

SUNDAY MORNING

HEALTH CORNER

The Importance of Brain Health and Alzheimer's Awareness

The health of your brain is just as important as the other parts of your body. African Americans' brain health is more likely to diminish than any other racial group, with illnesses often diagnosed later.

When it comes to brain health, Alzheimer's disease is the most common type of dementia, accounting for **60% – 80% of all cases**. This irreversible, progressive brain disorder creates a substantial burden on African Americans, their families, caregivers, and the community.

Know the Facts about Alzheimer's



More than **5 Million people** are affected by Alzheimer's in the US.



Alzheimer's disease is **more prevalent** among African Americans than among whites, with estimates ranging from **14% to almost 100% higher**



In the U.S., older African- Americans are about **two times more** likely than older whites to have Alzheimer's and other dementias.



The ratio of seniors who die from Alzheimer's disease or other forms of dementias is **1 to 3**.

*If you or a loved one are **65 years of age or older** and have noticed a behavior change, please speak with your local doctor about available **cognitive screenings**.*



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