Alzheimer’s dementia (AD) is the most common form of dementia, particularly in those over the age of 65. In addition to memory difficulties, people often experience problems in other thinking abilities including word-finding, visual/spatial abilities, and reasoning and judgment.

AD is caused, in part, by deposits of the proteins amyloid and tau in the brain. Risk factors include family history, certain genes such as APOE ε4, poor diet, lack of exercise, and health conditions such as hypertension, diabetes, heart disease, or obesity. The likelihood of developing AD doubles every 5 years after age 65.

Behavioral changes may include confusion, sleeplessness, wandering, impulsivity, anxiety, and agitation. Research has shown that treating behavioral symptoms can improve quality of life for both individuals with Alzheimer’s and their caregivers.

See signs? Talk to your doctor. For more information about AD: www.alz.org