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Public Health District

## News Release

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### **June is Alzheimer's and Brain Health Awareness Month, Learn More Today**

Alzheimer's disease is a brain disorder that gets worse over time. It's characterized by changes in the brain that lead to deposits of certain proteins. Alzheimer's causes the brain to shrink and brain cells to eventually die. It is the most common cause of dementia — a gradual decline in memory, thinking, behavior and social skills. These changes affect a person's ability to function.

“Keeping your brain healthy can decrease your risk of Alzheimer’s. Your lifestyle has a profound impact on your brain health. What you eat, how much you exercise, how well you sleep, the way you socialize, and how you manage stress are all important to your brain health. Learn more about decreasing your risk at [www.alz.org](http://www.alz.org)” said Paulette Schnell, PPHD Deputy Director of Clinical Services.

#### ***Five Facts About Alzheimer's That You May Not Know...***

- 1. Around the world:** An estimated 47 million people are living with Alzheimer’s and other dementias, and if a change doesn’t come by 2030, this number will grow to 76 million.
- 2. Each second counts:** A person develops Alzheimer’s disease in the U.S. every 65 seconds.
- 3. Caregivers:** In America, more than 16 million people take care of family or friends with Alzheimer’s or dementia, and that, too, without pay.
- 4. A leading disease:** In the U.S., Alzheimer’s is the sixth leading cause of death and 6.2 million of those living with Alzheimer’s disease are over 65.
- 5. One out of three deaths:** Alzheimer’s or other dementia kills one in three seniors and deaths due to this disease are more than prostate cancer and breast cancer combined.

Please let us help! If your organization or community group is interested in learning more, please reach out for an educational session regarding this important topic.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.

For more information, please go to <https://act.alz.org> or <https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/symptoms-causes/syc-20350447>