



Alzheimer *Society*
Y O R K R E G I O N



Alzheimer's Disease & Brain Health



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This three-pound organ is the core of our intelligence, distinguishes our senses, regulating body movement, and manages behavior.

THE BRAIN IS THE HOLY GRAIL OF THE HUMAN BODY



Your Aging Brain

Aging causes changes to the brain size.

The brain shrinks with increasing age and there are changes at all levels.

A healthy life both physically and mentally may be the best defence against the changes of an aging brain.



Facts About Dementia

2020 = 597,300 individuals living with dementia in Canada.

2020 diagnosed = 124,000

per month = 10,333

per day = 348

per hour = 15

New case every 3 seconds

By 2030 the number will be closer to 1 million people.

The number of people living with dementia worldwide is currently estimated at 50 million and will almost triple by 2050.

While most people living with dementia are over the age of 65.

There are 28,000 individuals in their **40s** and **50s** living with dementia.

This is known as **Young Onset Dementia**.

Dementia Umbrella

Common Types Of Dementia

- Alzheimer's Disease = 60-80%
- Vascular Dementia = 20%
- Fronto- Temporal Dementia = 2-5%
- Lewy Body Dementia = 5-15%
- Young onset Dementia = 28.000
- Mixed Dementia



Related Conditions

- Traumatic Brain Injury
- Down Syndrome
- Mild Cognitive Impairment

Rare Dementias

- Corticobasal Syndrome
- Creutzfeldt-Jakob Disease
- Multiple Sclerosis
- Niemann Pick Disease (type C)
- Normal Pressure Hydrocephalus
- Parkinson Disease
- Posterior Cortical Atrophy
- Progressive Supranuclear Palsy
- Wernicke-Korsakoff Syndrome

Age Associate Memory Impairment

Almost 40% of people over the age of 65 experience some form of memory loss.

When there is no underlying medical condition causing this memory loss, it is known as **AGE-ASSOCIATED MEMORY IMPAIRMENT**.

Lose your keys/phone?

Forget why you went into a room?

Forget where you parked your car?

What Do We Know About Alzheimer's?

- 1) Alzheimer's disease is not a normal part of aging.
- 2) Alzheimer's disease is a progressive neurodegenerative disease.
Affecting language, memory, judgement, behaviors, emotions.
- 3) Women are at a higher risk of Alzheimer's Disease.
Men are at a higher risk of Vascular Dementia.
- 4) The progression of the disease depends on age at diagnosis and other health conditions.
Individuals diagnosed with Alzheimer's live an average of eight years.
Some people may live to 20 years.
- 5) There are two types of Alzheimer's disease.
Sporadic = anyone is at equal risk.
Familial = Rare hereditary gene.

What Is Dementia?

Dementia is not one specific disease.
It's an umbrella term for a set of symptoms



Each Dementia Has Unique Aspects But Share Common Symptoms

Memory – short term & long term

Judgment & Reasoning – safety

Ability to Communicate – sequence of words

Ability to Function – daily routine

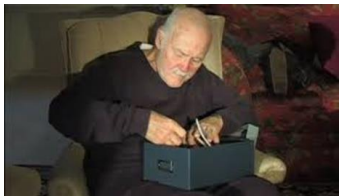
Changes in Mood & Behaviors – fluctuation



