



National Alzheimer's Disease Awareness Month 60 Sec PSA

Alzheimer's Disease and other forms of dementia don't just affect those who are diagnosed. When it comes to the financial costs of related health care, the emotional and physical costs of caregiving, and all the invaluable thoughts, memories, and experiences that seem to just fade away, Alzheimer's Disease affects each and every one of us.

In Alabama, Alzheimer's affects more than 90,000 men and women age 65 and older – and the numbers are only expected to increase in the years to come. Last year, Alzheimer's Disease was the sixth leading cause of death in the state.

While there is currently no cure for Alzheimer's Disease and other types of dementia, studies show that by focusing on an overall healthier lifestyle, you can reduce your risk of being diagnosed.

Committing to lifestyle choices like regular exercise, choosing healthier food options, and taking care of your mental health can not only improve your quality of life, but doing so can also improve brain function and memory.

For more information and resources related to Alzheimer's Disease, visit our website at Alabama-Public-Health-dot-gov.

For more information, contact: Brandon Vaughn
brandon.vaughn@adph.state.al.us / 334-206-2080

The RSA Tower 201 Monroe Street Montgomery, AL 36104

P.O. Box 303017 Montgomery, AL 36130-3017