

(Alzheimer's Association 2025)

# Dementia and Alzheimer's Disease

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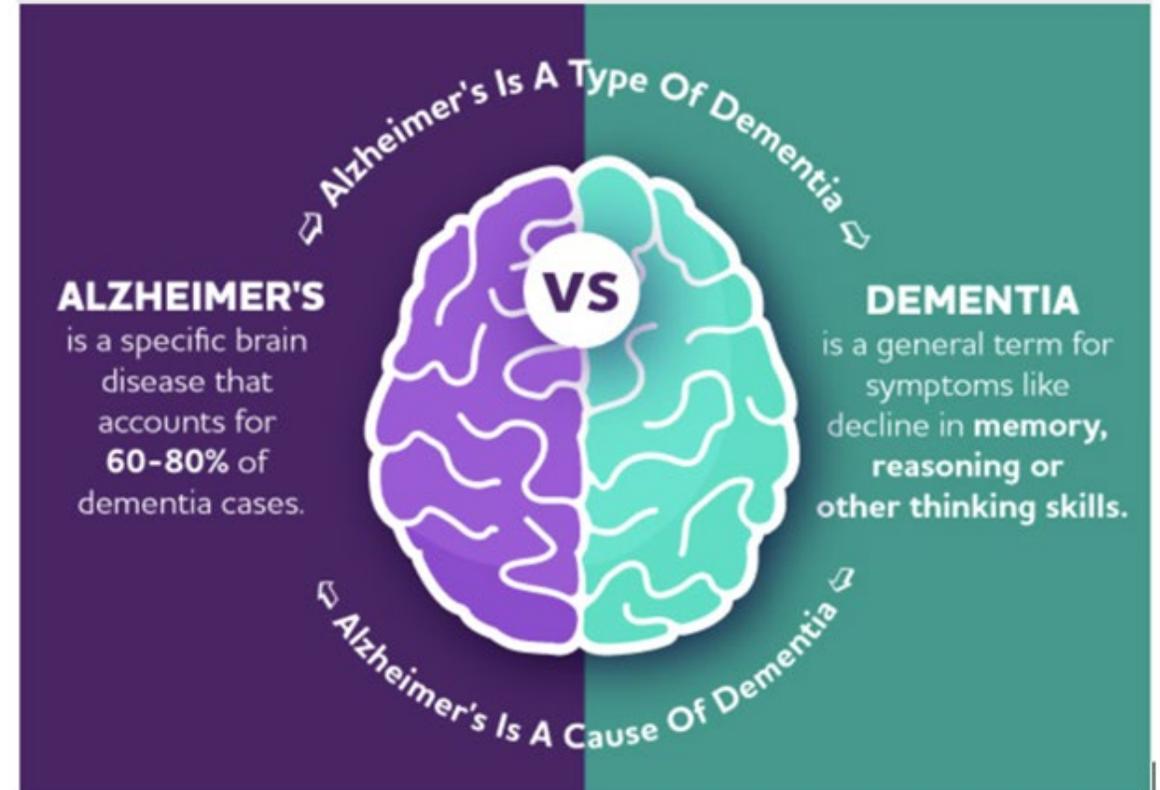
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# Dementia and Alzheimer's Disease:

- Dementia is a general term for symptoms like a decline in memory, reasoning, and thinking skills.
- Alzheimer's is a type of dementia that accounts for 60-80% of dementia cases.
- “Worldwide, 55 million people are living with Alzheimer's and other dementias”. (Alz.org, 2025)



(Alzheimer Association 2025)

# How Common is Dementia In The US?

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## Estimated Lifetime Dementia Risk

### In the United States (US):

- More than 7 million Americans are living with Alzheimer's.
- Researchers estimated that 42% of Americans over age 55 will eventually develop dementia.
- Women have a 48% higher lifetime risk of developing dementia due to surviving to older ages.
- Men have a 35% lifetime risk of developing dementia. (NIH, 2025)

### In Pennsylvania:

- Over 282,000 people aged 65 and older are living with Alzheimer's.
- Approximately 470,00 people provide unpaid care to people with Alzheimer's totaling 831 million hours.
- The estimated cost to the State's Medicaid program is approximately \$4.4 billion.
- In 2022, a total of 4,011 people died from Alzheimer's disease. (Alz.org, 2025)