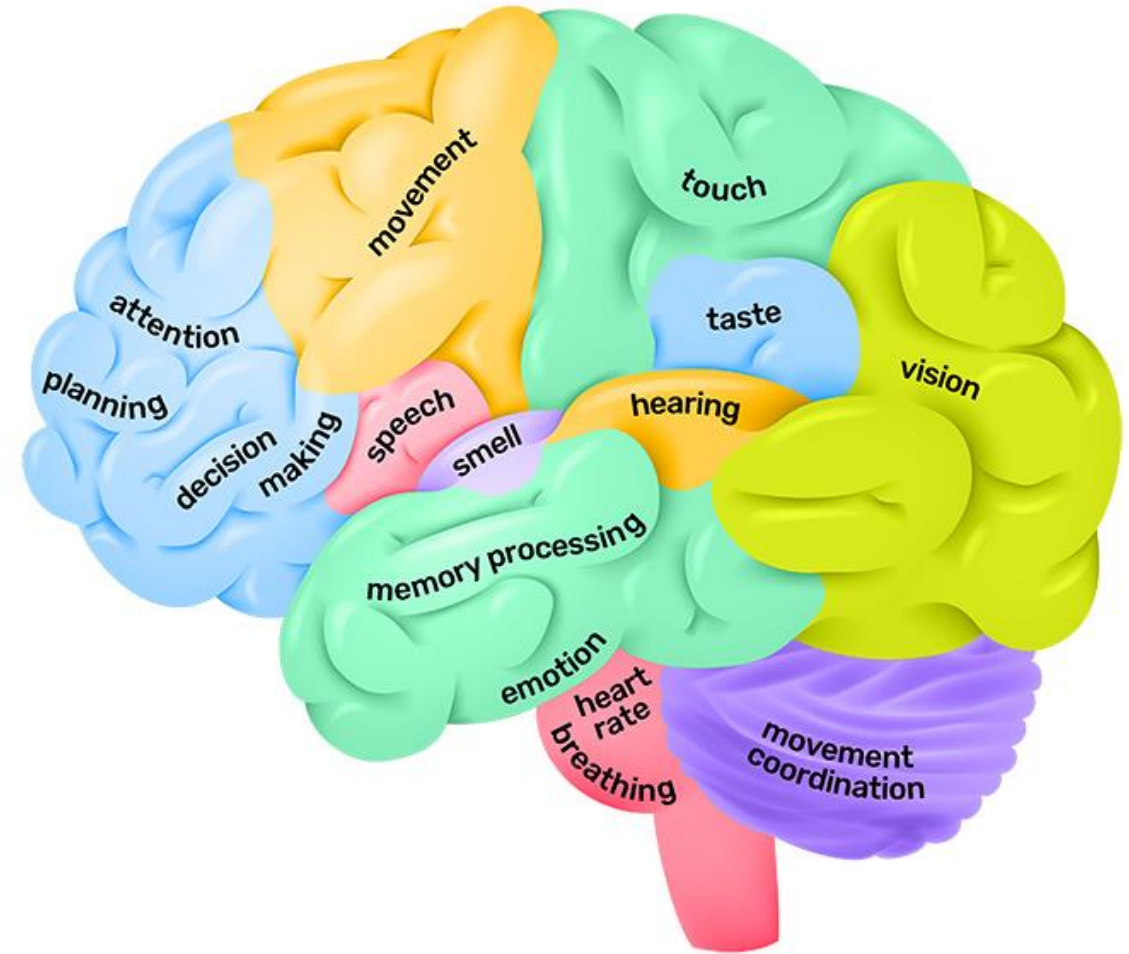
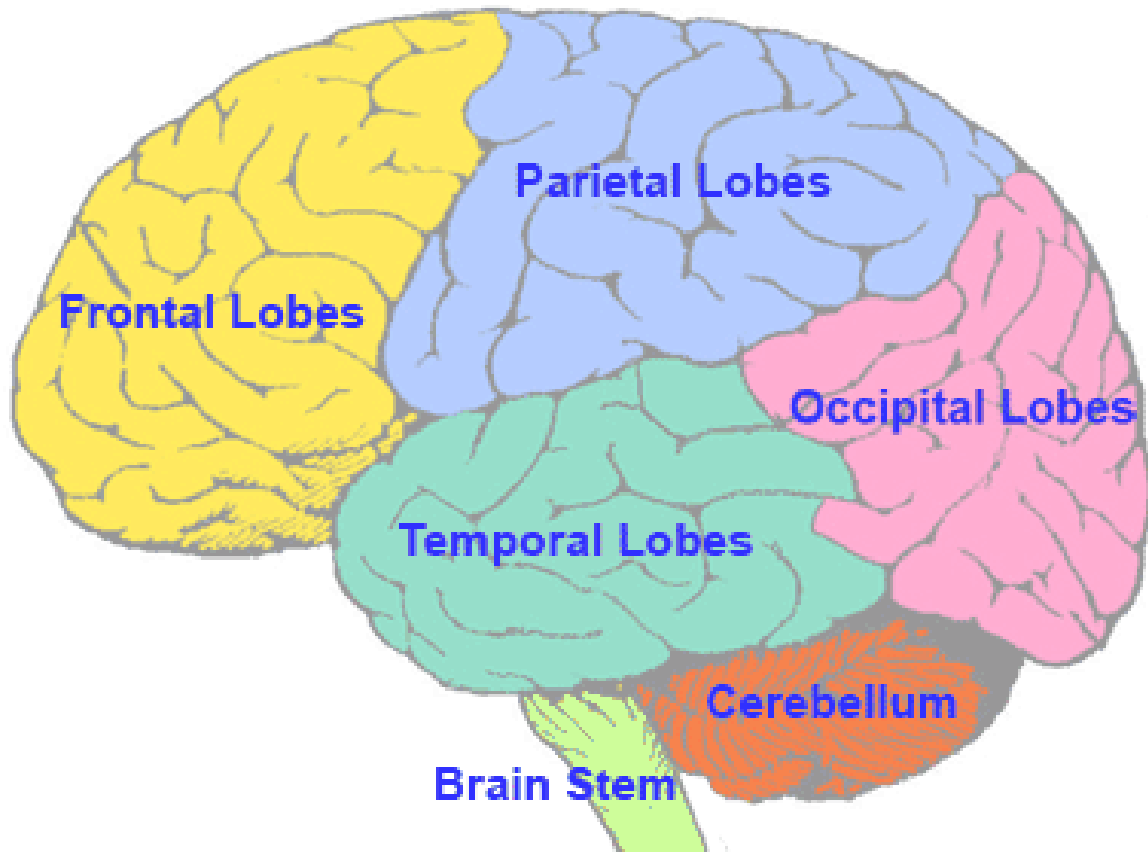
Warning Signs



