

TBT 1: Alzheimer's Awareness

What is Alzheimer's?

Alzheimer's disease is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills, and eventually the ability to carry out the simplest tasks. It is caused by the excessive shrinking of certain brain tissues, which occurs when neurons stop functioning, lose connections with other neurons, and eventually die.



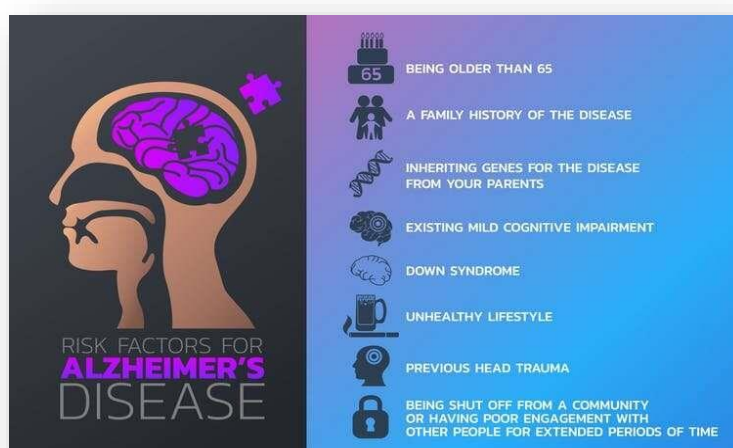
How Alzheimer's may present itself in an individual

Symptoms

- Alzheimer's causes a gradual decline in memory, thinking and reasoning skills.
- **Alzheimer disease usually first appears as forgetfulness.**
- Alzheimer's disease causes shrinkage (atrophy) of the posterior part of the brain. Symptoms depend on the stage of the disease, there are 3 stages: **Early, Middle and Late.**
- Often requires lab test or imaging.
- Affected brain tissue contains:
 1. amyloid plaques (abnormal deposits of protein) that damage and destroy brain cells
 2. neurofibrillary tangles- brain cells require the normal structure and functioning of a protein called tau. In Alzheimer's, threads of tau protein twist into abnormal tangles inside brain cells, leading to the death of brain cells

- Factors known to increase the risk of developing the condition are:

1. age
2. family history and genetics
3. down syndrome
4. head injuries
5. past head trauma
6. mild cognitive impairment



- Alzheimer disease symptoms include difficulty with many areas of mental function, including:
 1. emotional behaviour or personality
 2. language
 3. memory
 4. perception
 5. thinking and judgment (cognitive skills)

TBT 1: Alzheimer's Awareness

Questions

Question 1:

What is Alzheimer's? (circle the correct answer)

- a) Temporary memory loss (maximum 1 day)
- b) Progressive brain disorder that slowly destroys memory and thinking skills
- c) Flu

Question 2:

Does Alzheimer's symptoms appear gradually or suddenly? (circle the correct answer)

- a) Gradual
- b) Sudden

Question 3:

What is the first symptom of Alzheimer's? (circle the correct answer)

- a) Loss of motor function
- b) Forgetfulness

Question 4:

How many stages of the disease are there? (circle the correct answer)

- a) 2
- b) 5
- c) 7
- d) 3

TBT 2: Alzheimer's Consequences and Prevention



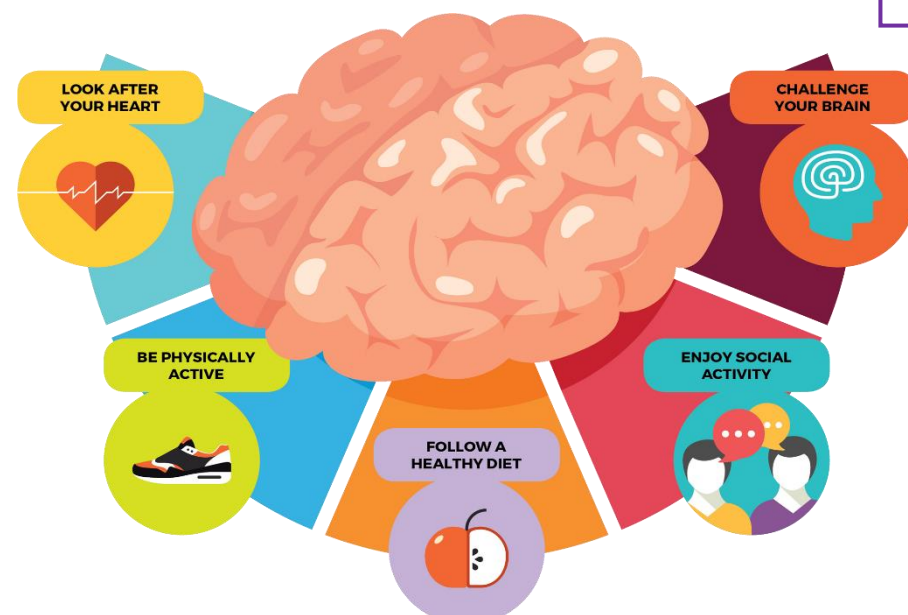
Consequences

- This type of brain disorder causes problems with memory, thinking and behaviour.
- Common (more than **20,000 cases per year** in UK).
- Treatments can help manage condition, no known cure.
- Can last several years or be lifelong.
- Alzheimer's is associated with genetic, lifestyle and environmental factors that affect the brain cells over time. At the initial stage of the disease, forgetfulness and mild confusion is seen.
- Over time, recent memories also start erasing. Advanced stage symptoms vary from person to person, **but there is no cure for Alzheimer's disease**. Medication can temporarily reduce some symptoms or slow down the progression of the condition in some people.

Prevention

As the exact cause of Alzheimer's disease is still unknown, there's no certain way to prevent the condition, but a healthy lifestyle can help reduce your risk. These include:

- stopping smoking and keeping alcohol to a minimum
- eating a healthy, balanced diet, including at least 5 portions of fruit and vegetables every day
- exercising for at least 150 minutes every week by doing moderate-intensity aerobic activity (such as cycling or fast walking), or as much as you are able to.
- making sure your blood pressure is checked and controlled through regular health tests.
- if you have diabetes, make sure you keep to the diet and take your medication.



TBT 2: Alzheimer's Consequences and Prevention

Questions

Question 1:

At the initial stage of the disease, forgetfulness and mild confusion is seen. (circle the correct answer)

- a) True
- b) False

Question 2:

How many Alzheimer's cases per year there are in the UK? (circle the correct answer)

- a) 1 000
- b) 5 000
- c) 10 000
- d) 20 000
- e) 50 000

Question 3:

A healthy lifestyle can help reduce your risk to get Alzheimer's disease. (circle the correct answer)

- a) True
- b) False

Question 3:

Exercising for at least 150 minutes every week could reduce the risk for getting Alzheimer's disease. (circle the correct answer)

- a) True
- b) False