

What does it take to take on **Alzheimer's?**

It takes all of us.

Alzheimer's disease is the third-leading cause of death in California, with the number of Californians living with Alzheimer's expected to double by 2040. The risk is especially high among women and communities of color.

But we can learn more about signs and screening and get the support we need to move forward. Because California has what it takes to **take on Alzheimer's.**



IT TAKES **UNDERSTANDING**

Most diagnoses occur after age 65, but signs can start as early as 55. Learn about signs and risk factors.

IT TAKES **DEDICATION**

Many measures can be taken to foster brain health. Taking steps now can help you modify risks.

IT TAKES **BRAVERY**

Talking openly with friends, family, or health care providers can help you address fears and make the right choices.

IT TAKES **INITIATIVE**

Visit [TakeOnALZ.com](https://www.TakeOnALZ.com) to learn more about how to reduce risks and improve brain health.

