

# alzheimer's association™

•October 2014•  
Issue 1

## About Alzheimer's Association:

The Alzheimer's Association has been recognized as a top large nonprofit to work for by The NonProfit Times, the leading information provider for the nonprofit sector.

## We enhance care and support:

The Alzheimer's Association works on a global, national and local level to enhance care and support for all those affected by Alzheimer's and other dementias. We are here to help.

## We advance research:

As the largest non-profit funder of Alzheimer's research, the Association is committed to accelerating progress of new treatments, preventions and ultimately, a cure. Through our partnerships and funded projects, we have been part of every major research advancement over the past 30 years. Visit our online Research Center.

## We advocate:

The Association is the leading voice for Alzheimer's disease advocacy, fighting for critical Alzheimer's research, prevention and care initiatives at the state and federal level. We diligently work to make Alzheimer's a national priority. Join our effort.



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Alzheimers
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Someone you knew who fought with

The Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Held annually in more than 600 communities nationwide, this inspiring event calls on participants of all ages and abilities to reclaim the future for millions. Together, we can end Alzheimer's disease, the nation's sixth-leading cause of death. Walk to End Alzheimer's unites the entire community — family, friends, co-workers, social and religious groups and more --- in a display of combined strength and dedication in the fight against this devastating disease. While there is no fee to register, each participant is expected to fundraise in order to contribute to the cause and raise awareness. The Alzheimer's Association provides free, easy-to-use tools and staff support to help each participant reach their fundraising goal. When you participate in Walk, your fundraising dollars fuel our mission-related initiatives of care, support and research. In addition, your actions, both through fundraising and participating in the event, help to change the level of Alzheimer's awareness in your community. At a walk

event, you can learn more about Alzheimer's disease and the support programs and services offered by your local chapter. You will also have unique opportunities to get involved with the cause through advocacy initiatives and clinical trial enrollment. These experiences, in addition to other on-site opportunities, help each participant connect to their reason for walking. Take the first step to a world without Alzheimer's by finding a Walk near you. Once you register, you will have access to a wide range of tools and support through your Participant Center, ensuring a successful and fulfilling experience. Other ways that you can get involved include; serving on a planning committee, donating a raffle basket for the day of the walk, sponsoring the event, or volunteering the day of the walk. Please contact Jeanne Nehrenz, Lori McCleese or Helen Paes, Community Development Coordinators at (800) 272-3900 with any questions or for more information!



Alzheimer's disease is a progressive brain disorder that damages and eventually destroys brain cells, leading to memory loss and changes in thinking and other brain functions. It usually develops slowly and gradually gets worse as brain function declines and brain cells eventually wither and die. Ultimately, Alzheimer's is fatal, and currently, there is no cure.

But neuroscience research efforts are under way to develop effective treatments and ways to prevent the disease. Researchers are also working to develop better ways to care for affected people and better ways to support their families, friends and caregivers. The Alzheimer's Association is moving these research efforts forward by funding scientists who are searching for more answers and new treatments, collaborating with stakeholders, fostering worldwide partnerships among scientists, and raising the visibility of Alzheimer's as a global health challenge.

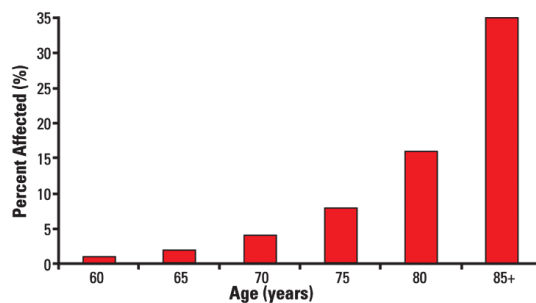
Alzheimer's disease is the most common type of dementia, a general term used to describe various diseases and conditions that damage brain cells. Alzheimer's disease accounts for 50 to 80 percent of dementia cases. Other types include vascular dementia, dementia with Lewy bodies and frontotemporal dementia. In some cases, a person may have more than one type and are said to have mixed dementia.

The most common early symptom is difficulty remembering newly learned information because Alzheimer's changes typically begin in the part of the brain that affects learning. As Alzheimer's advances through the brain it leads to increasingly severe symptoms, including disorientation; mood and behavior changes; deepening confusion about events, time and place; unfounded suspicions about family, friends and professional caregivers; serious memory loss and behavior changes; and difficulty speaking, swallowing and walking.

