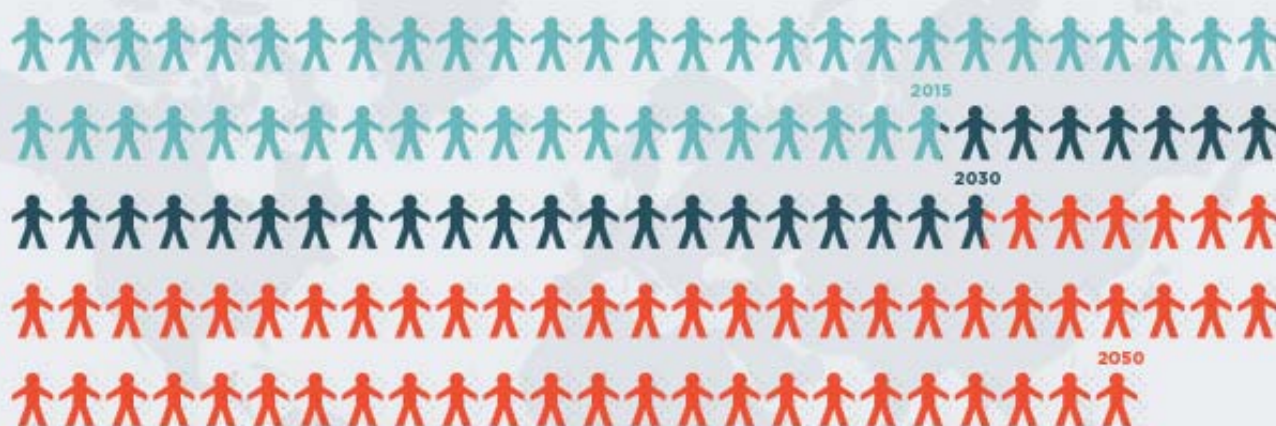




50 FACTS

INTERESTING STATISTICS AND RESEARCH FINDINGS ABOUT ALZHEIMER'S

1



There are an estimated **46.8 MILLION PEOPLE** worldwide are living with dementia in **2015**.

This number is expected to reach **74.7 MILLION** in **2030** and **131.5 MILLION** in **2050**.

2



The global costs of dementia have increased from **US\$ 604 billion** in 2010 to **US\$ 818 billion** in 2015.

3



Its estimated there are over **9.9 million** new cases of dementia each year worldwide - one new case every **3.2 seconds**.

4



In Ireland, there are an estimated

38,000

people living with Alzheimer's.



In the UK, there are an estimated

859,000

people living with a form of dementia.

ALZHEIMER'S IS A PROGRESSIVE BRAIN DISORDER THAT
INSIDIOUSLY AND GRADUALLY AFFECTS:



one's
memory



ability to
learn and
reason

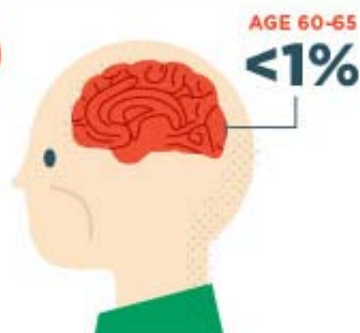


ability to
make good
judgements



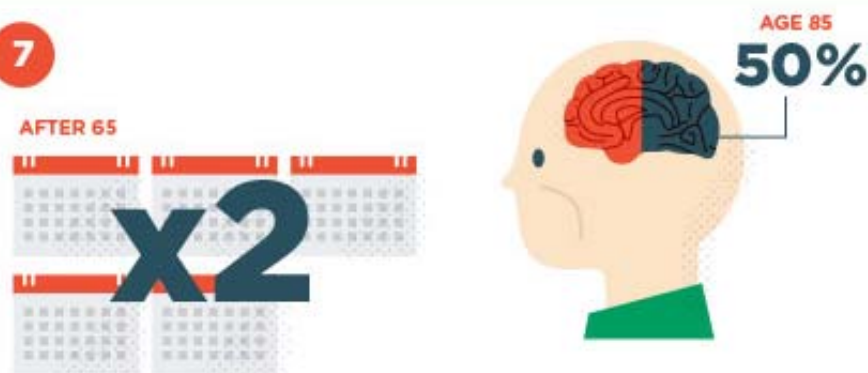
one's ability
to communicate
and carry out
activities of
daily living

6



The prevalence of
Alzheimer's is less than
1% between the ages
of **60** and **65**.

7



After the age of **65**, the risk of Alzheimer's doubles every five years.
After the age of **85**, the prevalence is **50%**.

8



NORMAL

ALZHEIMER'S

Alzheimer's causes the slow, progressive death of nerve
cells in the **BRAIN**.

The first areas affected is in the
HIPPOCAMPUS, the area of the
brain that catalogues memory.

9

Alzheimer's is a slow disease that
progresses in **THREE** stages:



a pre-clinical
stage with
no symptoms,



a middle
stage of mild
cognitive
impairment,



and a final
stage of full
dementia.

10



It's important to
remember that key
brain functions **DO**
NOT DIMINISH in a
person with Alzheimer's
at the same time or at
the same rate.

11



Nearly **TWICE** as many women as men have
Alzheimer's. A University of California study found that
Alzheimer's also progresses more rapidly and severely
in women.

12



According to the Mayo Clinic, **SOCIAL ENGAGEMENT AND INTELLECTUAL STIMULATION** may help preserve mental function in people with early Alzheimer's.

13



German and French researchers have found that **CAFFEINE AND COFFEE** consumption may have a positive effect on slowing memory decline.

14



In France over **2 BILLION DOLLARS** is being spent on Alzheimer's research. A new finding has been that **ONE IN TWO** French citizens with Alzheimer's or related dementia were undiagnosed.

