



# Compass Feature: Alzheimer's & Brain Awareness Month

June 2023

In addition to Safety Month, we observe [Alzheimer's & Brain Awareness Month](#) on our Taylor Wellness Calendar in June. Alzheimer's is a type of dementia that affects memory, thinking and behavior. Symptoms eventually grow severe enough to interfere with daily tasks. Below are some facts you may not be aware of and a brief video sharing some impactful statistics. Help us create awareness around a healthy brain and a better understanding of how the symptoms impact our wellbeing.

- Alzheimer's disease accounts for 60-80% of dementia cases.
- About 1 in 9 people (10.7%) age 65 and older have Alzheimer's disease. The percentage of people with Alzheimer's dementia increases with age: 5.0% of people aged 65 to 74, 13.1% of people aged 75 to 84, and 33.2% of people aged 85 and older have Alzheimer's
- After age 65, the risk of Alzheimer's doubles every five years.
- On average, a person with Alzheimer's lives 4 to 8 years after diagnosis but can live as long as 20 years, depending on other factors.
- Regular physical exercise can reduce your risk of developing Alzheimer's disease by up to 50 percent.
- Berries, fish, and leafy green vegetables are 3 of the best foods that fight memory loss.



Alzheimer's has no cure, but one treatment — aducanumab (Aduhelm™) — is the first therapy to demonstrate a decline in those living with the disease. Today, there is a worldwide effort underway to find better ways to treat the disease, delay its onset and prevent it from developing.

## Signs, Symptoms & Facts

[10 Early Signs & Symptoms of Alzheimer's](#)

[Alzheimer's Facts & Figures](#)

[Learn more](#)

### Get checked. Early detection matters.

If you notice one or more signs in yourself or another person, it can be difficult to know what to do. It's natural to feel uncertain or nervous about discussing these changes with others. Voicing worries about your own health might make them seem more "real." Or, you may fear upsetting someone by sharing observations about changes in his or her abilities or behavior. However, these are significant health concerns that should be evaluated by a doctor, and it's important to take action to figure out what's going on.

### Committed to Your Wellness

As part of Taylor's ongoing commitment to health and wellness, you will see additional topics featured each month. Taylor has created a [2023 Wellness Calendar](#) of observances to help raise awareness of health issues and topics that tie back to our wellness initiatives, and ultimately help us live our best lives.