



Preventing Alzheimer's & Preserving Brain Health

Early action is key for brain health. If you notice memory loss or confusion, get checked. An early Alzheimer's diagnosis can help with treatment and planning (Alzheimer's Association, 2024).

Early Detection Changes Everything

African American families face higher risks for conditions like high blood pressure and diabetes, which are closely linked to a greater chance of memory loss and Alzheimer's disease (Alzheimer's Association, 2024). Catching these issues early makes a difference.

An early diagnosis can open the door to treatments that may help slow the disease and allow more time to focus on the people and moments that matter most.

Why It Matters

Alzheimer's doesn't just impact memory, it affects decision-making and independence. In many African American families, a delayed diagnosis can mean fewer choices and less time to prepare. Seeking care early empowers your loved ones to plan ahead with clarity and confidence. It also gives families the opportunity to show up with the support, love and care that reflects our deep cultural values of togetherness and legacy.

What You Can Do

Living well and protecting your brain health isn't just about personal choices, it's a family commitment. Healthy habits, staying connected and planning together help protect your mind, your future and your loved ones.

- Get moving. Regular activity, like walking or dancing, helps protect memory and support brain health.
- Stay connected. Quality time with family and friends keeps your mind sharp and your heart strong.
- Rest well. Good sleep gives your brain time to recharge and supports memory and focus.



Source: Alzheimer's Association



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