



Research shows:

In 2015, there were an estimated 17,000 Nova Scotians living with some form of dementia. As our population ages, we can expect this number to double by year 2038.¹

People of African Descent are:

- Two to three times more likely to develop Alzheimer's and other dementias compared to Caucasians.²
- More likely to have vascular disease (problems with blood circulation) and may also be at risk of developing vascular dementia.²

Are you at risk?

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

- African ancestry
- Born female
- 65+ years old
- APOE E4 & ABCD7 gene
- Heart problems
- Family history
- High blood pressure
- High cholesterol levels
- Type 2 diabetes
- Obesity
- Sedentary lifestyle
- Heart problems
- Smoking
- Excess alcohol consumption

¹Towards understanding: A Dementia Strategy for Nova Scotia (2015) ²J Alzheimer's dis. (2019)

Any of these symptoms could be a sign of Dementia:

1. Memory loss that affects day-to-day activities
2. Difficulty performing familiar tasks at home, work or leisure
3. Problems with words in speaking or writing
4. Confusion with time and space
5. Impaired judgement
6. Challenges in planning or solving problems
7. Misplacing things and losing ability to retrace steps
8. Changes in mood, behaviour or personality
9. 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 or health care provider
- Taking part in a series of tests
- A medical practitioner consulting with family or friends about your related concerns and changing behaviours

We're here to help. We can:

- Provide education about the disease and strategies for living well
- Offer support through the Alzheimer InfoLine and other programming
- Locate and connect you with services in the community

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**For more information, contact us today at
1-800-611-6345 or visit www.alzheimer.ca/ns**