



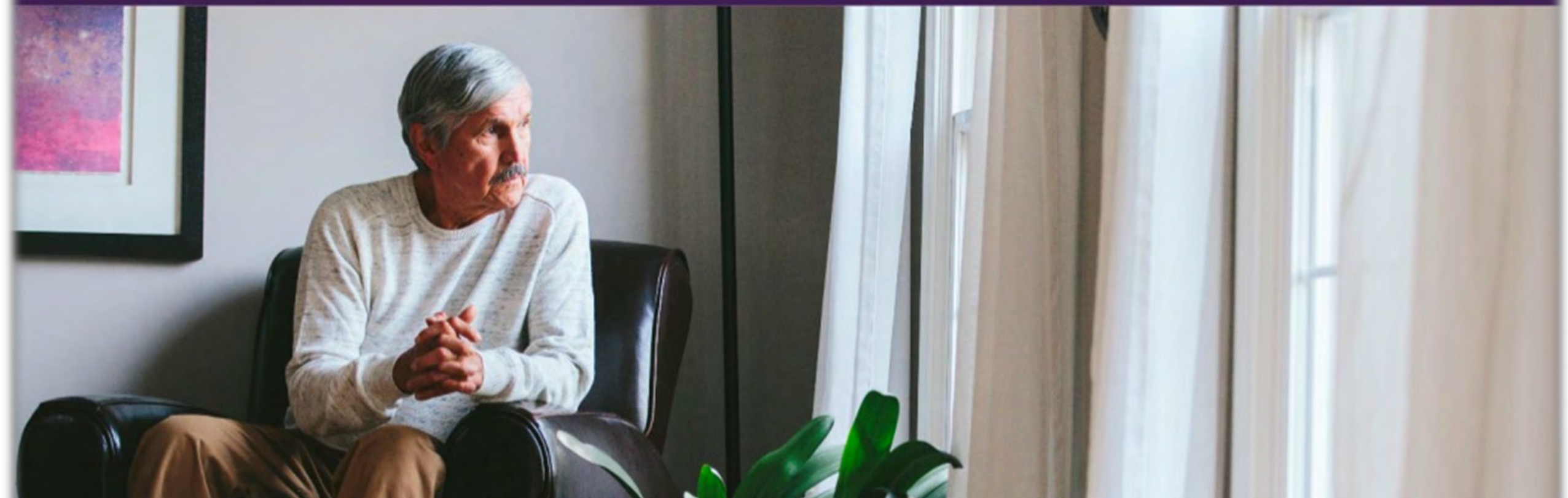
CATHOLIC CHARITIES  
HAWAII  
CIRCLE OF CARE FOR DEMENTIA

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# UNDERSTANDING ALZHEIMER'S AND DEMENTIA

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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

6<sup>TH</sup>

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**

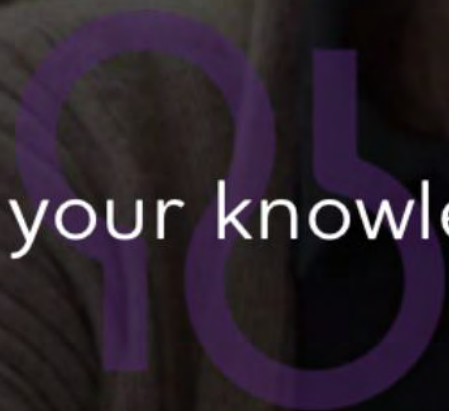


## Alzheimer's in the Brain Recap

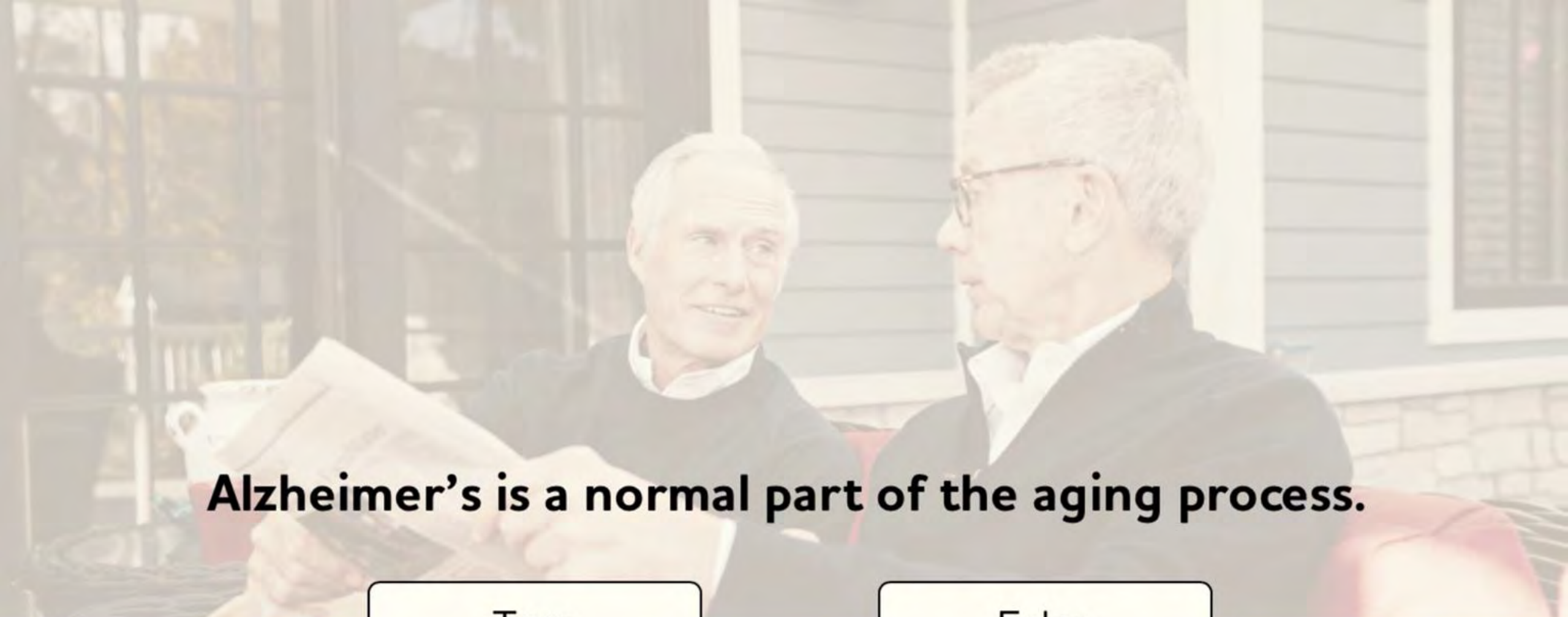
- More than 100 years ago, Dr. Alois Alzheimer described specific changes in the brain, the formation of plaques and tangles.
- Alzheimer's causes nerve cells to die, which leads to shrinkage in the brain.
- The brain changes result in changes in memory, thinking and behavior.



Test your knowledge





A photograph of two elderly men sitting on a porch. The man on the left is holding a newspaper and looking towards the man on the right. The man on the right is wearing glasses and looking back at the first man. They are both wearing dark sweaters over light-colored collared shirts. The background shows a house with grey siding and a window.

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

True

False

1 of 2





**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](http://alz.org/TrialMatch)) is a free clinical studies matching service.





# 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®.**

**800.272.3900 | [alz.org](https://www.alz.org)**

**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?

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## Alzheimer's Association

We're here. All day, every day.

# 24/7 Helpline: 800.272.3900

**alz.org<sup>®</sup>**

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**Mahalo!**

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