

June is Alzheimer's & Brain Awareness Month



This June during Alzheimer's & Brain Awareness Month, the Alzheimer's Association® is encouraging all Americans to take charge of their brain health.

Today, there are nearly 7 million Americans living with Alzheimer's. The lifetime risk for the disease at age 45 is 1 in 5 for women and 1 in 10 for men. The brain changes that cause Alzheimer's are thought to begin 20 years or more before symptoms start, which suggests that there may be a substantial window of time in which we can intervene in the progression of the disease.

Experts believe there isn't a single cause of Alzheimer's. It's likely the disease develops as a result of multiple factors. While not a direct cause of Alzheimer's, the greatest known risk factor is advancing age. Although some risk factors like age cannot be changed, others — including physical activity, not smoking, education, challenging your mind, blood pressure and diet — may be modified to reduce a person's risk.

As many as 40% of dementia cases worldwide may be attributable to modifiable risk factors. Based on mounting

scientific evidence, the Alzheimer's Association encourages individuals to incorporate these [10 healthy habits](#) to reduce the risk of cognitive decline and possibly dementia.

Be Proactive in Addressing Brain Changes

Another important way to take charge of your brain health is to know the [early warning signs of Alzheimer's and other dementia](#) and be proactive in addressing them.

[Early detection and diagnosis of Alzheimer's and other dementia](#) offers the best opportunity for care, management and treatment. It also provides diagnosed individuals more time to plan for the future, participate in clinical trials and to live with a higher quality of life, for as long as possible.

There are now [treatments](#) that may slow disease progression for people in the early stage of Alzheimer's, making a timely diagnosis critically important. If you or a family is experiencing memory or thinking problems, it is important to get it checked. Talk to your doctor so you can make an informed decision on available treatments to determine if they are right for you.

Join the Fight to End Alzheimer's

During Alzheimer's & Brain Awareness Month, the Alzheimer's Association invites everyone to join us in the fight to end Alzheimer's and all other dementia. Here's what you can do:

- **Adopt the 10 Healthy Habits:** It is never too early or too late to start taking positive actions for your brain. Visit [alz.org/healthyhabits](#) to learn more!
- **Go purple:** On June 1 and throughout the month, go purple — the color of the Alzheimer's movement — to raise awareness of the disease. Dress in purple and share your story on social media using the hashtag #ENDALZ.

- **Join the fight:** Advance the care, support and research efforts of the Alzheimer's Association by participating in our signature fundraising events — Walk to End Alzheimer's®, The Longest Day® and Ride to End ALZ®. Visit [alz.org/fundraisingevents](#).
- **Volunteer with us:** As an Alzheimer's Association volunteer, you can help people in your community take steps to reduce their dementia risk and recognize the signs of Alzheimer's. Visit [alz.org/volunteer](#).
- **Accelerate research:** Alzheimer's Association TrialMatch® is a free, easy-to-use service that connects individuals living with Alzheimer's, caregivers and healthy volunteers to clinical trials that may advance Alzheimer's research. Visit [alz.org/trialmatch](#).
- **Donate:** Empower people at every age and stage of life to take charge of their brain health — support the Alzheimer's Association! Visit [alz.org/donate](#).

We are proud to partner with the Alzheimer's Association in the fight against Alzheimer's and other dementia. To learn more visit [alz.org/abam](#). ■