

What is Alzheimer's Disease

Alzheimer's Disease is a slow, progressive brain disease that is most common amongst the elderly.

Various memory and behavioural problems appear at different stages of the disease. Since it is progressive, these symptoms usually get worse as the brain continues to deteriorate.

To date, there is no known cure for Alzheimer's, but there are therapies that have been shown to slow down the disease symptoms.

Alzheimer's Disease is Becoming Increasingly Common as Our Society Ages²

- In 2005 an estimated 280,000 Canadians over 65 have Alzheimer's.
- By 2031, over 750,000 Canadians over 65 are expected to have Alzheimer's and related dementias.
- 1 in 13 Canadians over 65 is affected by Alzheimer's and related dementias.
- Alzheimer's affects twice as many women as it does men.

1 Checklist adapted from: Mundt J.C. et al. Lay person-based screening for early detection of Alzheimer's Disease: Development and Validation of an Instrument. *J Gerontol Psychol Sci* 2000;55B:p163-p170.

2 Canadian Study of Health and Aging Working Group: Canadian Study of Health and Aging: Study methods and prevalence of dementia. *CMAJ* 1994;150:899-913.

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Time is precious...
especially if someone
you care about has
Alzheimer's Disease



Take this 60 second questionnaire to find out if you should be talking to a doctor

Take This 60 Second Alzheimer's Disease Screening Questionnaire¹

Remember: Treatment Benefits May Be Maximized By Starting Sooner



1 Does he/she often repeat himself/herself or ask the same questions over and over? Yes No Don't Know

2 Is he/she more forgetful; having trouble with short-term memory?

3 Does he/she need reminders to do things like chores, shopping, or taking medicine?

4 Does he/she forget appointments, family occasions or holidays?

5 Does he/she seem sad, down-in-the-dumps, or cry more often than in the past?

6 Has he/she started having trouble doing calculations, managing finances, or balancing the cheque book? Yes No Don't Know

7 Has he/she lost interest in usual activities such as hobbies, reading, attending church, or other social activities?

8 Has he/she started needing help eating, dressing, bathing, or using the bathroom?

9 Has he/she become irritable, agitated, suspicious, or started seeing, hearing, or believing things that are not real?

10 Are there concerns about his/her driving, e.g., getting lost, driving unsafely? (If he/she has never driven, answer NO) Yes No Don't Know

11 Does he/she have trouble finding the right words, finishing sentences or naming people/things?

Totals

Yes ___ No ___ Don't Know ___

Scoring: Total your "yes" responses.

If you answered "yes" to five or more questions, the person you have in mind should consult a physician.

If someone you care about is diagnosed with Alzheimer's, there are treatments available. And the sooner treatment is started, the sooner it can start working. Ask the doctor about these options.