

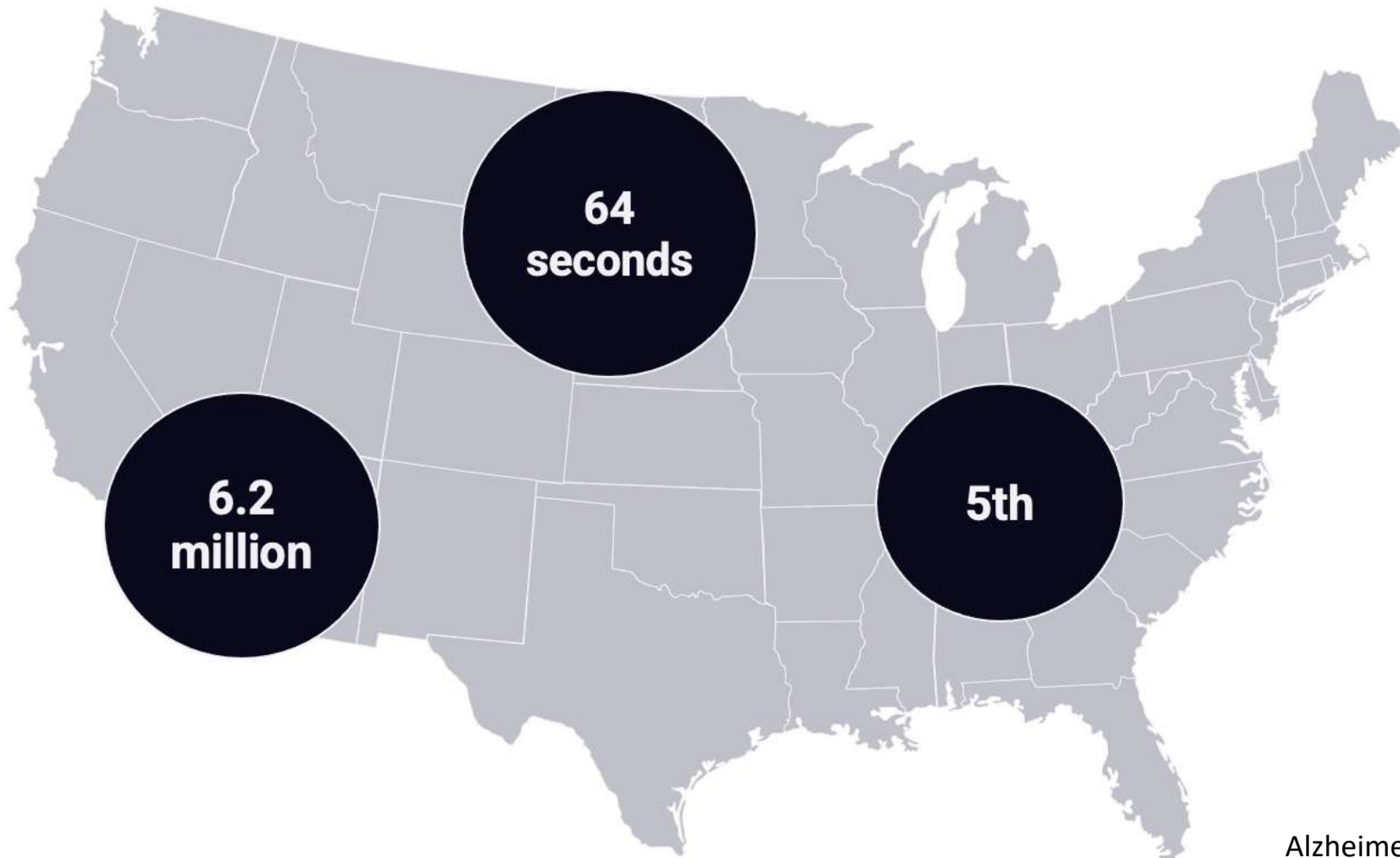
Community and Healthy Minds

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The Tsunami of Dementia



Alzheimer's Association
Facts and Figure, 2022.

