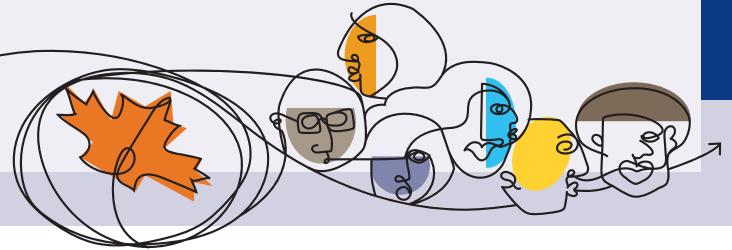


The Many Faces of Dementia in Canada

Key things to know about sex, gender and dementia from this report



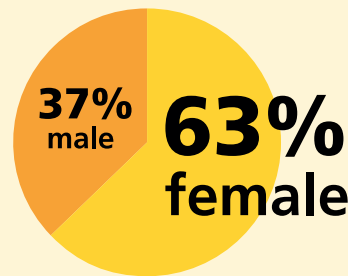
The Landmark Study: The Many Faces of Dementia in Canada is the second of three reports by the Alzheimer Society of Canada. This report series details demographic, social and economic impacts of dementia.

- Both sex and gender can shape a person's dementia experience.
- There are sex and gender differences in
 - o the number of people affected by dementia
 - o risk factors for developing dementia
 - o how symptoms are expressed
 - o care needs and caregiving

DEMENTIA IMPACTS FEMALES MORE THAN MALES

By 2050, it is estimated that

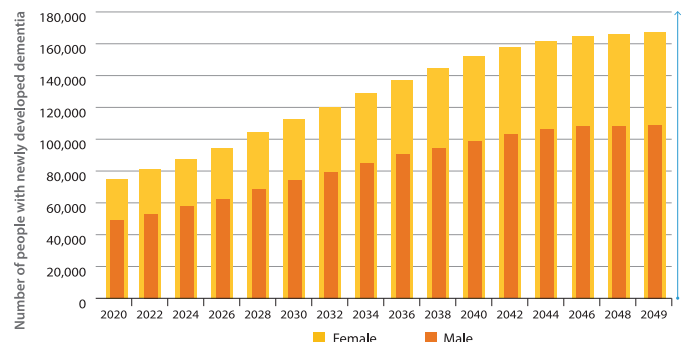
OVER 1.7 MILLION CANADIANS WILL HAVE DEMENTIA – 63% WILL BE FEMALE.



This means if the current trends prevail, there will be over 1 million women living with dementia within the next two and half decades.

- In high-income countries, females experience dementia at a much higher rate than males.
- The number of females who will develop dementia is projected to exceed males by almost a two-to-one ratio in Canada.

Here is another visualization of sex differences projected in dementia cases in Canada to 2050



SEX AND GENDER IMPACT DEMENTIA RISK

- In the past, sex and gender differences in dementia rates have mainly been attributed to females living longer on average. But research is now uncovering more to this story.
- Here are some ways we now know that sex and gender can impact dementia risk.

SEX DIFFERENCES THAT IMPACT DEMENTIA RISK	GENDER DIFFERENCES THAT IMPACT DEMENTIA RISK
Stress Response	Experiences of stress
Brain Structure	Education
Inflammation and Metabolism	Occupation
Pregnancy	Diet and physical activity
Menopause	Smoking and alcohol use
Frailty	Social isolation
Genetics and epigenetics	Discrimination and sexism
Prostate cancer	Traumatic brain injury
Obstructive sleep apnea	
Hormones	

Note: Much more research and data is still needed on the dementia risks, experiences and care needs of intersex people, nonbinary people, Two-Spirit people and gender-diverse people.

