



Alzheimer's Among African Americans

Now the 3rd leading cause of death for older women in Los Angeles County⁽¹⁾.

Alzheimer's is the most common form of dementia. African Americans are **TWICE** as likely to have Alzheimer's when compared to older whites⁽²⁾.



Alzheimer's is a disease of the brain. It causes problems with the ability to think, learn and remember⁽³⁾.



Warning signs include: repeating questions or stories, getting lost in familiar places, withdrawal from friends, misplacing things more often, frequent falls, poor judgement when dealing with money, and difficulty with language⁽⁴⁾.



Talk to your doctor about any memory concerns. Having a diagnosis is important to determine proper care and treatment.



DID YOU KNOW?

Your Medicare annual wellness exam includes a free memory screening.

End Notes

1. Alzheimer's Association. (2017). Alzheimer's Disease Facts and Figures. Alzheimer's Dementia, 13, 325-373.

2. Center for Disease Control and Prevention. (2017). www.cdc.gov/chronicdisease/resources/publications/aag/alzheimers.htm

3. National Institute on Aging. (2014). Brain health resource toolkit. www.nia.nih.gov/health/brain-health-resource

4. Alzheimer's Association. (n.d.). Prevention and risk of Alzheimer's and dementia. <https://www.alz.org/-facts/overview.asp>

5. Alzheimer's Association California Council. 2008 Alzheimer's Disease Facts and Figures in California: Current Status and Future Projections.

6. Lai CK, Arthur DG. (2003). Wandering behaviour in people with dementia. Journal of Advanced Nursing, 44(2), 173-182.

Age is the greatest risk for Alzheimer's and our population is aging rapidly.



The number of Californians living with Alzheimer's will increase 30% by 2025⁽¹⁾.

In Los Angeles, African Americans living with Alzheimer's is expected to **GROW 30%** by 2030⁽⁵⁾.

Developing dementia has been linked to a number of risk factors, including: diabetes, heart disease, high blood pressure, and lack of exercise⁽⁴⁾. Risks for neglect and persons getting lost are significant and costly to society⁽⁶⁾.

We provide FREE family support & education

- Call our Helpline
- Join a caregiver support group in your area
- Speak with a Care Counselor
- Attend a free education event



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