DEMENTIA

Umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life.

Alzheimer's:
60-80%

**Lewy Body
Dementia:**
5-10%

**Vascular
Dementia:**
5-10%

**Frontotemporal
Dementia:**
5-10%

**Others:
Parkinson's,
Huntington's**

Mixed dementia:
Dementia from more than one cause

1 in 3

Seniors are afflicted and pass away due to Alzheimer's

It kills more people than breast cancer and prostate cancer combined

Statistics

- By **2050**, the **number of people** ages 65 and above with Alzheimer's dementia is projected to reach **12.7 million**

Direct Cost

- The **total national cost** of caring for people with Alzheimer's and other dementias will reach **\$321 billion**

Indirect Cost

- **Indirect cost \$257 billion** – unpaid care for Alzheimer's patients by their families
- Over 11 millions Americans provide unpaid care for their loved ones with Alzheimer's or other dementias

Racial and Ethnic Differences in Alzheimer's

- **19% of African Americans** and **14% of Hispanic adults** ages 65 and older have Alzheimer's compared with **10% of White** older adults
- Reasons are higher risk of developing dementia in these populations

Racial and Ethnic Differences in Alzheimer's

- Stems from access to information, access to quality healthcare, health-related behaviors, socioeconomic risk factors, stress, etc. across racial groups
- Genetic factors do not account for the large differences in prevalence or incidence among racial groups

Racial and Ethnic Differences in Alzheimer's

- **Cardiovascular disease and diabetes** disproportionately affect African Americans and Hispanic populations
- **Higher rates of hypertension, diabetes, hyperlipidemia, obesity, coronary artery disease** among African Americans

Caregivers

- **Two-thirds** of dementia caregivers (67%) are women
- Over one-third of caregivers are daughters
- Caregivers have **6 times higher risk of developing dementia** (stress, shared lifestyle)

Paradigm Shift

Prevention is the treatment

Evidence for Prevention

- Dozens of cohort studies and hundreds of scientific papers have shown that a healthy lifestyle can prevent or slow down the progression of dementia

Evidence for Prevention

- **Some of the studies conducted are:**
 - FINGER Study
 - The MIND diet (Rush University)
 - Framingham Heart Study
 - Women's Health Initiative (Harvard)
 - Women's Health Study (Harvard)
 - Health Professionals Health Study (Harvard)
 - Adventist Health Study
 - The Alzheimer Cohorts Consortium
 - Cognitive Function and Ageing Studies
 - Cardiovascular Health Study
 - Northern Manhattan Study
 - Washington Heights/Inwood Columbia Aging Project

Preventing Alzheimer's: Our Most Urgent Health Care Priority

Abstract: Dementia is the fastest growing epidemic in the developed nations, and if not curtailed, it will single handedly collapse our health care system. The prevalence of dementia is 1 in 10 individuals older than 65 years and increases to 50% of all individuals older than 85 years. The prevalence of Alzheimer's dementia (AD), the most common form of dementia, has been increasing rapidly and is projected to reach 16 million individuals by the year 2050. Several prevailing myths about the science of dementia are discussed, such as that AD is inevitable and that it is exclusively a genetic disease. The fact is that AD is dependent on a multitude of genetic, epigenetic, and environmental



and social activity. The evidence base for each of the components is reviewed.

Keywords: Alzheimer's, brain health, prevention, longevity, cognitive impairment

Background

We have learned more about the brain, this 3-pound organ that is the source of human consciousness, in the first quarter of the 21st century than ever before in