SEX AND GENDER IMPACT THESE ASPECTS OF DEMENTIA AND DEMENTIA CARE

Rate of progression

Dementia in women tends to progress faster

Changes in mood, personality and behaviour

For example, females may present show more depression, and men show more apathy

Response to treatment

Research subjects have typically been men, so it's unclear whether current dementia treatments are as effective for women

Diagnosis

Early symptoms can present differently in women and men

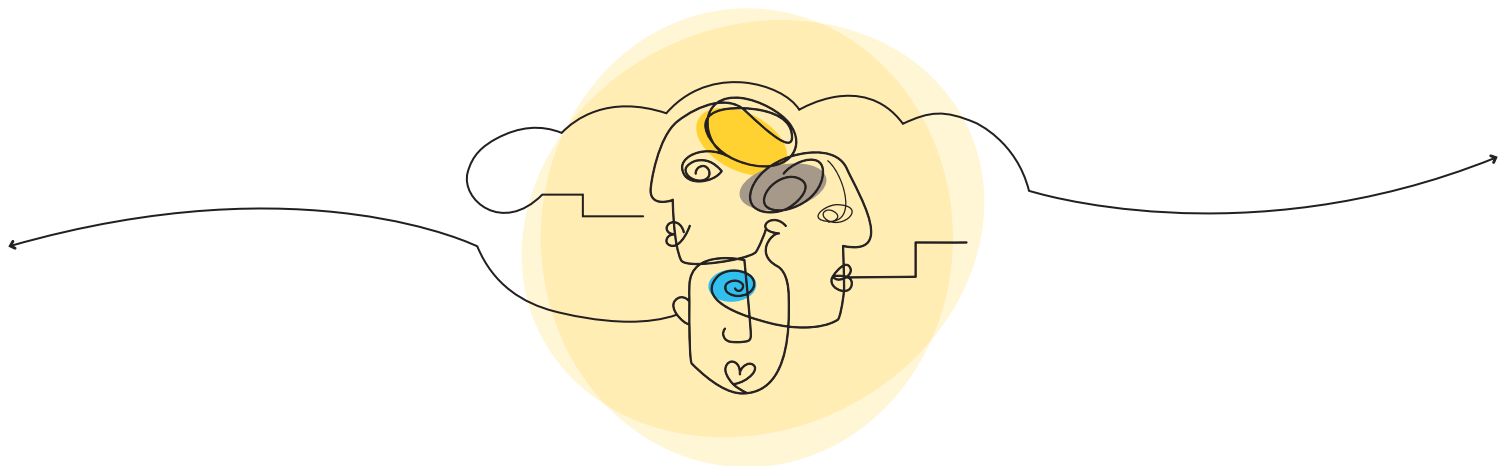


WOMEN FORM THE MAJORITY OF CAREGIVERS OF PEOPLE LIVING WITH DEMENTIA

If current Canadian trends continue, **WOMEN WILL PROVIDE MORE THAN 800,000,000 hours** of care in 2050

SOME KEY RECOMMENDATIONS AROUND SEX, GENDER AND DEMENTIA

- Alzheimer Societies should continue to recognize that the experience of living with dementia and caregiving may affect women, men and nonbinary people differently.
- Health care systems should expand dementia supports with sex and gender differences in mind.
- Federal governments should address structural inequities in policies and programs to better address sex and gender differences in caregiving and in risk factors for dementia.
- Provincial and territorial governments should actively promote brain health with sex- and gender-specific campaigns through their public health services.
- Researchers should conduct research that further explores the experiences of gender-diverse and 2SLGBTQI+ individuals who live with dementia or support individuals living with dementia.



The Landmark Study is a microsimulation study developed by the Alzheimer Society of Canada to better understand dementia nationally over the next 30 years. The study includes projections related to Indigeneity, ethnic origin, sex (gender data was not available to be included in this model) and age in regard to dementia. There is no national tracking system for actual dementia cases, so all numbers shown rely on informed estimates and data modelling.

Alzheimer Society
CANADA

Read the full report, the Many Faces of Dementia, at [Alzheimer.ca/ManyFaces](https://www.alzheimer.ca/ManyFaces)