- 1) Memory Loss affecting day to day function
- 2) Difficulty performing tasks
- 3) Difficulty with language
- 4) Disorientation of time and space
- 5) Difficulty with judgement and decision making
- 6) Difficulty with abstract thoughts
- 7) Misplacing things
- 8) Change in mood and Behaviour
- 9) Change in personality
- 10) Difficulty initiating activities



Map Of Brain





Hearing Loss And Dementia



- If you have hearing loss you have a greater chance of developing dementia = 8%
- May be responsible for 800.000 cases.
- Hearing loss can make the brain work harder, forcing it to strain to hear and fill in the gaps. That comes at the expense of other thinking and memory systems.
- Hearing loss causes the aging brain to shrink quicker
- Hearing loss leads people to be less socially engaged.

<https://publichealth.jhu.edu/2021/hearing-loss-and-the-dementia-connection>



Risk Factors



- Hearing loss
- Air pollution
- High blood pressure
- Smoking
- Diabetes
- Obesity
- Decreased physical activity
- Poor diet

- Increased alcohol (women more than 14 drinks a week, men more than 21 drinks a week)
- Traumatic Brain Injury
- Sleep deprivation
- Heart disease
- Age
- Genes

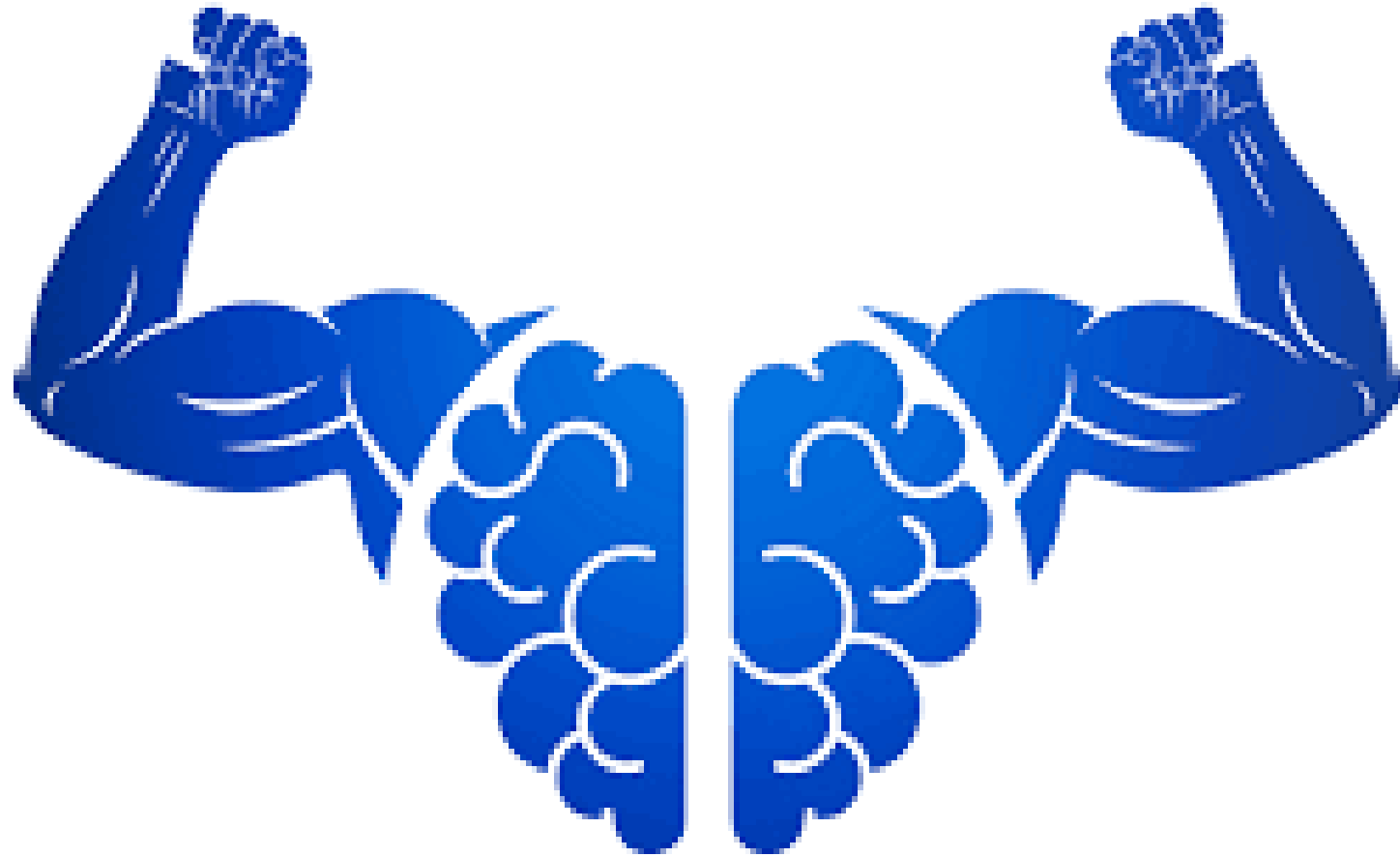


MEDICATION

Taking your medicines properly is important.

Sometimes, your prescribed or over-the counter medicines may interact poorly, or you could get prescriptions from different health care providers that duplicate or interfere with one another.