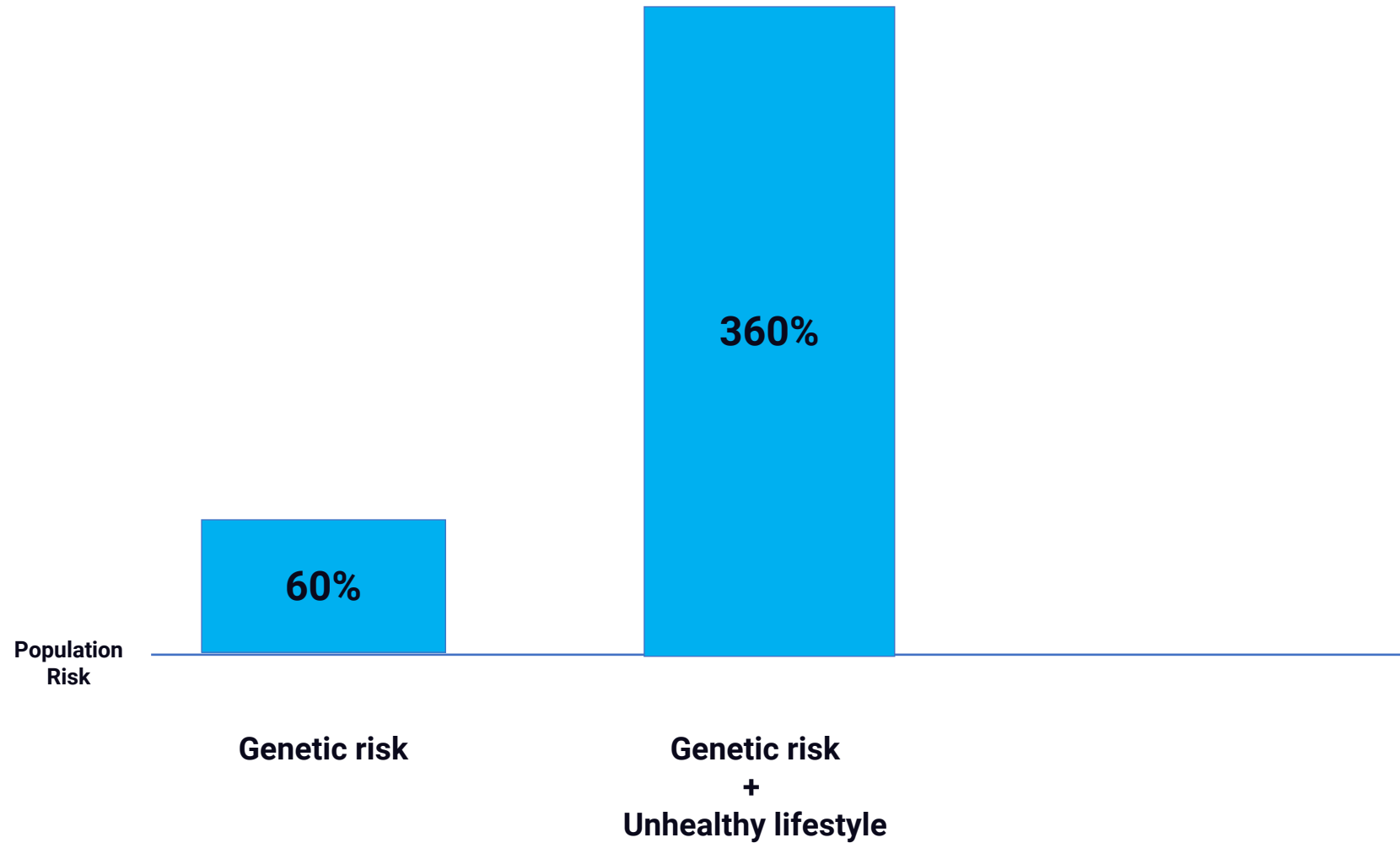
discovered that our brains may consist of around 86 billion neurons, potentially as many as 1 trillion supporting cells such as glial cells, and more than 1 quadrillion connections. Therein lies the potential protection against the trauma and wear and tear that accumulate with aging. These connections can confer tremendous cognitive resilience that could enable the brain to withstand much of a lifetime's trauma. In the 20th century, we have seen a sharp rise in life expectancy that came about with

