



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



Alzheimer's Disease & Brain Health



**Jaime Cruz SSWG:
Public Education Coordinator**

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**.

FACTS ABOUT DEMENTIA

Alzheimer's Disease only represents one type of dementia

While Alzheimer's disease is the most common form of dementia, there are other types, such as:

- Vascular dementia, the second most common type.
- Dementia with Lewy body
- Frontotemporal dementia
- Mild Cognitive Impairment (MCI)
- Mixed dementia

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**.

ALZHEIMER'S DISEASE

Alzheimer's disease has been with us throughout human history.

However, our understanding of it has been relatively recent:

- **In the last 100 years:** Alzheimer's disease has been formally identified and named; **Dr. Alois Alzheimer**
- **In the last 50 years:** We've made serious advances to recognize the impact of Alzheimer's, and commit to finding treatments and a cure;
- **In the last 20 years:** We've taken more steps to fight the stigma against the disease and support the voices of people living with Alzheimer's, families and caregivers.



Alois Alzheimer

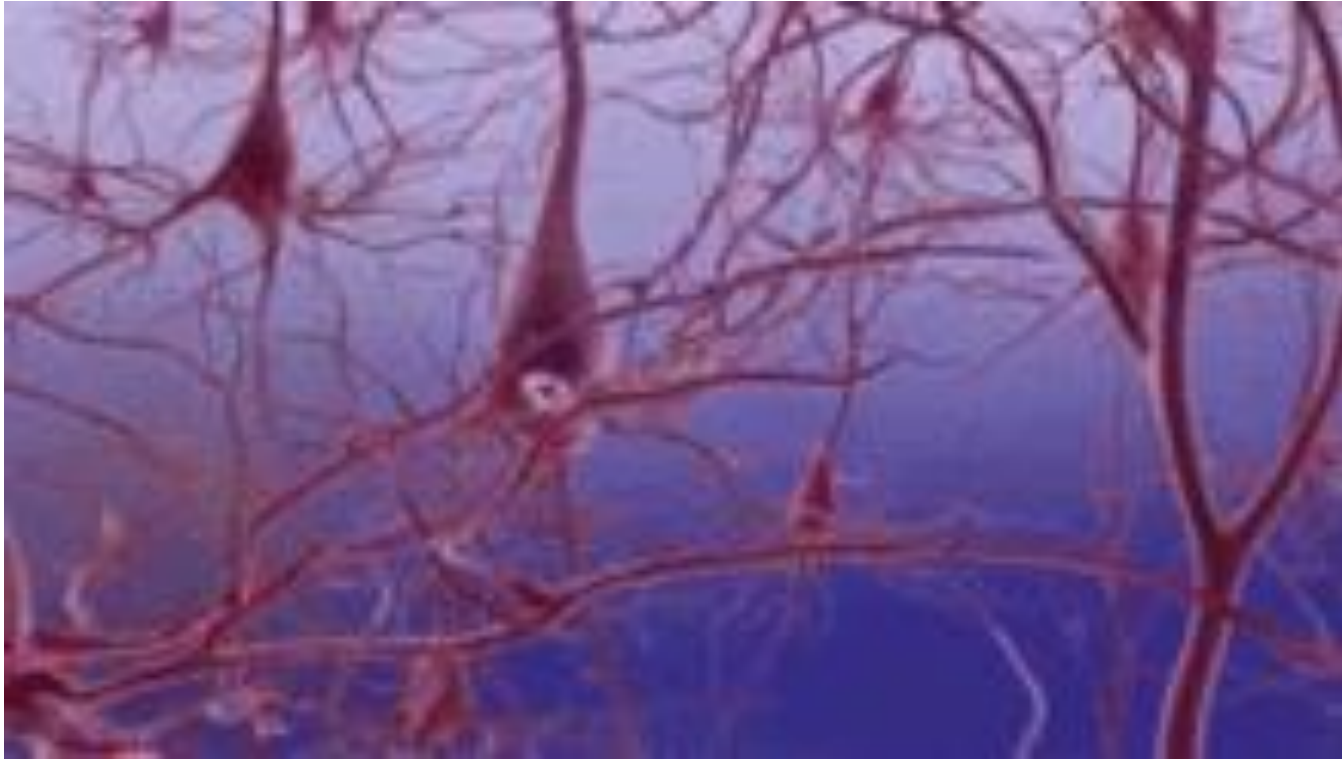
WHAT DO WE KNOW ABOUT ALZHEIMER'S DISEASE

- 1) Alzheimer's disease is not a normal part of aging, it is irreversible.
 - 2) Alzheimer's disease is a progressive neurodegenerative disease. Affecting language, memory, judgement, behaviors.
 - 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 whether a person has other health conditions.
- Individuals diagnosed with Alzheimer's live an average of eight years. some people may live to 20 years.
- Earliest Alzheimer's** – changes may begin 20 years or more before diagnosis.
- Mild to moderate Alzheimer stages** – generally last from 2 - 10 years.
- Severe Alzheimer's** – last from 1 - 5 years.



This Is Not A Sprint...
It's A Marathon

PLAQUES & TANGLES



Plaques, abnormal clusters of protein fragments, build up between nerve cells.

Dead and dying nerve cells contain **tangles**, which are made up of twisted strands of another protein.