HOW TO KEEP YOUR BRAIN HEALTHY AND FIT



**Your brain displays an image that makes the most “sense,”
but it is not always what is actually in front of our eyes**



**your perception of an illusion has more to do with how your brain works –
and less to do with the optics of your eye**

“THE DRESS”



EXERCISE



- It improves your strength. ...
- It improves your balance. ...
- It gives you more energy.
- It prevents or delays diseases, such as heart disease, diabetes, or osteoporosis.
- It can improve your mood and fight off depression

HEALTHY EATING



Researchers believe that the antioxidant and anti-inflammatory effect of food help lower the risk of dementia and slow the loss of brain function that can occur with age.

MINDFULNESS



The goal of mindfulness is to wake up to the inner workings of our mental, emotional, and physical processes

SOCIALIZATION

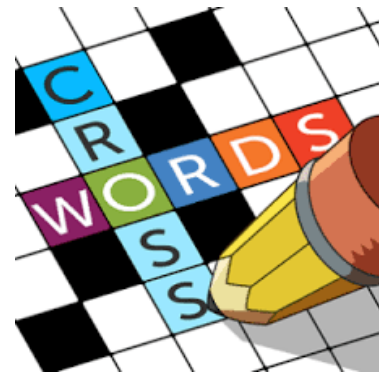


Seniors who socialize are less likely to become depressed. Socialization may improve memory and longevity as it reduces stress and isolation.



Challenge Your Brain

- Stay Curious, Challenge Yourself
- Play Intellectual Games, Crosswords/Puzzles
- Learn A Musical Instrument
- **Learn a new Language**
- Read, Write
- Attend Lectures, Creative Arts
- Don't Rely On Technology To Do All Your Thinking
- Change The Way You Do Something

