Alzheimer's in Connecticut

WHAT YOU NEED TO KNOW

FOR BRAIN HEALTH
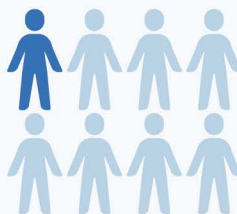
1 in 8 or 90,000 older adults (65y+) in Connecticut are living with Alzheimer's disease or dementia*

People experiencing worsening or more frequent confusion or memory loss may have Subjective Cognitive Decline

- **Example:** getting lost in once-familiar areas or frequently forgetting how to perform routine tasks

1 in 14 Connecticut residents 45+ years old reported experiencing subjective cognitive decline[1]

Only HALF talked to their doctor about their symptoms
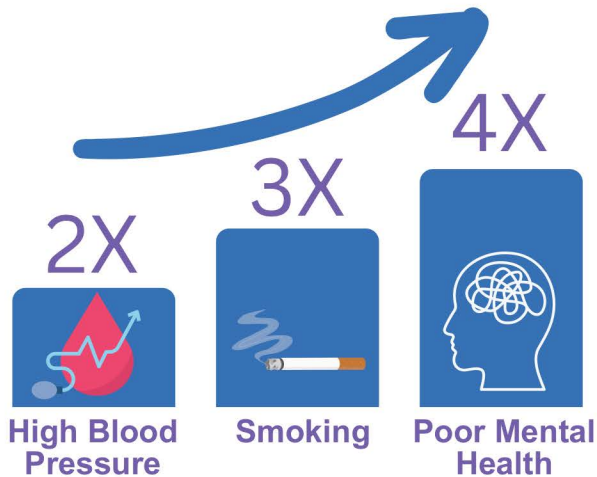
Take Action!

Talk to your doctor

If you or someone you know have confusion or memory loss, talk to a healthcare provider about your concerns.

*Dementia is an overall term referring to loss of memory, language, problem-solving and other thinking ability severe enough to interfere with everyday life. Alzheimer's disease is one cause of dementia. Source: Alzheimer Association. 2023 Alzheimer's Disease Facts and Figures. Alzheimer's & Dementia 2023;19(4). DOI 10.1002/alz.13016.

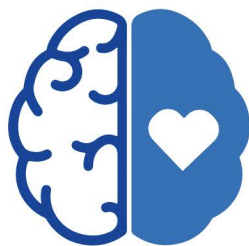[1] 2019 Behavioral Risk Factor Surveillance System.

DPH
Keeping Connecticut Healthy
Connecticut Department of Public Health

Healthy Body = Healthy Brain

2X High Blood Pressure

3X Smoking

4X Poor Mental Health

People who ...
- Have high blood pressure
- Smoke
- Have poor mental health

Reported a higher rate of confusion or memory loss[1]

Studies have shown that smoking, physical inactivity, hearing loss, brain injury, high blood pressure, diabetes, depression, or social isolation can increase the risk of having Alzheimer's disease or related dementia.[2]

Take Action!

Do the simple things for a healthy body and brain

- Sit less and move more
- Watch your blood pressure and blood sugar
- Don't smoke
- Make sleep important
- Manage stress
- Read a good book
- Spend time with family and friends

[2] Livingston G, et al. Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. The Lancet Volume 396, Issue 10248, 8–14 August 2020, Pages 413-446. https://doi.org/10.1016/S0140-6736(20)30367-6.

For more information, please visit our website OR email us

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