 **There has been cumulative evidence that aging does not have to lead to cognitive decline.** 

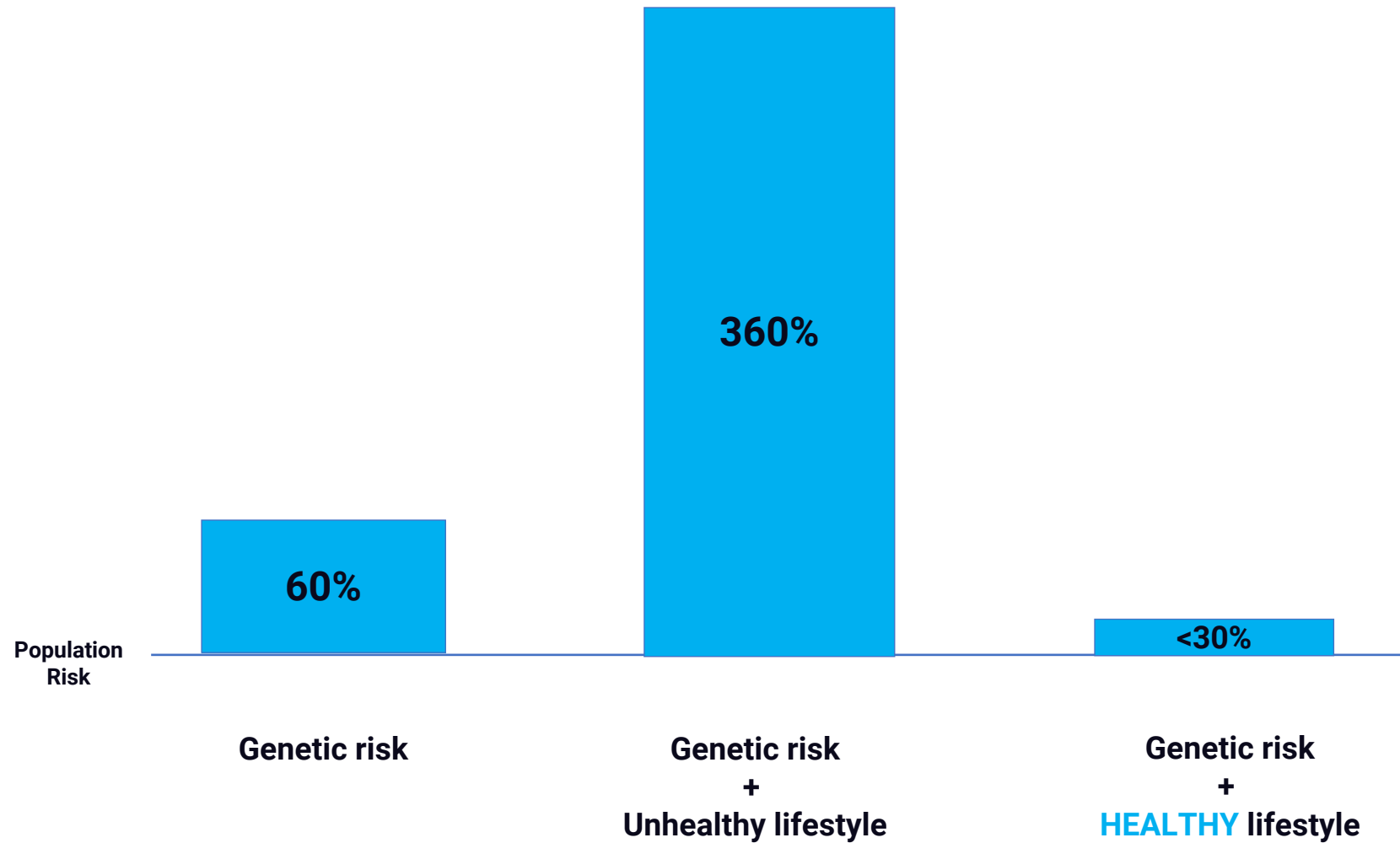
Genetic Risk, Lifestyle and Dementia



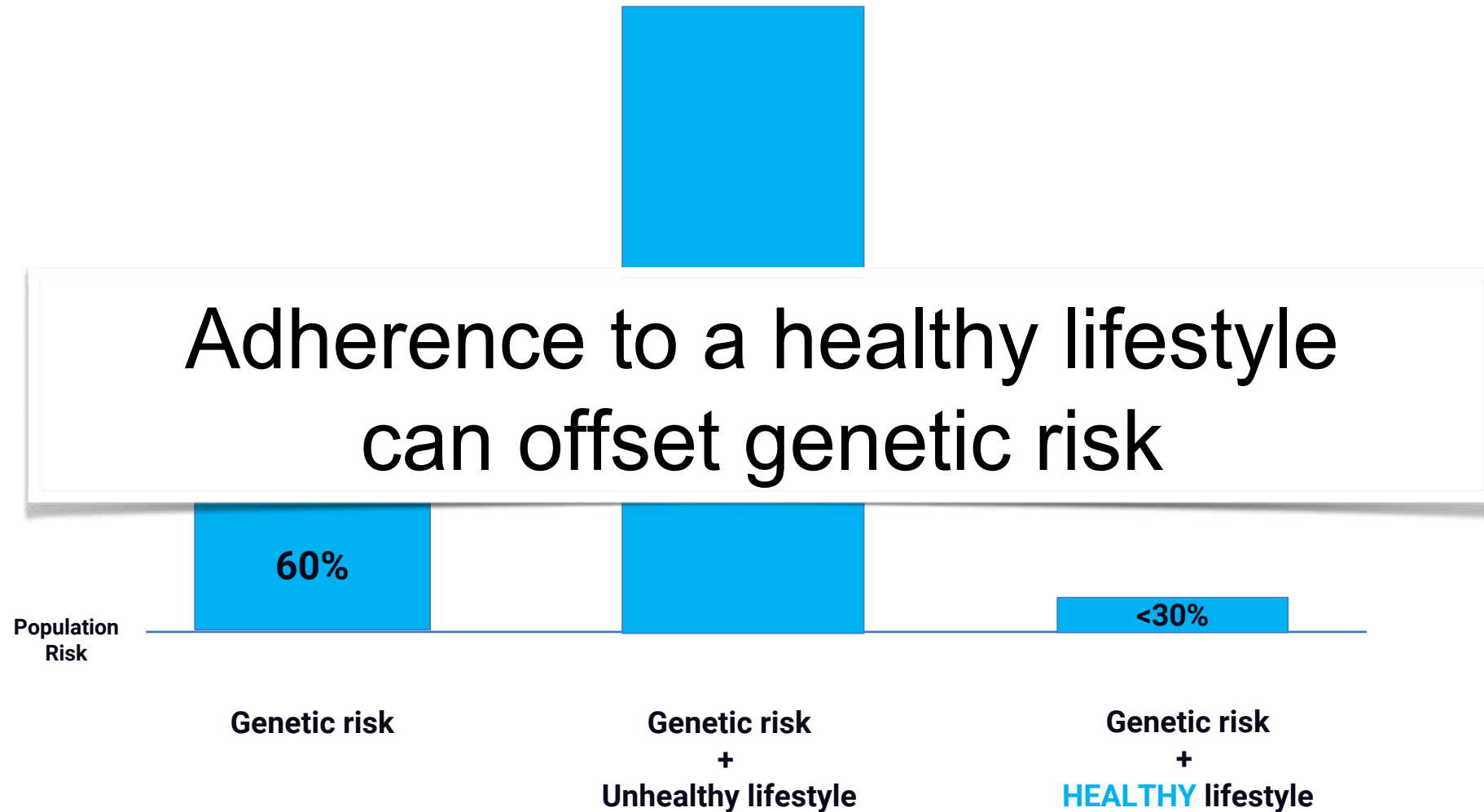
Genetic Risk, Lifestyle and Dementia



Genetic Risk, Lifestyle and Dementia

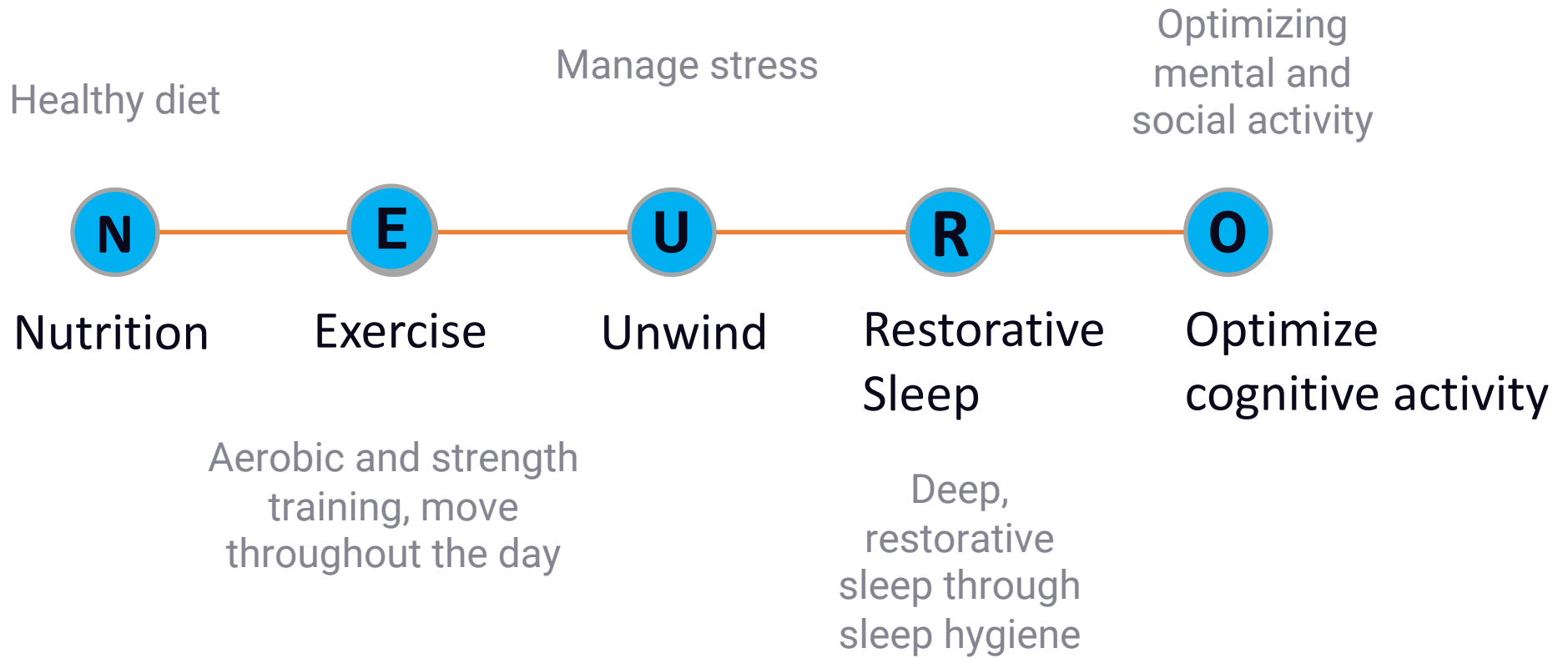


Genetic Risk, Lifestyle and Dementia



Risk Factors

- Age
 - Family history of early dementia
 - ApoE4 gene
 - Lack of exercise
 - Unhealthy diet score
 - Low education
 - Social isolation
 - Menopause
 - Alcohol
 - Smoking
 - Hearing loss
- **Cardiometabolic health (midlife):**
 - High cholesterol (LDL)
 - Abnormal blood sugar levels/ prediabetes
 - Diabetes
 - High blood pressure
 - Obesity



Change at the individual and community level is key for prevention of brain diseases

Healthy Minds Initiative

- Create effective programs with the help of the community that are consistent with the culture and rhythm of the community
- Develop and evaluate effective programs owned by the community
- Remove stigma and raise awareness about brain diseases experienced by the community

HMI CCC Partnership

- Training brain health community coaches
- Expanding information about brain health diseases and path to prevention
- Provide multiple platforms for the community supporting each other towards better brain health

QR Code