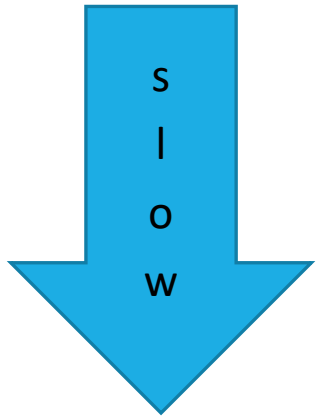


**STOOD
mis**

Misunderstood

**Arrest
You're**

You're under arrest



Slow down

EGSG GESG
SEGG SGEG

Scrambled EGGS

**History
History
History**

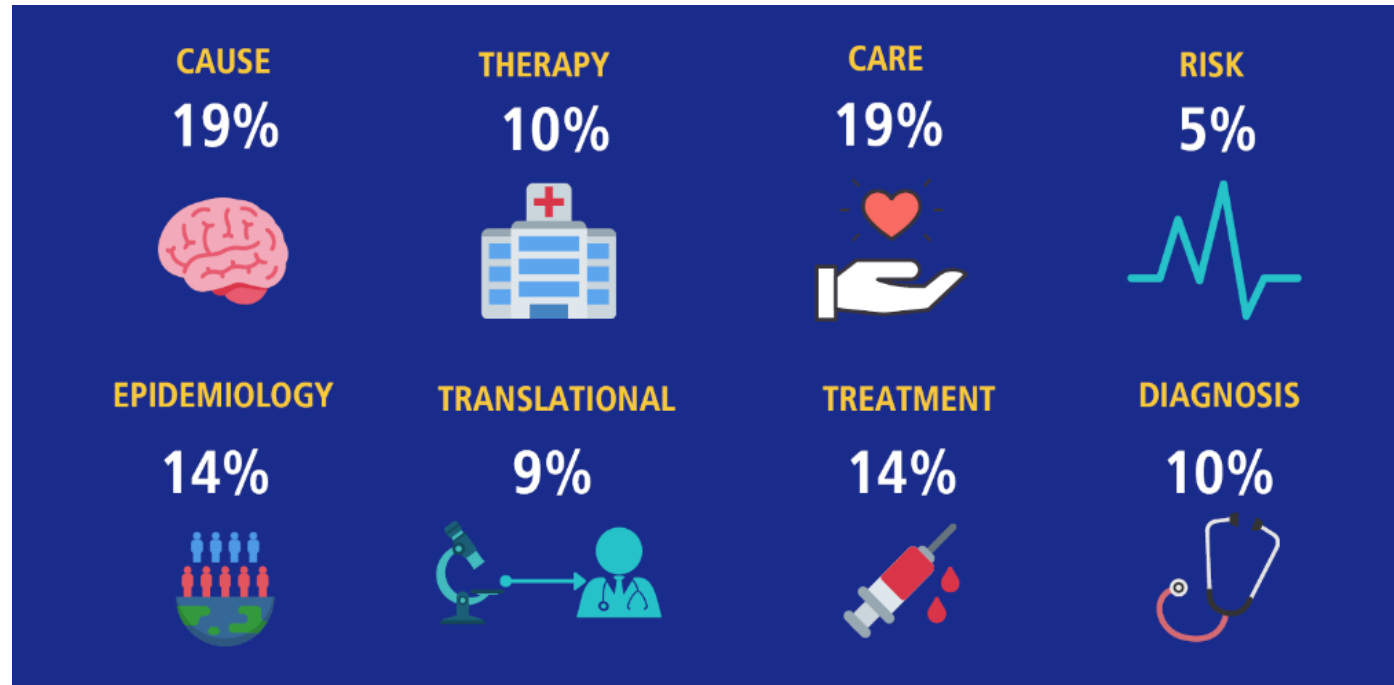
History repeats itself

B SICK ED

Sick in bed

The Alzheimer Society Research Program

- Encourage researchers to explore radical new ways to advance our knowledge of dementia, and
- Improve the quality of life for people living with dementia, their families and caregivers



In 2023, the Alzheimer Society Research Program is investing \$5,989,000 in 44 researchers and their projects.



FINDING Your Way

Living Safely in the Community



*For people with dementia,
every step counts.*



How easily and frequently a person with dementia can become lost...

- Getting lost can happen without warning
- Familiar surroundings may suddenly become strange to them
- 3 of 5 people with dementia will go missing

Challenge Your Brain...let's Try It

With Your Main Hand Point Your Finger
Then Spell Your Name In The Air....

**NOW SWITCH HANDS AND TRY
TO SPELL YOUR NAME.**



What To Remember From Today

Dementia is not a normal part of aging

Alzheimer's is the most common

Lifestyle choices make a difference

Challenge your brain everyday

The Alzheimer Society of York Region is here to help



Thank You

**For more information, or if you have questions about
Alzheimer's disease or related dementias,
please contact us!**



HELP FOR TODAY, HOPE FOR TOMORROW



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