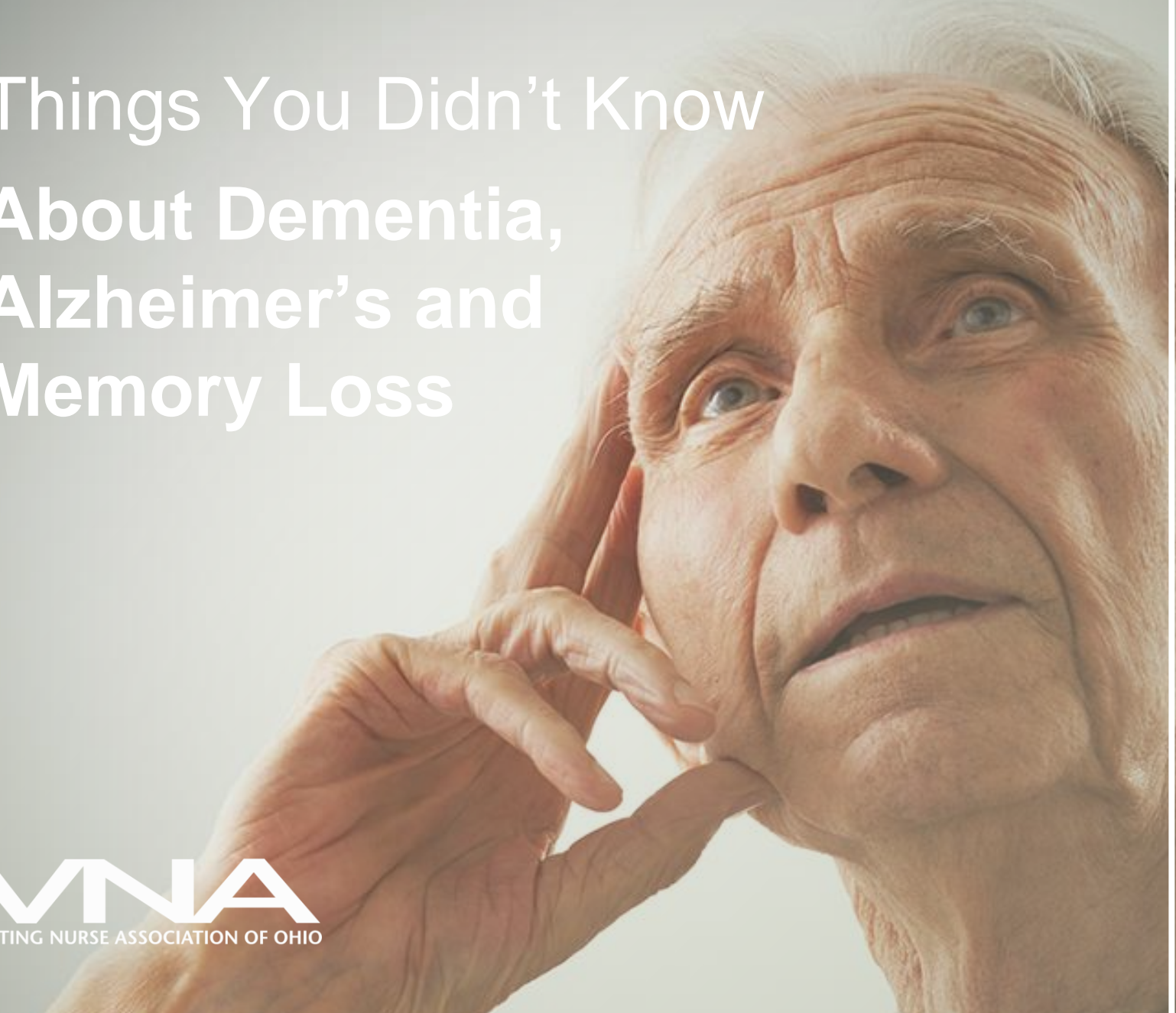


# 6 Things You Didn't Know About Dementia, Alzheimer's and Memory Loss




**VNA**  
VISITING NURSE ASSOCIATION OF OHIO





# Understanding Dementia, Alzheimer's and Memory Loss

can be critical for you and your loved ones. The following can help you better understand a diagnosis and how it can affect your family.



# 1 Dementia is an **umbrella term**, not a diagnosis.

Dementia is a common term used for a series of diagnoses including Alzheimer's disease and memory loss. The term can be used when describing the vast range of symptoms and/or diagnoses that can cause a decline in memory loss.



# 2 More than **5 million** Americans are living with Alzheimer's.

As the 6th leading cause of death in the United States, Alzheimer's is affecting 1 in 9 people age 65 and older. It is projected that as the baby boomer generation reaches age 65 and older, the number is expected to grow and nearly triple by 2050.



**3** Family caregivers spend more than **\$5,000** a year caring for someone with Alzheimer's.

In the United States, more than 15 million people are caregivers to someone with a Dementia diagnosis. Their assistance equates to more than 18.1 billion hours of unpaid care with an economic value of more than \$220 billion.