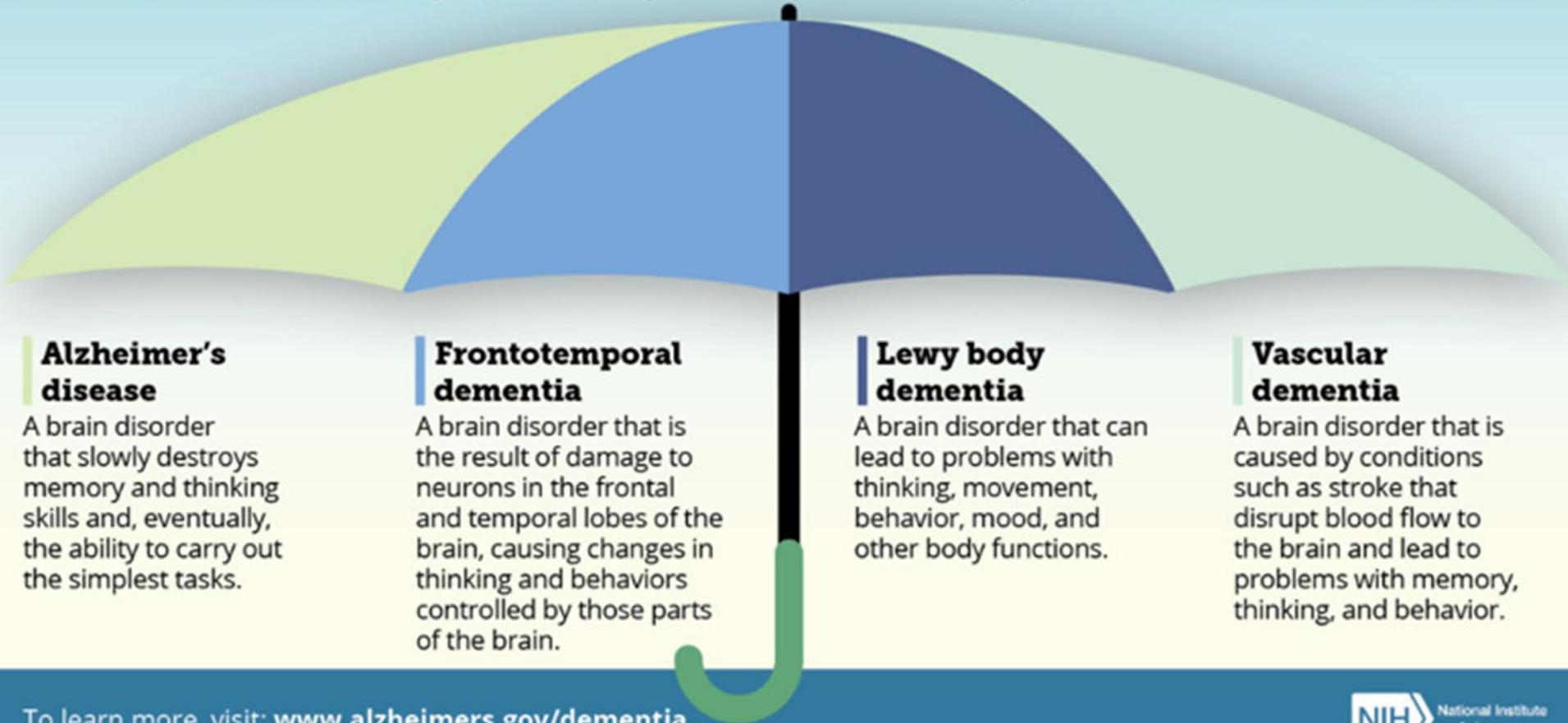
# What is Dementia?

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- Dementia is a general term used for the loss of memory, language, problem-solving, thinking abilities, and personality changes.
- Diseases grouped under the term of dementia include:
  - **Alzheimer's Disease** slowly destroys memory and thinking.
  - **Vascular Dementia** is caused by conditions like stroke leading to memory problems.
  - **Lewy body Dementia** can cause problems with thinking, movement, and behaviors.
  - **Frontotemporal Dementia** cause changes in thinking and behaviors.  
(Dementia Society of America, 2025)

# Dementia Is an Umbrella Term

It is used to describe a range of neurological conditions affecting the brain that worsen over time.



