

Alzheimer's Disease

Prevention

Because the memories you cherish
deserve the best protection

What is Alzheimer's Disease?

Alzheimer's Disease (AD) is a type of dementia disorder that causes degeneration of cells in the brain, characterized by a decline in thinking and independence in daily activities.

1 in 9

Adults in the U.S. aged
65 and older (10.7%)
has Alzheimer's Disease.

How can I prevent Alzheimer's Disease?

Regular Physical Exercise

Cognitive abilities are better maintained in older adults who engage in higher levels of physical activity, such as aerobic exercise, resistance training, and contemporary or social dance.

Quality Sleep

With increasing age, sleep quality decreases, possibly leaving the brain more vulnerable to harmful effects.

Healthy Diet

A diet rich with fruits, vegetables, legumes, eggs, nuts, and a low intake of saturated fats, refined sugars, and red meats can contribute to brain health.

Cognitive Activities

Engagement in cognitive activities has been shown to improve working memory, perceptual speed, and attention. Activities such as computer use, crafts, playing games, and socializing can help lower the risk of developing Alzheimer's Disease.

