



**FACT SHEET 1**

**Commonly asked Questions About Alzheimer’s Disease –AD**

*Patient Self-Management Resources*

QUESTION	ANSWER	AUTHORITATIVE PRINT & WEB RESOURCE CONTACT INFORMATION
<p><b>What is Alzheimer’s Disease (AD)?</b></p>	<p>Alzheimer’s Disease (AD) is the most common type of dementia. It is caused by changes that begin in the part of the brain that controls memory. Over time, these changes spread to other parts of the brain.</p>	<p>Alzheimer’s Association Pamphlets “Basics of Alzheimer’s Disease” and “Here’s what you need to know about AD.”  <a href="http://www.alz.org/alzheimers_disease_publications.asp">http://www.alz.org/alzheimers_disease_publications.asp</a></p>
	<p>Dementia describes loss of memory and thinking that stops a person from doing their normal activities.</p>	
<p><b>What is Mild Cognitive Impairment (MCI)?</b></p>	<p>Sometimes, a person has Mild Cognitive Impairment (MCI) before they get Alzheimer’s Disease.</p>	
	<p>In MCI, a person’s memory and thinking changes but they can still do all of their normal activities. A person can have MCI for years before it becomes full blown AD. The Alzheimer’s Association website has helpful information.</p>	<p>Alzheimer’s Association Website  <a href="http://www.alz.org/dementia/mild-cognitive-impairment-mci.asp">http://www.alz.org/dementia/mild-cognitive-impairment-mci.asp</a></p>
<p><b>Does everyone 65 and over get Alzheimer’s Disease (AD)?</b></p>	<p>Only a few (13%) of people 65 and over have AD.             Almost 50% of people 85 and over have AD.</p>	
<p><b>What are the early signs of Alzheimer’s Disease (AD)?</b></p>	<p>The Alzheimer’s Association publishes “10 Warning Signs of AD.”</p>	<p><a href="http://www.alz.org/Alzheimer_disease_know_the_10_signs.asc">http://www.alz.org/Alzheimer_disease_know_the_10_signs.asc</a></p>
<p><b>How can I tell if my memory changes are normal aging or early Alzheimer’s Disease (AD)?</b></p>	<p>As people get older, they may forget things sometimes and remember them later. Examples of <u>normal</u> age changes are:            - Sometimes forgetting a name but remembering it later            - Not knowing the day of the week, but remembering it later            - Sometimes needing help to change a setting on a cell phone or TV remote            - Sometimes having trouble choosing a tip in a restaurant or balancing a checkbook</p>	<p>Alzheimer’s Association Pamphlets “Basics of Alzheimer’s Disease” and “Here’s what you need to know about AD.”  <a href="http://www.alz.org/alzheimers_disease_publications.asp">http://www.alz.org/alzheimers_disease_publications.asp</a></p>
<p><b>Would changing what I eat prevent AD?</b></p>	<p>There is currently no good (scientific) evidence that what you eat can prevent AD.</p>	

Face Sheet 1- Commonly Asked Questions about Alzheimer’s Disease

QUESTION	ANSWER	AUTHORITATIVE PRINT & WEB RESOURCE CONTACT INFORMATION
Would exercising prevent AD?	There is currently no good (scientific) evidence that exercise can prevent AD.	
Would doing brain puzzles prevent AD?	There is currently no good (scientific) evidence that brain puzzles can prevent AD.	
Should I or my children be tested for the ApoE gene?	Your doctor or nurse practitioner can advise you about testing for the ApoE gene.	<a href="http://www.ghr.nlm.nih.gov/gene/APOE">http://www.ghr.nlm.nih.gov/gene/APOE</a>
	A person with the ApoE gene is more likely to develop AD, but it is not known how the ApoE gene increases the risk of AD.  Not all people with the ApoE gene get AD, and some people with AD do not have the ApoE gene.	
	A blood test is used to find the ApoE gene.	<a href="http://www.labtestsonline.org/understanding/analytes/apoe/tab/test">http://www.labtestsonline.org/understanding/analytes/apoe/tab/test</a>
Should I be tested for biomarkers of AD?	Looking for biomarkers for AD (e.g. an MRI or spinal tap) is currently only done in research studies.	
Where can I find good information about AD?	The Alzheimer’s Association is the best place to go for information about AD. They have a national office, local chapters, support groups, a 24 hour hot line, a Caregiver Center and other web materials.	Google your local Alzheimer’s Association chapter or contact the national office & 24 hour helpline: 800 272-3900; <a href="http://www.alz.org">http://www.alz.org</a>
	The National Institute on Aging (NIH) has an Alzheimer’s Disease Education & Referral Center that has examples of symptoms a person will have in each stage of AD.	<a href="http://www.nia.nih.gov/alzheimers/alzheimers-disease-research-centers">http://www.nia.nih.gov/alzheimers/alzheimers-disease-research-centers</a>
	The NIH publishes “Age Page” that has helpful information.	Google NIH Alzheimer’s Disease Education & Referral Center or go to: <a href="http://www.nia.nih.gov/alzheimers/topics">http://www.nia.nih.gov/alzheimers/topics</a>
	Federally funded Aging and Dementia Centers can evaluate a person’s symptoms and make treatment recommendations	Google NIH Age Pages, or go to: <a href="http://www.nia.nih.gov/health/publication/Agepages">http://www.nia.nih.gov/health/publication/Agepages</a>  Google Aging and Dementia Centers or Memory Centers

[www.HartfordIGN.org](http://www.HartfordIGN.org)

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