15



Researchers at the University of Edinburgh have found a correlation between **LOW BLOOD FLOW** to the foot and a higher risk of cognitive impairment.

16



Several studies have shown that a diet high in **OMEGA-3 FATTY ACIDS**, primarily from fish oils, possibly reduces the risk of cognitive decline and dementia.

17



Alzheimer's is the **SIXTH** leading cause of death in the United States.

18

MILD COGNITIVE DEMENTIA (MCI) refers to a set of symptoms including difficulty with:



Day to day memory



Attention



Planning



Video spatial skills

19



NOT EVERYONE with MCI will develop dementia or has Alzheimer's. MCI can occur as a result of stress, anxiety, depression or adverse effects of medication.

20 Alzheimer's may occur in conjunction with **OTHER FORMS** of dementia such as:



VASCULAR



LEWYS BODY



FRONTOTEMPORAL

21



More than half of people with Alzheimer's continue to live at home. In Ireland alone, this is estimated to be as many as **26,000** people.

22



Studies have shown that **VIGOROUS EXERCISE** for as little as **30 MINUTES A DAY** can reduce the risk of Alzheimer's and related dementia.

23



There are over **50,000 CARERS** of people with Alzheimer's in Ireland.

24



People with Alzheimer's benefit from having a day filled with established **ROUTINES AND HABITS**.

25



According to researchers at Columbia University, raising **HDL CHOLESTEROL** (the good kind) levels helps ward off cognitive impairments.

27



26



When a person becomes ill with Alzheimer's roles and responsibilities change. This means family and carers may need to **LEARN NEW SKILLS AND TASKS**.

People with Alzheimer's should be encouraged to **DRINK FLUIDS** to stave off dehydration and eat foods **HIGH IN FIBRE** to maintain regularity.

28



When faced with a diagnosis of Alzheimer's it's recommended that a person make special provisions for someone to handle their **FINANCIAL ASSETS**. This can be a trusted family member, a friend, or a special officer appointed by the courts.

29



+



In 2015, the UK will spend **£66 MILLION** in dementia research in concert with an additional **£20 MILLION** provided by charities.

30



Anxiety and fear can lead to aggressive behaviour in people with Alzheimer's. **REMAINING CALM AND REASSURING** in trying to work out the situation is a helpful means of coping.

31



A visit from a **WELL-TRAINED DOG** or other pet who will give unconditional love can be soothing to a person with Alzheimer's.

32



Many people with Alzheimer's maintain **VIVID RECOLLECTIONS** of early days. Drawing this out in conversation is a therapeutic activity

33



Research from Washington University shows that increased **SUGAR** consumption can lead to or exacerbate Alzheimer's.

34



GREEN TEA in combination with **MODERATE EXERCISE** has been shown to stave off Alzheimer's symptoms in laboratory mice.

35



CALCINEURIN INHIBITORS, used to prevent the immune system from rejecting transplanted organs has also shown promise in slowing the progression of Alzheimer's.

36



In 2004, former newscaster Maria Shriver wrote a children's book, **"WHAT'S HAPPENING TO GRANDPA?"** told from the point of view of a little girl whose grandfather has Alzheimer's.

37

KEY LEGAL ISSUES to consider for a person with mild Alzheimer's:



Creating a durable power of attorney



Making a living will



Determining advance medical directives

38



Ireland is at the forefront of Alzheimer's and related care in Europe. **A NATIONAL DEMENTIA STRATEGY**, administered by the

39



In the United States, the cost of caring for persons with Alzheimer's now **EXCEEDS** the cost of caring for those with cancer or heart

40



India has a low prevalence of Alzheimer's relative to the size of its population. Researchers suggest that a properties found in the **CURRY SPICE TURMERIC** may play a role.

41

THE KEY BASIC TENETS necessary to make a living environment appropriate for a person with Alzheimer's are:



Independence



Choice



Security



Privacy



Companionship



Stimulation and rhythm

42



Approximately **TWO THIRDS** of Alzheimer's caregivers are women, and **34%** of them are aged 65 or older.

43

In the **SEVERE STAGE** of Alzheimer's, individuals usually have



Short attention spans



Impaired mobility



Poor communication skills

44



Although living into very old age increases the risk of developing Alzheimer's, statistics show that **4 OUT OF 5** people at age 80 have normal cognitive function.

45



Alzheimer's is most prevalent in Western Europe and North America. However, **LOWER INCOME THIRD WORLD COUNTRIES** are now facing an substantial increase in cases.

46



A recent study in the United States reported that in 2014 family caregivers provided almost **18 MILLION**

47



In Ireland, people with Alzheimer's are entitled to **REASONABLE ACCOMMODATION**



UNPAID HOURS of
supportive care for
people with Alzheimer's.



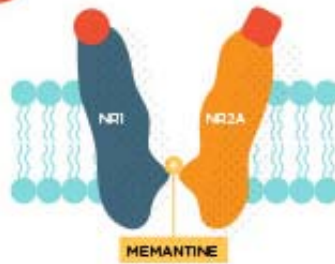
ACCOMMODATION
under the Equal
Status Acts.

48



The cost of caring for a
person with Alzheimer's and
related dementia is about
£28,000 per year.

49



As yet, there is no preventative
treatment for Alzheimer's.
Researchers in Europe have had
some success slowing the
progression in mild to severe cases
using a neurotransmitter blocker,
MEMANTINE.

50



Healthcare research is focused on
developing by 2020, a means to delay
the onset of Alzheimer's by 5 years. It
is estimated this could reduce the
amount of cases by **36%**.



Sources: <http://bit.ly/alzheimersday>

www.bluebirdcare.ie