Aging and Genetics

Two risk factors cannot be controlled: aging and genetics.

Aging:
Dementia is not a normal part of aging, but age is the strongest known risk factor for Alzheimer’s disease and other dementias. It is well-established that aging can impair the body’s self-repair mechanisms, including the brain. Many of the cardiovascular risk factors increase with age, such as high blood pressure, heart disease and high cholesterol. After the age of 65, the risk of developing Alzheimer’s disease doubles approximately every five years. Dementia also affects people under 65. Some people may develop dementia in their 40s and 50s known as young onset dementia.

Genetics:
There is no doubt that genetics play a role in the disease. Yet, only a small percentage of cases are associated with specific genes that cause the inherited form of the disease. Risk genes increase the likelihood of developing a disease, but do not guarantee it will happen.

Additional Materials or References:
- www.alzheimer.ca/brainhealth
- Heads Up for Healthier Living brochure (for people with the disease and their caregivers) – Alzheimer Society of Canada
- Canadian Standards Association (CSA) for information on helmet safety and suppliers. www.csa.ca
- Canada’s Food Guide to Healthy Eating. www.canada.ca/foodguide
- Canada’s Physical Activity Guide to Healthy Active Living www.canada.ca/env/public-health/services/being-active.html

Give someone you care about a Heads Up today:
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If you are living with dementia, taking care of your brain health may also improve your quality of life and even help slow the progression of the disease.

Alzheimer Society

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Toronto, ON  M4R 1K8
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Fax: 416-322-6656  E-mail: info@alzheimer.ca
www.alzheimer.ca
Facebook: facebook.com/AlzheimerCanada
Twitter: twitter.com/AlzCanada
Charitable registration number: 11878 4925 RR0001

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By making healthy lifestyle choices, you may be able to reduce your risk and improve your brain’s ability to sustain long-term health.

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There is no doubt that genetics play a role in the disease. Yet, only a small percentage of cases are associated with specific genes that cause the inherited form of the disease. Risk genes increase the likelihood of developing a disease, but do not guarantee it will happen.

Additional Materials or References:
- www.alzheimer.ca/brainhealth
- Heads Up for Healthier Living brochure (for people with the disease and their caregivers) – Alzheimer Society of Canada
- Canadian Standards Association (CSA) for information on helmet safety and suppliers. www.csa.ca
- Canada’s Food Guide to Healthy Eating. www.canada.ca/foodguide

Give someone you care about a Heads Up today:
It’s never too soon, or too late to make the lifestyle changes necessary to help improve your brain health, changes that may also help to reduce your risk for Alzheimer’s disease or other dementias.

If you are living with dementia, taking care of your brain health may also improve your quality of life and even help slow the progression of the disease.
Give someone you care about a Heads Up today:

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If you are living with dementia, taking care of your brain health may also improve your quality of life and even help slow the progression of the disease.
Aging and Genetics

Two risk factors cannot be controlled: aging and genetics.

Aging:
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Aging and Genetics

Heads Up for Healthier Brains

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- Canada’s Food Guide to Healthy Eating. www.canada.ca/foodguide
- Canada's Physical Activity Guide to Healthy Active Living www.canada.ca/env/public-health/services/being-active.html

The Alzheimer Society is the leading nationwide health charity for people living with Alzheimer’s disease and other dementias. Active in communities across Canada, the Society:

- Offers information, support and education programs for people with dementia, their families and caregivers
- Funds research to find a cure and improve the care of people with dementia
- Promotes public education and awareness of Alzheimer’s disease and other dementias to ensure people know where to turn for help
- Influences policy and decision-making to address the needs of people with Alzheimer’s and their caregivers

Help for today. Hope for tomorrow...®

Find out more at www.alzheimer.ca or contact your local Society (www.alzheimer.ca/helpnearyou).

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