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

DEMENTIA UMBRELLA

BINGSWANGER
DISEASE

PARKINSON'S
DISEASE

MILD
COGNITIVE
IMPAIRMENT

ALS

DOWN
SYNDROME

HIV

PROGRESSIVE
SUPRANUCLEAR
PALSY

POSTERIOR
CORTICAL
ATROPHY

NORMAL PRESSURE
HYDROCEPHALUS

JAKOB
CREUTZFELD

KORSAKOFF

FAMILIAL
FRONTOTEMPORAL

MULTIPLE
SCLEROSIS

CORTICOBASIL
DEGENERATION

FAMILIAL
ALZHEIMER'S

PRIMARY
PROGRESSIVE
APHASIA

HUNTINGTON'S
DISEASE

CORTICAL &
SUBCORTICAL
DEMENTIA

POSTERIOR CORTICAL
ATROPHY

SYPHILIS

CORTICOBASIL
DEGENERATION

WHIPPLES

PRION DISEASE

FOLATE
DEFICIENCY

WILSON'S
DISEASE

PARASITES

VIRAL
ENCEPHALITIS

ALZHEIMER'S

60-80%

FRONTOTEMPORAL

2-5%

LEWY BODY

5-15%

VASCULAR

20%

MIXED

ELECTROLYTE
ABNORMALITIES

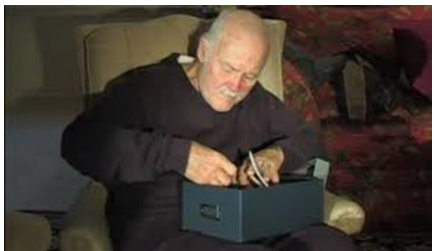




WARNING SIGNS



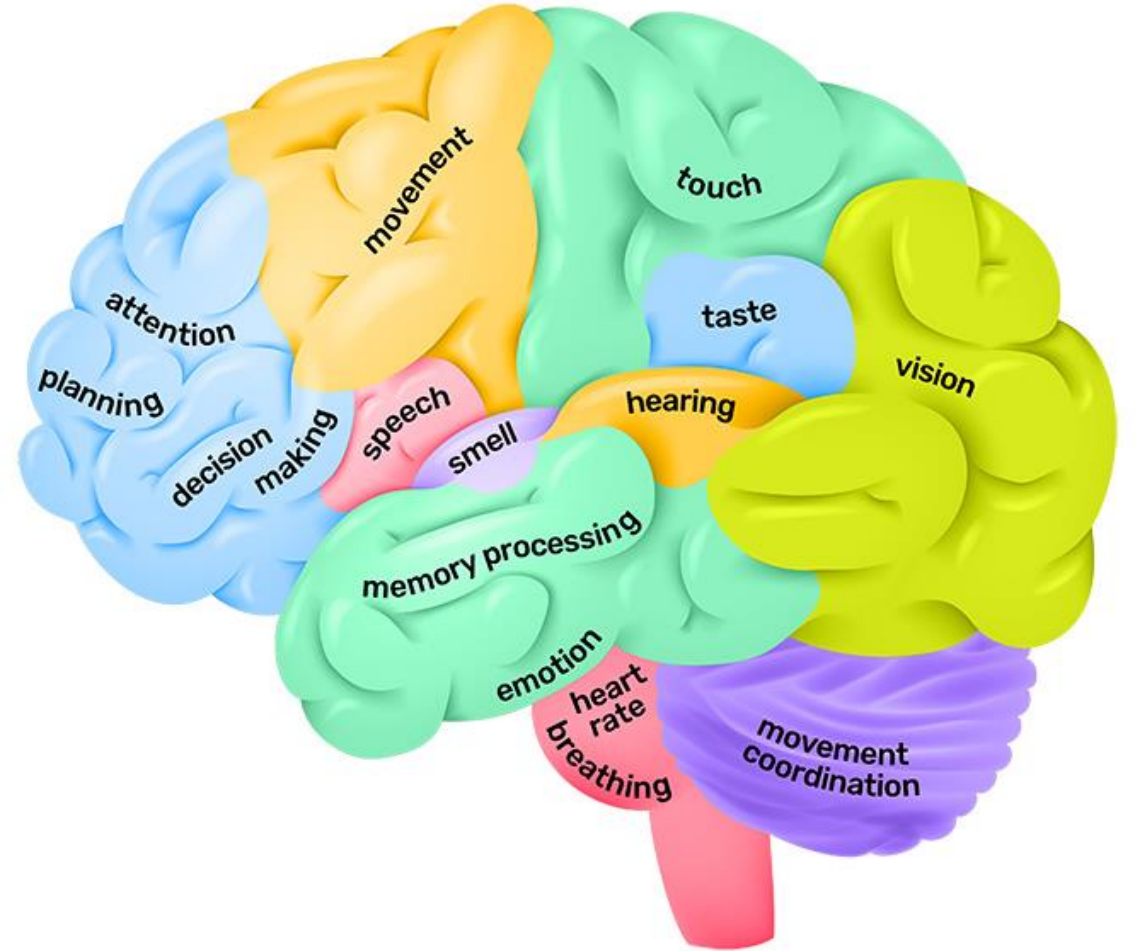
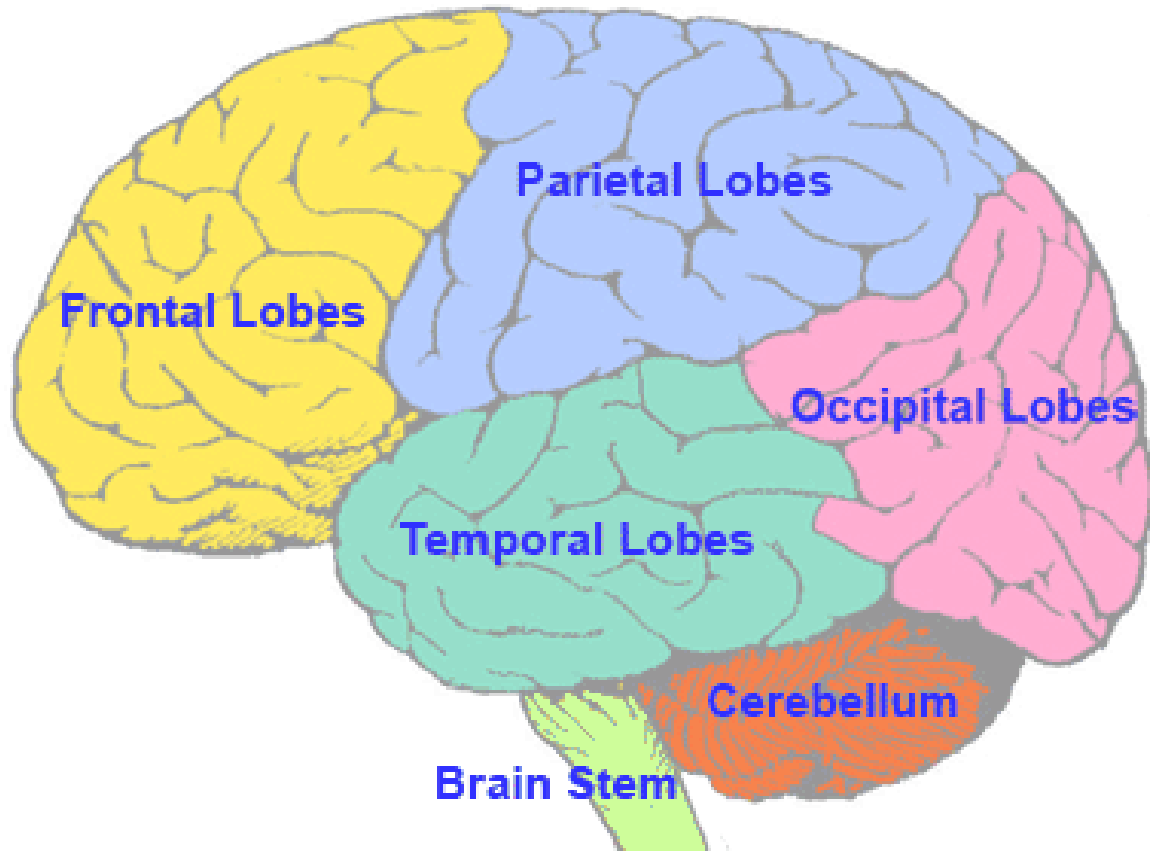
- 1) Memory Loss affecting day to day function
- 2) Difficulty performing tasks
- 3) Difficulty with language
- 4) Disorientation of time and space
- 5) Difficulty with judgement and decision making



