



alzheimer's  association®

Scientists believe for most people, Alzheimer's disease is caused by combination of genetic, lifestyle, and environmental factors that affect the brain over time. Alzheimer's disease is not preventable, however, a number of lifestyle “risk” factors for Alzheimer's can be modified.

Heart-healthy lifestyle choices may reduce the risk of Alzheimer's. Evidence suggests that changes in diet, exercise, smoking and habits, reduce the risk of cardiovascular disease which may also lower risk of developing Alzheimer's disease and other disorders that cause dementia.

Studies show that later in life participating in social events, reading, dancing, playing board games, creating art, playing an instrument, and other activities that require mental and social engagement preserve thinking skills and reduce risk of Alzheimer's disease.



## ALZHEIMER'S DISEASE IS AN EPIDEMIC

Between 2000 and 2017, Alzheimer's deaths increased 145 percent.



Almost two-thirds of Americans with Alzheimer's disease are women. One in three seniors dies with Alzheimer's or another dementia.

Alzheimer's disease affects the brain. It has been estimated as the sixth-leading cause of death the United States.



Someone develops Alzheimer's every 65 seconds. More than 5 million Americans are living with the disease and more than 16 million caregivers of people living with Alzheimer's and other dementias in the United States.

Come join us to learn more from [alzheimer's association](https://www.alz.org) representative about...

The impact of Alzheimer's and the difference between Alzheimer's and Dementia, Alzheimer's disease stages, risk factors, current research and treatments that could address some symptoms.



**Thursday September 12, 6:30pm**  
**In Welcome Center of**  
**Canyon Lake United Methodist Church**

Light snacks served by HOPE UM Women.

**Everyone is WELCOME! Women, Men & Caregivers!**

If you need sitter at church to stay with loved one while you attend meeting, please call Church (830-899-7104) by Tues. Sept. 10. so we can accommodate your needs.