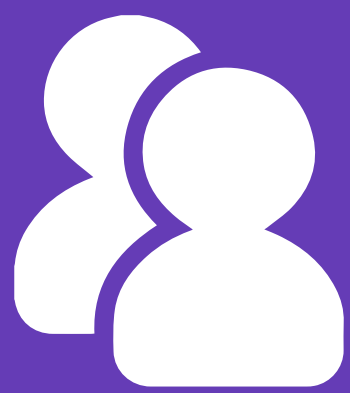


ALZHEIMER'S AWARENESS FOR THE BLACK COMMUNITY

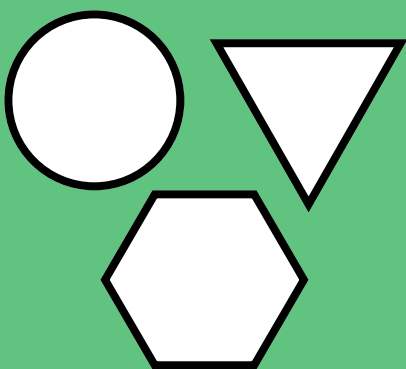
Education for Alzheimer's & Brain Awareness Month

RATES IN THE BLACK COMMUNITY

About 1 out of 7 African Americans age 65 and older have Alzheimer's (Center for Disease Control and Prevention).



EARLY SIGNS



- Memory loss that interferes with daily life
- Losing ability to complete usual tasks
- Increased difficulty with balance or bumping into things
- More difficulty following conversations or coming up with the right words

RECEIVING CARE

- Family, community and friends, and health care professionals can all give care to people with Alzheimer's and dementias
- Health providers might include neuropsychologists, neurologists, geriatricians, internal medicine physicians, and rehabilitation therapists



BOOSTING BRAIN HEALTH



- Mental stimulation, such as lifelong learning, puzzles, or crafts
- Physical activity and exercise
- Nutrition with whole grains, lean protein, fruits and vegetables, moderate dairy and low sugar
- Reduced stress, and have mental health care or social support



Created by the SBN
Education Committee

