

# SUNDAY MORNING

## HEALTH CORNER

### The Importance of Brain Health & 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 other racial groups, 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 Disease



More than **5 Million people** are affected by Alzheimer's disease 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 disease 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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