



美亚健康协会  
Midwest Asian Health Association

## UNDERSTANDING ALZHEIMER'S DISEASE

At the Midwest Asian Health Association, we primarily serve Chinese population, and strive to provide language and culture appropriate education. With our outreach, we hope to increase public awareness and early detection of Alzheimer's Disease.



## WHAT IS ALZHEIMER'S DISEASE?

Alzheimer's disease is the most common type of dementia. Its progressive nature destroys memory, thinking, behavior, and social skills over time.

6.7  
million Americans  
are living with  
Alzheimer's  
disease

40%  
talk to their doctor  
right away after  
experiencing early  
memory or  
cognitive loss

65%  
of all Americans  
with Alzheimer's  
Disease are  
women

1/9  
people over 65  
have Alzheimer's  
Disease

## 10 SIGNS OF ALZHEIMER'S DISEASE



- 1 Memory loss disrupts daily life
- 2 Planning & problem-solving challenges
- 3 Difficulty completing familiar tasks
- 4 Confusion with time or place
- 5 Trouble understanding visual images and spatial relationships
- 6 New problems with speaking or writing
- 7 Misplacing things and losing the ability to retrace steps
- 8 Decreased or poor judgement
- 9 Withdrawal from work or social activities
- 10 Changes in mood and personality

## DIFFERENCES BETWEEN ALZHEIMER'S & TYPICAL AGING BEHAVIOR

Signs of Alzheimer's & dementia	Typical age-related changes
<ul style="list-style-type: none"> <li>Poor judgment and decision-making</li> </ul>	<ul style="list-style-type: none"> <li>Making a bad decision once in a while</li> </ul>
<ul style="list-style-type: none"> <li>Inability to manage a budget</li> </ul>	<ul style="list-style-type: none"> <li>Missing a monthly payment</li> </ul>
<ul style="list-style-type: none"> <li>Losing track of the date or the season</li> </ul>	<ul style="list-style-type: none"> <li>Forgetting which day it is and remembering later</li> </ul>
<ul style="list-style-type: none"> <li>Difficulty having a conversation</li> </ul>	<ul style="list-style-type: none"> <li>Sometimes forgetting which word to use</li> </ul>
<ul style="list-style-type: none"> <li>Misplacing things and being unable to retrace steps to find them</li> </ul>	<ul style="list-style-type: none"> <li>Losing things from time to time</li> </ul>

## 6 WAYS TO PREVENT ALZHEIMER'S DISEASE

### EXERCISE



at least 20 minutes a day

### EAT



fruit, veggie, fish & legume rich diet

### QUIT



smoking & drinking habits

### PLAY



memory & brain games

### CONTROL



blood glucose & blood pressure

### SOCIALIZE



often with friends and family

## COMMUNITY RESOURCES

**312-285-2287**

Midwest Asian Health Association  
Mental Health Clinic



**800-272-3900**

24/7 Alzheimer's Association Helpline



**alz.org**

Alzheimer's Disease Association Website



**www.alz.org/events/event\_search**

Support Groups and Education Programs