To learn more, visit: [www.alzheimers.gov/dementia](http://www.alzheimers.gov/dementia).



(National Institute of Health, 2025)



# What is Dementia?

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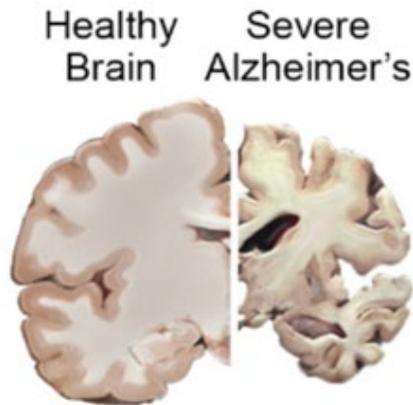
Conditions also included under the Dementia umbrella may include:

- **Huntington's Disease** can cause involuntary movements, cognitive decline, and psychiatric symptoms.
- **Creutzfeldt-Jakob Disease** can cause memory loss, confusion, and personality changes.
- **Mixed Dementia** is a combination of two or more types of dementia causing memory loss, confusion, language and mood/behavior changes.

# What is Alzheimer's Disease?

Alzheimer's disease is a type of dementia which:

- Affects memory, thinking, and behavior.
- Is the most common cause of dementia.
- Is not a normal part of aging.
- Affects many people 65 and older (Alzheimer's Association, 2025).



(National Institute on Aging, 2023)

Alzheimer's worsens over time as the disease progresses:

- **Early stage:** memory loss and symptoms are mild.
  - You can function independently but have memory lapses.
- **Middle-stage:** the longest stage, symptoms are more noticeable.
  - You may confuse words, get frustrated or angry, and act in unexpected ways.
- **Late stage:** the final stage.
  - You may lose the ability to respond, carry on a conversation, communicating pain is difficult, or control movement (Alzheimer's Association, 2025).

# Dementia and Women

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- Dementia is more common in women primarily because they live longer.
- Other reasons may include:
  - The **ApoE4** gene variant is greater in women.
    - This gene is the strongest known genetic risk factor for late-onset Alzheimer's disease.
  - Hormonal changes related to menopause have been linked to an increased risk of dementia.
  - Women are more vulnerable to the long-term effects of concussions, which can increase the risk of dementia. (Alzheimer's Society, 2025 and NIH, 2023)



# Signs of Dementia and Alzheimer's Disease

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## Early signs and symptoms may include:

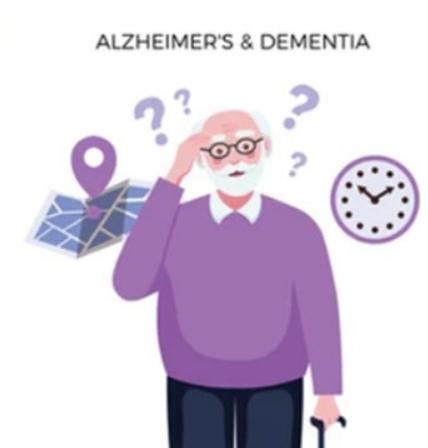
- Memory loss that disrupts your daily life.
- Difficulty being able to plan, solve problems, or complete familiar tasks.
- Lose track of dates, seasons, and the passage of time.
- Have trouble understanding visual images and 3-D relationships.
- Experience problems with words while speaking or writing.
- Misplacing things and are unable to trace your steps to find the item.
- Have increased poor judgment.
- Unable to hold a conversation causing you to withdrawal from work or social activities.
- Changes in mood or personality, becoming confused, suspicious, depressed, fearful or anxious. (Alhz.org, 2025)

***If you notice any of these symptoms, don't ignore them. Make an appointment with your doctor.***

# Signs of Dementia and Alzheimer's Disease

## Psychological changes may include:

- Personality changes
- Depression
- Anxiety
- Agitation
- Behavior that does not fit the situation
- Being suspicious (paranoia)
- Seeing things that aren't there (hallucinations) (Mayo Clinic, 2025)



# Prevention

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## **Some things you can do to prevent Dementia and Alzheimer's disease include:**

- Take care of your mental and physical health by making sure to get your physicals and health screenings.
- Sleep well making sure to get 8 hours of sleep each night.
- Prevent head injuries and falls to protect from concussions and other brain injuries.
- Drink less alcohol to prevent worsening health conditions like diabetes and heart disease.
- Stop tobacco use to improve your health and lower the risk of heart attack, stroke and lung disease.

