

2016

Alzheimer's Disease Facts and Figures

ALZHEIMER'S DISEASE IS THE
6TH LEADING
CAUSE OF
DEATH
IN THE UNITED STATES

MORE THAN
5 MILLION
AMERICANS ARE LIVING WITH ALZHEIMER'S

1 IN 3 SENIORS
DIES WITH ALZHEIMER'S
OR ANOTHER DEMENTIA



IN 2015, MORE
THAN 15 MILLION
CAREGIVERS
PROVIDED AN
ESTIMATED

18.1 BILLION
HOURS OF
UNPAID CARE

ALZHEIMER'S COSTS CAREGIVERS
MORE THAN THEIR TIME

FAMILY CAREGIVERS SPEND MORE THAN
\$5,000 A YEAR
CARING FOR SOMEONE WITH ALZHEIMER'S

FOR SOME FAMILIES THIS MEANS
MISSING A VACATION

BUT FOR OTHERS, IT MAY MEAN
GOING HUNGRY

EVERY
66 SECONDS

SOMEONE IN THE UNITED STATES
DEVELOPS THE DISEASE



IN 2016, ALZHEIMER'S AND OTHER
DEMENTIAS WILL COST THE NATION

\$236 BILLION

IT
KILLS
MORE
THAN

BREAST AND
PROSTATE CANCER
COMBINED

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THE BRAINS BEHIND SAVING YOURS.™

10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



Visit alz.org/10ways to learn more.

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THE BRAINS BEHIND SAVING YOURS.™



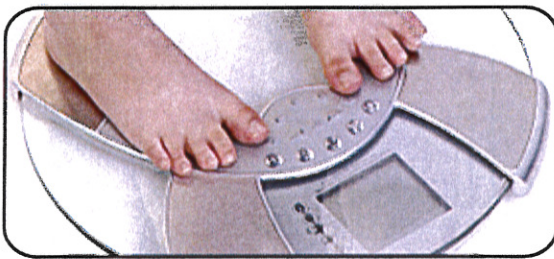
What Are Type 2 Diabetes Risk Factors and Why Are They Important?

Type 2 diabetes is a *progressive* disease. That means it happens slowly over a long period of time. In fact, many people who have type 2 diabetes don't know it. They are *undiagnosed*, meaning their type 2 diabetes has not been identified (*diagnosed*) and, as a result, not treated. This puts them at risk for getting *complications* from their type 2 diabetes like amputations and kidney disease.

This handout reviews *risk factors* that increase a person's chance of getting type 2 diabetes.

Age

Risk for type 2 diabetes increases with age. The American Diabetes Association (ADA) recommends that people be tested for type 2 diabetes starting at age 45, especially if they are overweight or obese.



Obesity

Having a high amount of excess body fat also ups type 2 diabetes risk. Your healthcare provider will calculate your *body mass index*, or BMI, which is a measure of body fat based on your height and weight. The ADA says that all people with a BMI higher than 25 (or higher than 23 if you're Asian American) plus 1 or more other risk factors should be tested for type 2 diabetes—no matter what their age is.

These are some other type 2 diabetes risk factors

- Not getting enough physical activity (exercise)
- Having a first-degree relative with type 2 diabetes. First-degree relatives are your parents, your brothers and sisters, and your children.
- Having high blood pressure or high cholesterol
- Being a member of these races or ethnicities—African American, Latino, Native American, Asian American, Pacific Islander
- Having a history of heart disease (*car-di-o-vas-cu-lar disease*)
- Having an A1C higher than 5.7%. A1C is an average of your blood glucose over 3 months. An A1C is one of the tests that can be used to diagnose type 2 diabetes.

Did you know?

1 in 4 people have type 2 diabetes but don't know it

Talk with your healthcare provider about your risk

Early diagnosis is important for any disease or condition, and this is really true for type 2 diabetes. Talking with your healthcare provider about your risk means you can take action early to prevent type 2 diabetes if you don't have it—or treat it early if you do.

REFERENCE: American Diabetes Association. Standards of medical care in diabetes—2015. *Diabetes Care*. 2015;38(suppl 1):S1-S93.

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NATIONAL DIABETES EDUCATION INITIATIVE™

**FOR MORE INFORMATION:
TALK WITH YOUR HEALTHCARE PROVIDER**



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Type 2 Diabetes & the Flu—What's the Connection?

Late September is the start of flu (*influenza*) season in the United States. Flu is a serious respiratory illness that can lead to other illnesses, hospitalization, and death. People with type 2 diabetes are at high risk for getting the flu—especially if their diabetes is not well controlled.

Type 2 diabetes makes it easier to get the flu

Your immune system protects you against viruses and diseases. Type 2 diabetes and other long-lasting (*chronic*) diseases can make your immune system weak, which makes it harder for your body to fight infections. This means that getting viruses like the flu is easier than it would be for people who don't have diabetes.



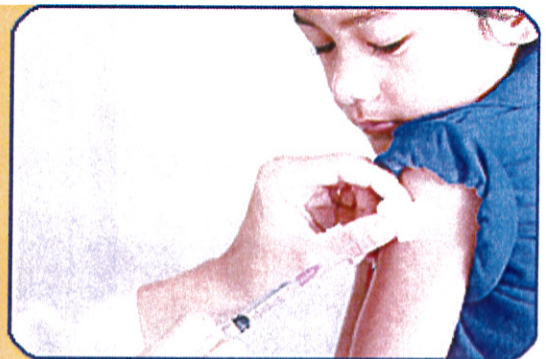
The flu makes type 2 diabetes harder to manage

Controlling your type 2 diabetes is more difficult when you're sick, and this is especially true if you have the flu. The flu can cause your blood sugar to increase. And if you're feeling sick, you may not want to eat, which causes your blood sugar to drop. These blood sugar "highs and lows" can lead to complications, which may require you to go to the hospital.

The flu is preventable! Here's what you can do.

The flu is a common illness that can be prevented with a yearly flu shot (*vaccine*). The American Diabetes Association recommends that all people with type 2 diabetes (and those who have type 1 diabetes) who are over the age of 6 months should get a flu shot each year.

Your family members (over the age of 6 months) should also get the flu vaccine to prevent spread of the illness to you and other people in your home.



If you have type 2 diabetes and get the flu... Call your healthcare provider immediately!

The ADA recommends that all people with type 2 diabetes get a flu shot each year

Allergic to eggs?
Some flu vaccines are made using eggs. Talk to your healthcare provider if you have had a reaction to eggs in the past.

The logo for ndei.org, featuring a stylized 'n' and 'd' in blue and yellow, followed by 'dei.org' in blue.

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**FOR MORE INFORMATION:
TALK WITH YOUR HEALTHCARE PROVIDER**

REFERENCES: American Diabetes Association. Standards of medical care in diabetes—2014. *Diabetes Care*. 2014;37(suppl 1):S14-S80. • Centers for Disease Control and Prevention. Flu and people with diabetes. Available at: <http://www.cdc.gov/flu/diabetes/>.

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