

# #AlpharmaximSpotlightOn Alzheimer's disease

## Famous people who had Alzheimer's disease<sup>2,3</sup>

Barbara Windsor  
Enid Blyton  
Etta James  
Rita Hayworth  
Rosa Parks  
Terry Pratchett

*"Alzheimer's disease is a brain disorder that slowly destroys memory and thinking skills, and, eventually, the ability to carry out the simplest tasks"<sup>1</sup>*

### Alzheimer's disease facts

- The disease is named after Alois Alzheimer, the German doctor who first described it in 1906<sup>1</sup>
- 47 million people are affected globally<sup>4</sup>
- In 2019, Alzheimer's disease (and other forms of dementia) was the 7th leading cause of death<sup>5</sup>
- 59% of people worldwide incorrectly believe that Alzheimer's disease is an inevitable consequence of aging<sup>4</sup>
- Alzheimer's disease affects more women than men<sup>6</sup>
- In younger-onset Alzheimer's disease, people under the age of 65 are affected<sup>7</sup>

### Stages of Alzheimer's disease<sup>10</sup>

Early stage (mild)	Forgetfulness, misplacing objects
Middle stage (moderate)	Confusion, personality changes, tendency to wander
Late stage (severe)	Difficulty with communication, reduced physical abilities, require round-the-clock assistance

### Alzheimer's disease is<sup>8,9</sup>

- Progressive
- Multifactorial
- Neurodegenerative
- Irreversible
- Incurable
- Caused by accumulation of the amyloid- $\beta$  peptide in the brain, which starts 15–20 years before clinical symptoms are seen, due to defective clearance of the peptide by the brain

*"Alzheimer's disease is the most common form of dementia"<sup>8</sup>*

### Know the signs of Alzheimer's disease to support timely diagnosis<sup>11</sup>

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with place or time
- Difficulty in visual or spatial awareness
- New problems with speaking/writing
- Misplacing items and inability to retrace steps
- Poor judgement
- Withdrawal from social activities
- Mood and personality changes

### Risk factors<sup>13</sup>

- Age
- Family history and genetics
- Head injuries
- Other conditions, such as diabetes, heart disease and high blood pressure

### Prevention<sup>14</sup>

- Regular physical exercise
- Follow an anti-inflammatory diet
- Maintain social contact
- Keep mentally active
- Minimise head trauma

*"Early, accurate diagnosis is vital"<sup>12</sup>*

#AlpharmaximSpotlightOn

There's currently no cure for Alzheimer's disease; however, there are treatments available that may change disease progression and drug and non-drug options that may help treat symptoms<sup>15</sup>

### References

1. National Institute on Aging. Alzheimer's disease fact sheet. 8 July 2021. <https://www.nia.nih.gov/health/alzheimers-disease-fact-sheet>. Accessed 13 September 2021;
2. Ranker. Famous people who died of Alzheimer's disease. 1 March 2019. [https://www.ranker.com/list/famous-people-who-died-of-alzheimer\\_s-disease/reference](https://www.ranker.com/list/famous-people-who-died-of-alzheimer_s-disease/reference). Accessed 13 September 2021;
3. Alzheimer's Research UK. Dame Barbara Windsor dies with dementia, aged 83. 11 December 2020. <https://www.alzheimersresearchuk.org/dame-barbara-windsor-dies-with-dementia-aged-83/#:~:text=Actress%20and%20national%20treasure%20Dame%20Scott%20Mitchell%20by%20her%20side>. Accessed 13 September 2021;
4. Alzheimer's Association. Alzheimer's & dementia: global resources. 2021. <https://www.alz.org/global/overview.asp>. Accessed 13 September 2021;
5. World Health Organization (WHO). The top 10 causes of death. 9 December 2020. <https://www.who.int/news-room/fact-sheets/detail/the-top-10-causes-of-death>. Accessed 13 September 2021;
6. Sauer A. Why is Alzheimer's more likely in women? *alzheimers.net*. 5 September 2019. <https://www.alzheimers.net/8-12-15-why-is-alzheimers-more-likely-in-women>. Accessed 13 September 2021;
7. Alzheimer's Association. Dementia vs. Alzheimer's disease: what is the difference? <https://www.alz.org/alzheimers-dementia/difference-between-dementia-and-alzheimer-s>. 2021. Accessed 13 September 2021;
8. Mendiola-Precoma J, Berumen LC, Padilla K, Garcia-Alcocer G. Therapies for prevention and treatment of Alzheimer's disease. *Biomed Res Int* 2016;2016:2589276;
9. Panza F, Lozupone M, Logroscino G, Imbimbo BP. A critical appraisal of amyloid- $\beta$ -targeting therapies for Alzheimer disease. *Nat Rev Neurol* 2019;15(2):73–88;
10. Alzheimer's Association. Stages of Alzheimer's. 2021. <https://www.alz.org/alzheimers-dementia/stages>. Accessed 13 September 2021;
11. Alzheimer's Association. 10 Warning Signs of Alzheimer's. June 2019. <https://www.alz.org/media/Documents/alzheimers-dementia-10-signs-worksheet.pdf>. Accessed 13 September 2021;
12. Alzheimer's Association. Why get checked? 2021. <https://www.alz.org/alzheimers-dementia/diagnosis/why-get-checked>. Accessed 13 September 2021;
13. Alzheimer's Association. Causes and risk factors for Alzheimer's disease. 2021. <https://www.alz.org/alzheimers-dementia/what-is-alzheimers/causes-and-risk-factors>. Accessed 13 September 2021;
14. Alzheimer's Association. Can Alzheimer's disease be prevented? 2021. [https://www.alz.org/alzheimers-dementia/research\\_progress/prevention](https://www.alz.org/alzheimers-dementia/research_progress/prevention). Accessed 13 September 2021;
15. Alzheimer's Association. Treatments. 2021. <https://www.alz.org/alzheimers-dementia/treatments>. Accessed 13 September 2021

#AlpharmaximSpotlightOn  
Alzheimer's  
disease