

DEMENTIA AND PEOPLE OF AFRICAN DESCENT



Research shows that
People of African Descent are:

- Two times more likely to develop Alzheimer's disease and other dementia compared to Caucasians.*
- More likely to have vascular disease (problems with blood circulation) and may also be at risk for developing Alzheimer's disease and vascular dementia.*

**Dementia is not a
normal part of aging.**

ARE YOU AT RISK?

Risk factors on their own are not causes of a disease. They represent an increased chance, but not a certainty that dementia will develop.

- ✓ African ancestry
- ✓ Woman
- ✓ 65 years old
- ✓ APOE E4 and ABCD7 gene
- ✓ Family history
- ✓ High blood pressure
- ✓ High cholesterol levels
- ✓ Type 2 diabetes
- ✓ Obesity
- ✓ Low education
- ✓ Living in rural areas
- ✓ Smoking
- ✓ Sedentary lifestyle
- ✓ Heart problems

*Barnes and Bennett (2014) Alzheimer's disease in African Americans.

WARNING SIGNS:

- Memory loss that affects day-to-day activities
- Difficulty performing familiar tasks at home, at work, or leisure
- Problems with words in speaking or writing
- Confusion with time or place
- Impaired judgement
- Challenges in planning or solving problems
- Misplacing things and losing ability to retrace steps
- Changes in mood, behaviour, or personality
- Withdrawal from work or social activities

DIAGNOSIS OF DEMENTIA:

The diagnosis can be made in a doctor's office, a memory clinic, or a hospital. Steps may include:

- Seeing your doctor
- Doing tests such as: blood test, a medical history, physical exam, memory test, x-rays, CT, SPECT, MRI, or PET scans
- Having a medical practitioner consult family or friends about your changing behaviours and related concerns

HELP FOR TODAY. HOPE FOR TOMORROW...®

The Alzheimer Society of Nova Scotia is here to help. We can:

- Provide education about the disease, strategies for living well
- Offer support through the Alzheimer InfoLine or programs
- Locate and connect you to services in your community

**FOR MORE INFORMATION, CONTACT THE
ALZHEIMER SOCIETY OF NOVA SCOTIA AT
1-800-611-6345 OR VISIT WWW.ALZHEIMER.CA/NS**