- 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





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

LIFESTYLE CHOICES



DRINKING:
Lifetime
Abuse Linked
To Various
Forms Of
Dementia

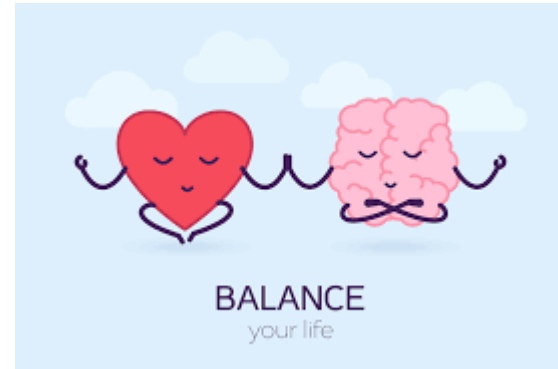


SMOKING
Cognitive
Impairment
And Vascular
Dementia





CAN WE REDUCE THE RISK?



- Age & genetic factors unchangeable
 - Adapting lifestyles may reduce the risk of many dementia
 - Exercise body and brain
- important to ↓ risk of dementia





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.

ALTERNATE CHOICES

Lack Of Evidence

COCONUT OIL

There is a lack of evidence to show that coconut oil play a role in preventing or treating dementia.



CANNABIS, CBD OIL

There is no evidence that shows cannabis can stop, reverse or prevent dementia.

GINKGO BILOBA

Rich in antioxidants, used to improve a range of functions, circulation, mental function. There is not a lot of evidence that proves the benefit.

