

## **January is Alzheimer Awareness Month!!!**

January is Alzheimer's awareness month, therefore now is the perfect time to put an end to some myths regarding Alzheimer's. Myths add to the stigma attached to the disease and stand in the way of our ability to understand and help people with it.

**1. People with Alzheimer's disease cannot understand what is going on around them**

The fact is a person with Alzheimer's disease is still the same person as before and needs to be treated with dignity and respect.

**2. All people who have Alzheimer's disease become violent and aggressive.**

By learning about the disease, adapting the person's surroundings and changing the way we communicate with the person, aggressive and often adverse responses may well become preventable.

**3. If I'm diagnosed with Alzheimer's disease my life will be over**

Many people with the disease live meaningful active lives for quite a number of years.

**4. Alzheimer's disease is preventable**

- a. There is no single treatment that can prevent Alzheimer's disease. There is, however, a growing amount of evidence that lifestyle choices that keep mind and body that may reduce the risk

**5. Memory loss means Alzheimer's disease**

- a. Many people have trouble with their memory as they get older, but that in itself does not mean they have Alzheimer's disease. When memory loss affects day-to-day function, and especially when this is coupled with lack of judgment and reasoning, or changes in communication abilities, it's best to visit a doctor to determine the cause of the symptoms.

**6. There is a cure for Alzheimer's disease**

- a. At present there is no cure for Alzheimer's disease

**7. Alzheimer's disease is a disease that only affects older people**

- a. While age is the most significant known risk factor for Alzheimer's disease, people have on occasion been diagnosed with it in their 40s and 50s. What's most important to understand is that Alzheimer's disease is not a normal part of aging.

**8. Because someone in my family has Alzheimer's disease, I'm going to get it**

For more information on myths about Alzheimer's disease, please visit the St. John Bosco website.