

Alzheimer's 101: Myth vs Fact



Alzheimer's disease is the third-leading cause of death in California and the number of residents living with Alzheimer's is expected to double by 2040. As the prevalence of Alzheimer's disease continues to grow, it is important to understand the facts and be aware of the stigmas and misconceptions surrounding the disease.

It's important for all Californians to know how to recognize the signs and symptoms by breaking down some common myths that may prevent an individual from knowing when to seek out the support needed to move forward.

COMMON MYTHS ABOUT ALZHEIMER'S DISEASE:

MYTH

FACT

Alzheimer's disease and dementia are the same thing.

Dementia refers to conditions that lead to impaired memory, thinking, etc. Alzheimer's is a form of dementia and accounts for 60-80% of all cases.

Once you have an Alzheimer's diagnosis, there is nothing you can do to manage your condition.

A diagnosis, specifically early stage, may provide a person greater opportunity to explore medical and social supports and improve their quality of life.

Forgetfulness is the only sign of Alzheimer's disease.

Forgetfulness is a typical sign of aging, but memory loss that disrupts daily life is **not**. One should be concerned if they are experiencing difficulties in completing familiar tasks, confusion with time or place, misplacing things and losing the ability to retrace steps, or asking the same questions repeatedly.

Only older adults and seniors will develop Alzheimer's disease.

In early-onset Alzheimer's disease, some people can develop Alzheimer's as early as age 55.

All Alzheimer's cases are genetic.

In the case that a family member of yours has Alzheimer's disease, this does not mean you should expect to inherit the disease. There are many other lifestyle factors that can modify risk and improve brain health, which include monitoring other chronic health conditions like heart disease and diabetes.

Visit [TakeOnALZ.com](https://www.TakeOnALZ.com) to learn more about the campaign and ways you can take on Alzheimer's.