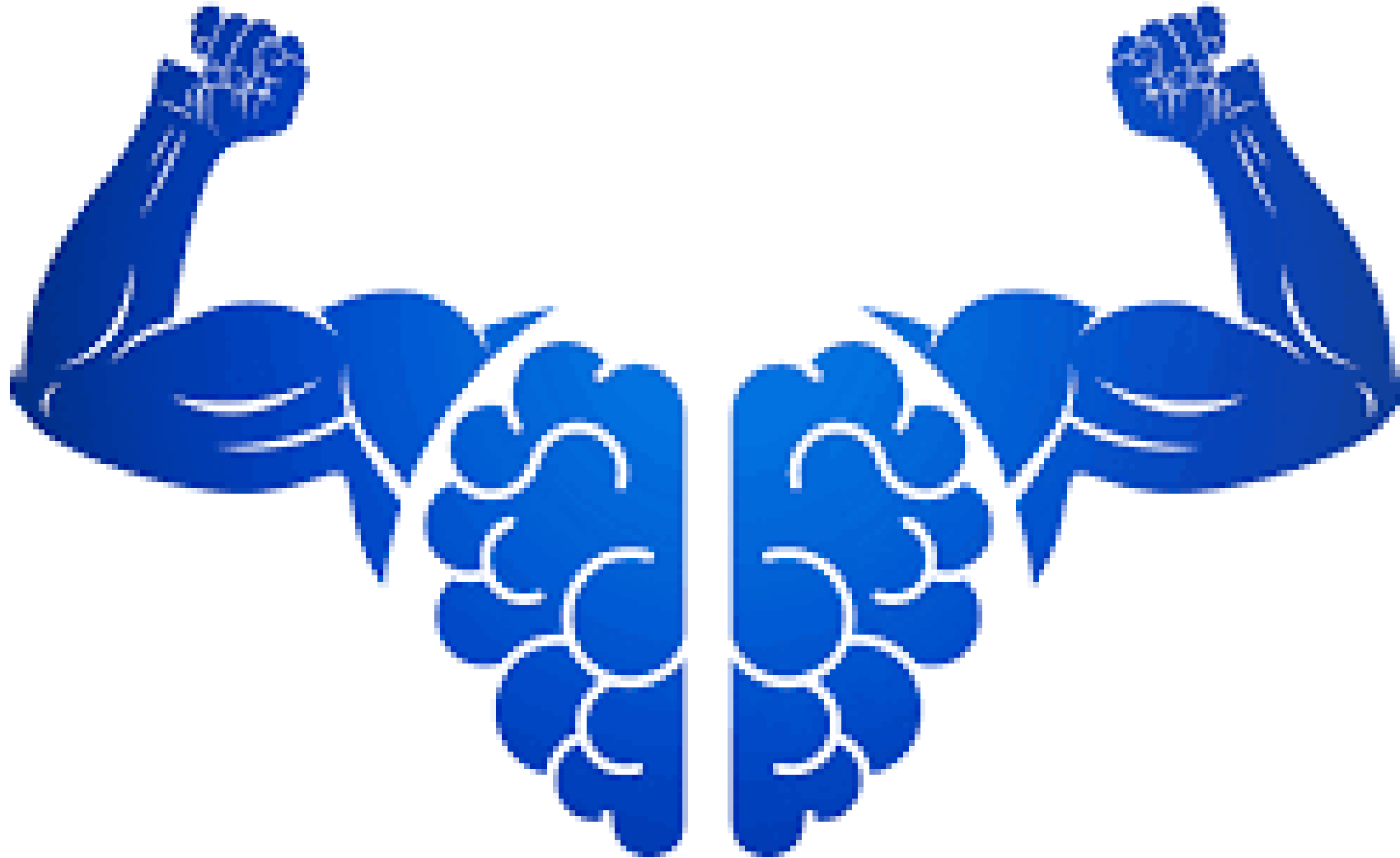


HERBAL SUPPLEMENTS

- **Vitamin E**- Low levels of Vit E over time = link to dementia
- **Melatonin**- help with insomnia, sundowning, confusion.
- **Omega 3** – might slow down damage to the brain.



