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## **ALZHEIMER'S DISEASE: FACTS AND FINDINGS**

- Approximately 5 million Americans currently suffer from Alzheimer's disease. The number is expected to rise as high as 16 million as the Baby Boomers age.
- Almost 15 million Americans over 65 years of age have mild cognitive impairment.
- Nearly 50 percent of Americans over 40-years of age complain of age-associated memory problems.
- Increasing age is the greatest risk factor for Alzheimer's. One in 10 individuals over 65 and nearly half of those over 85 are affected. Inherited forms of Alzheimer's disease can strike people as young as 30 to 50 years of age.
- In a Gallup poll commissioned by the Alzheimer's Association, 1 in 10 Americans said that they had a family member with Alzheimer's and 1 in 3 knew someone with the disease.
- National direct and indirect annual costs of caring for individuals with Alzheimer's disease are at least \$100 billion, according to estimates used by the Alzheimer's Association and the National Institute on Aging.
- Research has documented that natural components (antioxidants, vitamins, minerals and other micro-nutrients) found in key foods and plants are involved in the maintenance and repair of brain cells, and are known to positively impact cognitive brain function.
- Researchers in the field of Alzheimer's disease have found that proper mental exercises are critical for warding off the onset of cognitive decline.
- Several recent studies involving thousands of adults over the age of 65 documented that regular physical exercise lowered the risk of acquiring Alzheimer's disease by 30 percent.

Sources: National Alzheimer's Institute; BrainSavers