Estimates vary, but experts suggest that as many as 5 million Americans age 65 and older have Alzheimer's disease. Unless the disease can be effectively treated or prevented, the number of people with it will increase significantly if current population trends continue. That's because the risk of Alzheimer's increases with age, and the U.S. population is with Alzheimer's doubles for age 65. Alzheimer's is a slow stages—an early, preclinical middle stage of mild cognitive of Alzheimer's dementia. The varies—as little as 3 or 4 years when diagnosed to as long as is younger. Alzheimer's dis-Alzheimer, a German doctor. changes in the brain tissue of unusual mental illness. He (now called amyloid plaques) (now called neurofibrillary the brain are two of the main The third is loss of connections brain.

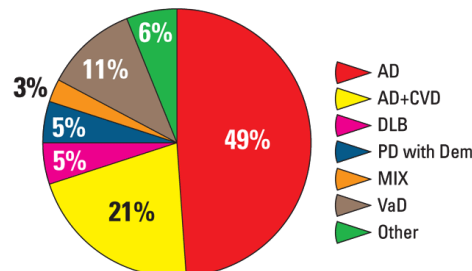
Although we still don't begins, it seems likely that years or more before problems earliest stage of Alzheimer's, but harmful changes are taking

**FIGURE 1**  
ALZHEIMER'S DISEASE DOUBLES IN FREQUENCY EVERY 5 YEARS AFTER 60 YEARS OF AGE



Cummings JL. *Primary Psychiatry*. Vol 15, No 2. 2008.

**FIGURE 2**  
FREQUENCY OF DEMENTIA TYPES (AUTOPSY SERIES)



AD=Alzheimer's disease; CVD= cardiovascular disease; DLB=dementia with Lewy bodies; PD=Parkinson's disease; Dem=dementia; MIX=Alzheimer's disease and cerebrovascular disease; VaD=vascular dementia.

aging. The number of people every 5-year interval beyond disease that progresses in three stage with no symptoms, a impairment, and a final stage time from diagnosis to death if the person is older than 80 10 or more years if the person ease is named after Dr. Alois In 1906, Dr. Alzheimer noticed a woman who had died of an found many abnormal clumps and tangled bundles of fibers tangles). Plaques and tangles in features of Alzheimer's disease. between nerve cells in the

know how Alzheimer's disease damage to the brain starts 10 become obvious. During the people are free of symptoms, place in the brain.



A letter written by President Ronald Reagan announcing he has Alzheimer's disease:

**"Nov. 5, 1994**

**My Fellow Americans,**

**I have recently been told that I am one of the millions of Americans who will be afflicted with Alzheimer's Disease.**

**Upon learning this news, Nancy and I had to decide whether as private citizens we would keep this a private matter or whether we would make this news known in a public way.**

**In the past Nancy suffered from breast cancer and I had my cancer surgeries. We found through our open disclosures we were able to raise public awareness. We were happy that as a result many more people underwent testing. They were treated in early stages and able to return to normal, healthy lives. So now, we feel it is important to share it with you. In opening our hearts, we hope this might promote greater awareness of this condition. Perhaps it will encourage a clearer understanding of the individuals and families who are affected by it.**

**At the moment I feel just fine. I intend to live the remainder of the years God gives me on this earth doing the things I have always done. I will continue to**

**share life's journey with my beloved Nancy and my family. I plan to enjoy the great outdoors and stay in touch with my friends and supporters.**

**Unfortunately, as Alzheimer's Disease progresses, the family often bears a heavy burden. I only wish there was some way I could spare Nancy from this painful experience. When the time comes I am confident that with your help she will face it with faith and courage.**

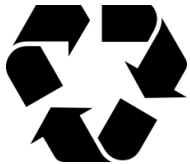
**In closing let me thank you, the American people for giving me the great honor of allowing me to serve as your President. When the Lord calls me home, whenever that may be, I will leave with the greatest love for this country of ours and eternal optimism for its future.**

**I now begin the journey that will lead me into the sunset of my life. I know that for America there will always be a bright dawn ahead.**

**Thank you, my friends. May God always bless you.**

**Sincerely,**

**Ronald Reagan"**



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