



Understanding Alzheimer's Disease and Brain Awareness

Alzheimer's Disease is one of the most common types of dementia that affects parts of the brain that control thought, memory, and language. It is a progressive disease that slowly destroys memory and thinking skills, making it difficult for individuals to do everyday tasks. Alzheimer's affects over 50 million people worldwide and is the main cause of dementia in elderly individuals. In recent years, there has been increased awareness and understanding of Alzheimer's disease, and research is constantly being conducted to find a cure.

What is Alzheimer's Disease?

Alzheimer's Disease is a chronic neurological disorder that damages brain cells leading to a decline in cognitive function. It is caused by the build-up of proteins in the brain in the form of amyloid plaques and tau tangles. These proteins interrupt communication between nerve cells and block transport of nutrients and vital resources to them, leading to the death of brain cells. Alzheimer's Disease gradually worsens over time, leading to a range of symptoms such as memory loss, confusion, disorientation, and difficulty finding the right words to express oneself.

Risk Factors for Alzheimer's Disease

While the exact cause of Alzheimer's Disease is not yet known, there are several known risk factors that increase one's likelihood of developing the disease. Advancing age is the most significant risk factor, with two-thirds of people with Alzheimer's Disease being 65 and older. Genetics also play a role; individuals with a family history of Alzheimer's Disease are more likely to develop the disease than those without. Other risk factors include head injuries, poorly managed hypertension, and diabetes.

Brain Awareness Month

Brain Awareness Month is celebrated in June every year, and it aims to bring attention to the importance of brain health and the need for more research to understand diseases such as Alzheimer's Disease. During this

month, many organizations and health institutions conduct activities and initiatives to educate the public on how they can take care of their brain health and reduce the risk of developing brain disorders.

How to Reduce the Risk of Developing Alzheimer's Disease

While there is no known cure or prevention method for Alzheimer's Disease, there are steps that individuals can take to reduce their risk of developing the disease. These include staying physically active, eating a balanced diet, staying mentally stimulated by engaging in cognitive activities, reducing alcohol consumption, quitting smoking, and managing hypertension and other chronic conditions. These lifestyle habits have been shown to improve brain function and reduce the risk of cognitive decline.

Alzheimer's is a debilitating disease that affects millions of people worldwide, and research is ongoing to find a cure. Brain Awareness Month is an opportunity to educate the public on the importance of brain health and the need for more research on brain disorders. While there is no known cure for Alzheimer's Disease, individuals can reduce their risk of developing the disease by living a healthy lifestyle and minimizing risk factors. By taking a proactive approach to brain health, we can improve our cognitive function and reduce the risk of cognitive decline.

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