(Alzheimers.gov, 2025)



# Prevention

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**Some things which you can do to prevent Dementia and Alzheimer's disease include (continued):**

- Control blood pressure to reduce the risk of stroke and vascular dementia.
- Manage blood sugar to decrease the risk of diabetes, stroke, and dementia.
- Maintain a healthy weight to reduce risk of diabetes and heart disease.
- Eat a healthy balanced diet with limited sugar and fats.
- Keep physically active to decrease obesity, heart disease, and stroke.
- Stay mentally active with playing games, crafts, reading, volunteering and socializing.
- Stay connected with family and friends to prevent social isolation and loneliness.
- Treat hearing problems as hearing loss can affect cognitive and dementia risk.

(Alzheimers.gov, 2025)

# Treatment

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New Screening Tests : Lumipulse®

The first FDA approved blood test to diagnose Alzheimer's Disease (Mayo Clinic, 2025)

Although Alzheimer's has no cure, there are two treatment medications that can reduce cognitive and functional decline:

- Donanemab (Kisunla™)
- Lecanemab (Legembi®)



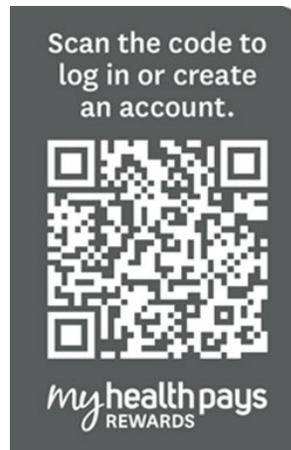
Efforts continue worldwide to find better ways to treat and delay Alzheimer's Disease onset. (Alz.org, 2025)

# PA Health & Wellness Resources:

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To learn more about My Health Pays® Rewards program or make a referral to disease case management:

- **Visit:** [PAHealthWellness.com](http://PAHealthWellness.com)
- **Call Participant Services:** [1-844-626-6813](tel:1-844-626-6813) (TTY:[711](tel:711))
- **Email:** [phwcasemanagement@pahealthwellness.com](mailto:phwcasemanagement@pahealthwellness.com)
- **QR Code:**



# Organizational Resources

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## Alzheimer's Association in Pennsylvania:

- 24/7 Helpline: **800-272-3900**
- *Greater Pennsylvania Chapter:*
  - Pittsburgh, PA and Harrisburg, PA: **800-272-3900**.
  - Weblink: <https://www.alz.org/pa>
- *Delaware Valley Chapter:*
  - Philadelphia, PA: **800-272-3900**.
  - Weblink: <https://www.alz.org/pa>

## Alzheimer's Association (National)

- Phone: **800-272-3900 / 866-403-3073 (TTY)**
- Email: [info@alz.org](mailto:info@alz.org)
- Website: [www.alz.org](http://www.alz.org)

## Alzheimer's Association Home Safety Checklist.

- Weblink: <https://www.alz.org/getmedia/dc740fbd-9cdc-4b64-b274-9fc9ee4ec64e/alzheimers-dementia-home-safety-checklist.pdf>

## Alzheimer's Foundation of America

- Phone: **866-232-8484**
- Email: [info@alzfdn.org](mailto:info@alzfdn.org)
- Weblink: [www.alzfdn.org](http://www.alzfdn.org)



# Organizational Resources

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## Alzheimers.gov

- Website: [www.alzheimers.gov](http://www.alzheimers.gov)

## Eldercare Locator

- Phone: **800-677-1116**
- Email: [eldercarelocator@USAging.org](mailto:eldercarelocator@USAging.org)
- Website: <https://eldercare.acl.gov>

## National Institute on Aging (NIA) Alzheimer's and related Dementias Education and Referral (ADEAR) Center

- Phone: **800-438-4380**
- Websites:
  - Email: [adear@nia.nih.gov](mailto:adear@nia.nih.gov)
  - Weblink: [www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers)



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# Questions



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