

2017 ALZHEIMER'S DISEASE FACTS AND FIGURES



ALZHEIMER'S DISEASE IS THE
6TH LEADING CAUSE
OF DEATH IN THE UNITED STATES

MORE THAN
5 MILLION
AMERICANS ARE
LIVING WITH
ALZHEIMER'S
BY 2050, THIS
NUMBER COULD
RISE AS HIGH AS
16 MILLION

EVERY

SECONDS
someone in the
United States
develops the disease

MORE
THAN

15 MILLION AMERICANS
provide unpaid care for people with
Alzheimer's or other dementias

IN
2016

these caregivers provided
an estimated
18.2 BILLION HOURS
of care valued at over
\$230 BILLION

In 2017, Alzheimer's and other
dementias will cost the nation
\$259 billion
By 2050, these costs could
rise as high as

\$1.1 TRILLION



35% of caregivers for people with
Alzheimer's or another dementia
report that their health has gotten worse
due to care responsibilities, compared to
19% of caregivers for older people
without dementia



1 IN 3
seniors dies
with Alzheimer's or
another dementia



Since 2000, deaths
from heart disease have
decreased by 14%

while deaths from
Alzheimer's disease have
increased by 89%

**IT KILLS
MORE THAN**
breast cancer
and prostate cancer
COMBINED



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THE BRAINS BEHIND SAVING YOURS.®

10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.



HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



Visit alz.org/10ways to learn more.

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