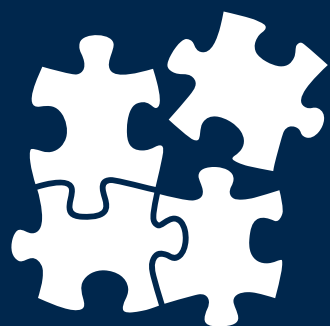


# Changing Your Mind

## Decreasing the risk of getting Alzheimer's disease

Alzheimer's disease, which is the most common form of dementia, causes debilitating problems with memory, thinking and behavior. It affects 5.8 million Americans and is the sixth leading cause of death. Although some risk factors such as age or genetics can't be changed, other risk factors — including high blood pressure and lack of exercise — can usually help reduce risk.



- Lifestyle choices, such as physical activity and diet, may help support brain health and prevent Alzheimer's. Many of these lifestyle changes have been shown to lower the risk of other diseases, like heart disease and diabetes, which have also been linked to Alzheimer's. With few drawbacks and plenty of known benefits, healthy lifestyle choices can improve your health and possibly protect your brain.

- To decrease your risk of Alzheimer's — as well as cardiovascular disease, diabetes and strokes — adopt these guidelines into your lifestyle:

- **Break a Sweat:** Exercise regularly and vigorously.
- **Fuel Up Right:** Eat healthy, colorful foods.
- **Buddy Up:** Maintain strong social connections.
- **Stump Yourself:** Keep your mind active with intellectual activity like puzzles and games.
- **Heads Up:** Protect yourself from head trauma by wearing seatbelts, using a helmet when participating in sports, and “fall-proofing” your home.

## 10 Early Signs and Symptoms of Alzheimer's

According to the Alzheimer's Association, between 2000 and 2017, deaths from heart disease decreased by nine percent, while deaths from Alzheimer's increased by 145 percent. Protect yourself and your loved ones by keeping an eye out for these early warning signs for Alzheimer's:

- Memory loss that disrupts daily life.
- Challenges in planning or solving problems.
- Difficulty completing familiar tasks.
- Confusion with time or place.
- Trouble understanding visual images or spatial relationships.
- New problems with words in speaking or writing.
- Decreased or poor judgement.
- Withdrawal from work or social activities.
- Changes in mood or personality