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**

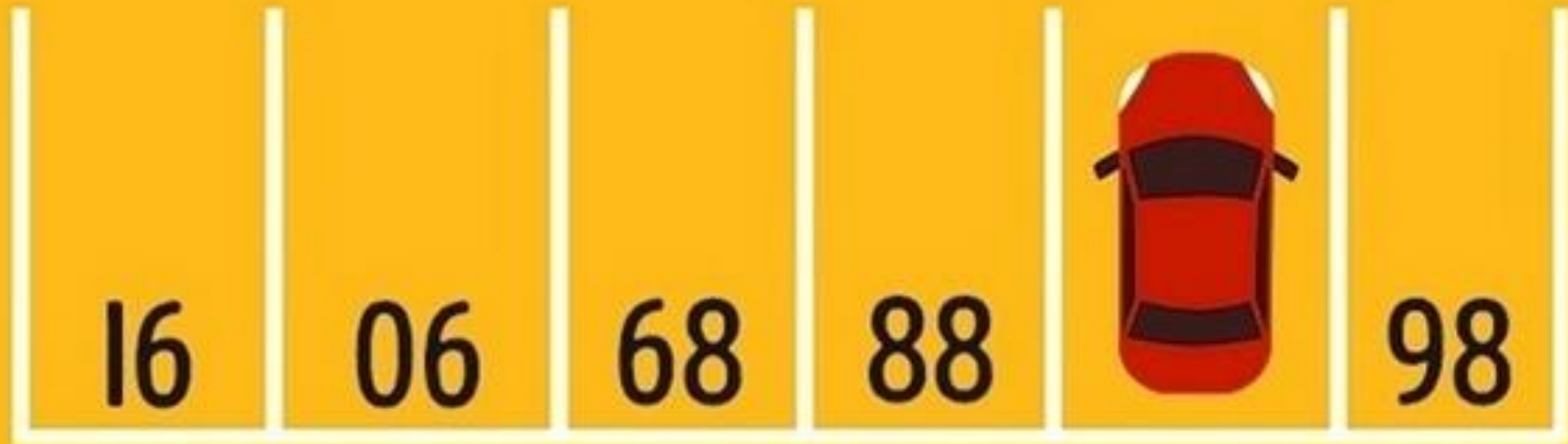


**your perception of an illusion has more to do with how your brain works –
and less to do with the optics of your eye**

“THE DRESS”



What is the **number**
of the parking spot?





87

What is the number
of the parking spot?

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.



10 EFFECTIVE MEMORY STRATEGIES



1. Focus your attention (say things out loud)
2. Reduce distractions. (turn off t.v)
3. Write it down
4. Be organize. Put thing in the same place.
5. Make things obvious (reduce clutter, use clear bags)
6. Use technology – reminders
7. Group things together. (toothbrush & pills)
8. Repeat, repeat, repeat.
9. Add a layer of meaning when learning something new
(connect it to something or someone)
10. Don't sweat the mistakes.

CHALLENGE YOUR BRAIN

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





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



Interacting with a person with dementia who may be lost:

Know what to say:

- Speak slowly and calmly
- Loudness can convey anger
- Use short, simple words
- Ask “yes” and “no” questions
- If necessary, repeat the same question using the exact wording
- Approach the person from the front
- Identify yourself, explain why you’ve approached them
- Maintain a calm environment
- Move slowly; maintain eye contact

CHALLENGE YOUR BRAIN...LET'S TRY IT

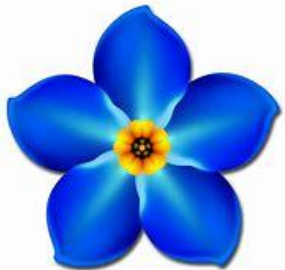
With Your Main Hand Point Your Finger
Then Spell Your Name In The Air....

**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



IG Wealth Management Walk for Alzheimer's York Region

Saturday May 27, 2023

**Lake Wilcox, Oak Ridges Community Centre
Richmond Hill, ON**

8:00am Check In (pre-registration required)

9:00am Walk Start



Alzheimer Society

*** Register a team or as a participant ***

*** Interested in volunteering, register as an individual and choose volunteer ***

Karen Bond, Fund Development Team Lead

kbond@alzheimer-york.com

905-726-3477 x 231

alzgiving.ca/yorkregion

Alzheimer Society
YORK REGION

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

Jaime Cruz, Public Education Coordinator

jcruz@alzheimer-york.com

2-240 Edward Street, Aurora

905-726-3477 ext. 232

