrialMatch) is a free clinical studies matching service.



Alzheimer's Association®

About the Alzheimer's Association

Our mission:

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Our vision is a world without Alzheimer's disease®.

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alzheimer's  association®

Alzheimer's Association Key Resources

We're available wherever and whenever you need reliable information and support.



On the phone – 24/7 Helpline, 800.272.3900



Online – [alz.org](https://www.alz.org)



In communities nationwide – [alz.org/CRF](https://www.alz.org/CRF)

***Educational Programs**

***Caregiver Support Groups**

***Care Consultations**

Questions?

Alzheimer's Association

We're here. All day, every day.

24/7 Helpline: 800.272.3900

alz.org[®]



Mahalo!

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