

Alzheimer's Basics for Women

Every 70 seconds someone's brain becomes an Alzheimer's brain. Today almost 65% (3.2 million) of the Alzheimer's population are women. By 2050, it is projected there will be 8 million women. This is not only a health epidemic but an epidemic with catastrophic effects on women as they continue to live longer than men.

Alzheimer's is one of the most common forms of dementia. Confusion arises with misunderstanding that all dementia results in Alzheimer's when it does not.

Here are some basic facts about Alzheimer's.

- Alzheimer's is a **life threatening brain disease** of unknown cause
- Unlike dementia Alzheimer's is **not part of normal aging**
- Alzheimer's results in **brain cells eventually dying** as it progresses into different functional areas of the brain
- Alzheimer's is a **progressive debilitating condition** leading to loss of memory, cognitive skills and self-care abilities
- Medications and therapies may slow progression, but Alzheimer's is **irreversible**
- Once Alzheimer's symptoms are evident, **life expectancy averages 8 years** but may extend up to 20 years
- The primary **risk factors are age, family history and hereditary**
- The rate of Alzheimer's **increases after age 65 and accelerates after age 85**
- Adults even in their 40's and 50's can experience **early onset Alzheimer's symptoms**
- The **hereditary risk** of Alzheimer's increases with one immediate family member or with two or more extended family members
- Alzheimer's is a **rising epidemic as 78 million adults** are now entering their 60's with an **estimated treatment cost is \$20 trillion** needing to be spent between now and 2050

Below is a video narrated by actor David Hyde Pierce, famous for his role as Frasier's brother Niles Crane, and son of an Alzheimer's parent.

Please watch and begin to learn more about Alzheimer's. It's critically important to you and all the women and men in your life.