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

MORE THAN

EVERY

66 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

IT KILLS MORE THAN breast cancer and prostate cancer COMBINED

Since 2000, deaths from heart disease have decreased by 14%
while deaths from Alzheimer’s disease have increased by 89%

alzheimer’s association
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.

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.

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.

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.

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.

TAKE CARE OF YOUR MENTAL HEALTH
Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

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

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.

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