

Join the conversation, raise awareness, and #TakeOnALZ!

Together, we can make a difference in the lives of those affected by Alzheimer's.

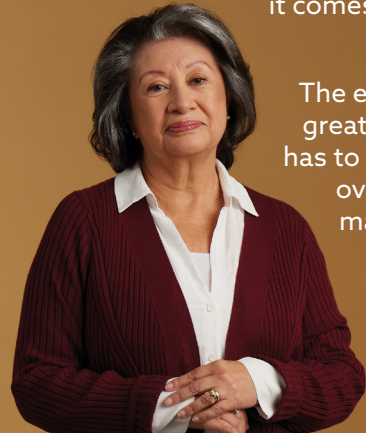
Learn more: **TakeOnALZ.com**



Formal Diagnosis

Getting an Alzheimer's diagnosis is not something to avoid. It opens doors to understanding the options when it comes to important legal and healthcare support.

The earlier the diagnosis, the greater the chance someone has to improve or extend their overall quality of life while managing their condition.



Support a Healthy Brain

Improving brain health can reduce the risk of Alzheimer's and also improve health outcomes for those currently living with the disease.

- Exercise regularly
- Quit smoking
- Keep an active mind through continuous education, reading, or other activities
- Keep your heart healthy
- Protect your brain. Wear a seatbelt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls
- Eat a balanced diet
- Get enough sleep
- Stay social — interact with friends and family to keep your mind active and engaged

It takes knowledge to take on
Alzheimer's.



What You Need To Know

Alzheimer's disease is a type of dementia that affects memory, thinking and behavior. It is the most common form of dementia and is more likely to affect women and communities of color. Those diagnosed are commonly 65 years and older but signs can appear much earlier.

What Californians Need To Know

Alzheimer's disease is the **second leading cause of death in California.**

The number of **California residents living with Alzheimer's disease** and related dementias (ADRD) is expected to double from 2019 to 2040.

Among California's baby boomers age 65 and older, one in six people will develop Alzheimer's. **One in five will develop dementia.**

Know the Signs

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spatial relations
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

Start a Conversation

Fear and stigma often prevent many from seeking information, assistance or a diagnosis until the disease has progressed.

Honest and empathetic conversations with friends, loved ones or a healthcare provider can be critical to improving outcomes and combating fear and stigma associated with ADRD.

If you or a loved one is experiencing signs, talk to your healthcare provider about screening for ADRD as soon as possible.