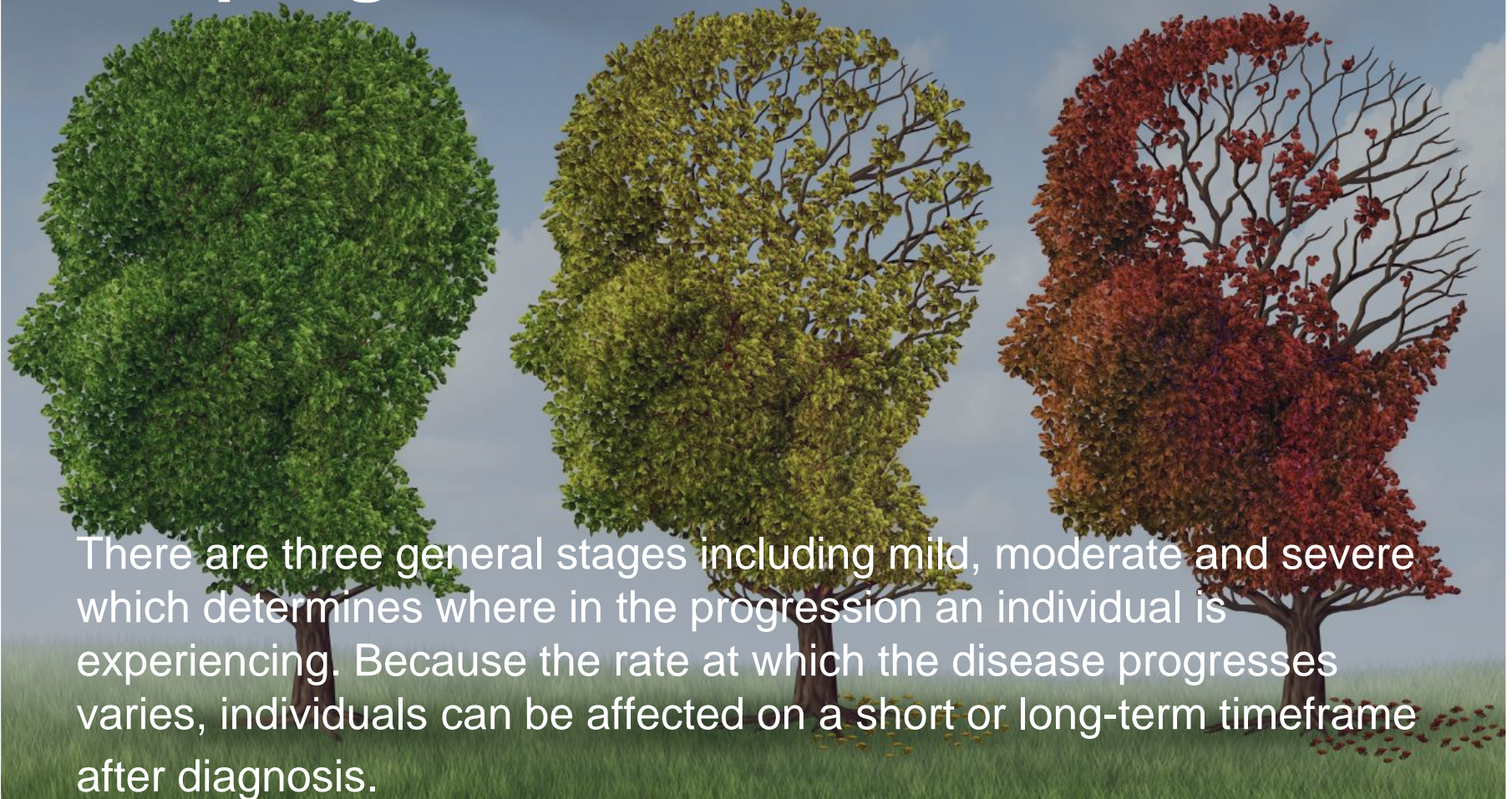


# 4 It is more than just memory loss.


While memory loss is one of the most noticeable signs of Alzheimer's or another dementia, is it not the only symptom.

For some people, confusion and difficulty communicating and understanding familiar tasks and places can occur. In other cases, changes in mood and personality present can raise a red flag.

# 5 Alzheimer's is typically a **progression** disease.



There are three general stages including mild, moderate and severe which determines where in the progression an individual is experiencing. Because the rate at which the disease progresses varies, individuals can be affected on a short or long-term timeframe after diagnosis.



# 6 Are you at risk?

Research has identified several factors that can increase one's risk for a dementia diagnosis. Most commonly, one's age, family history and heredity (genes) can influence their risk. We know that as individuals age, they are at a higher risk but one's family medical history can also play a role as well.



An early diagnosis can be vital to living a healthier, longer life with a dementia diagnosis. Speak with your healthcare provider if you are experiencing any signs and symptoms of dementia and better plan for the future.

Download our Mental Health service guide and learn how VNA of Ohio is helping patients and families living with Alzheimer's and dementia diagnoses, and allowing individuals to remain in the comfort of their surroundings.

1-877-698-6264  
[www.vnaohio.org](http://www.vnaohio.org)



Information courtesy of Alzheimer's Association and Alzheimer's Research UK.