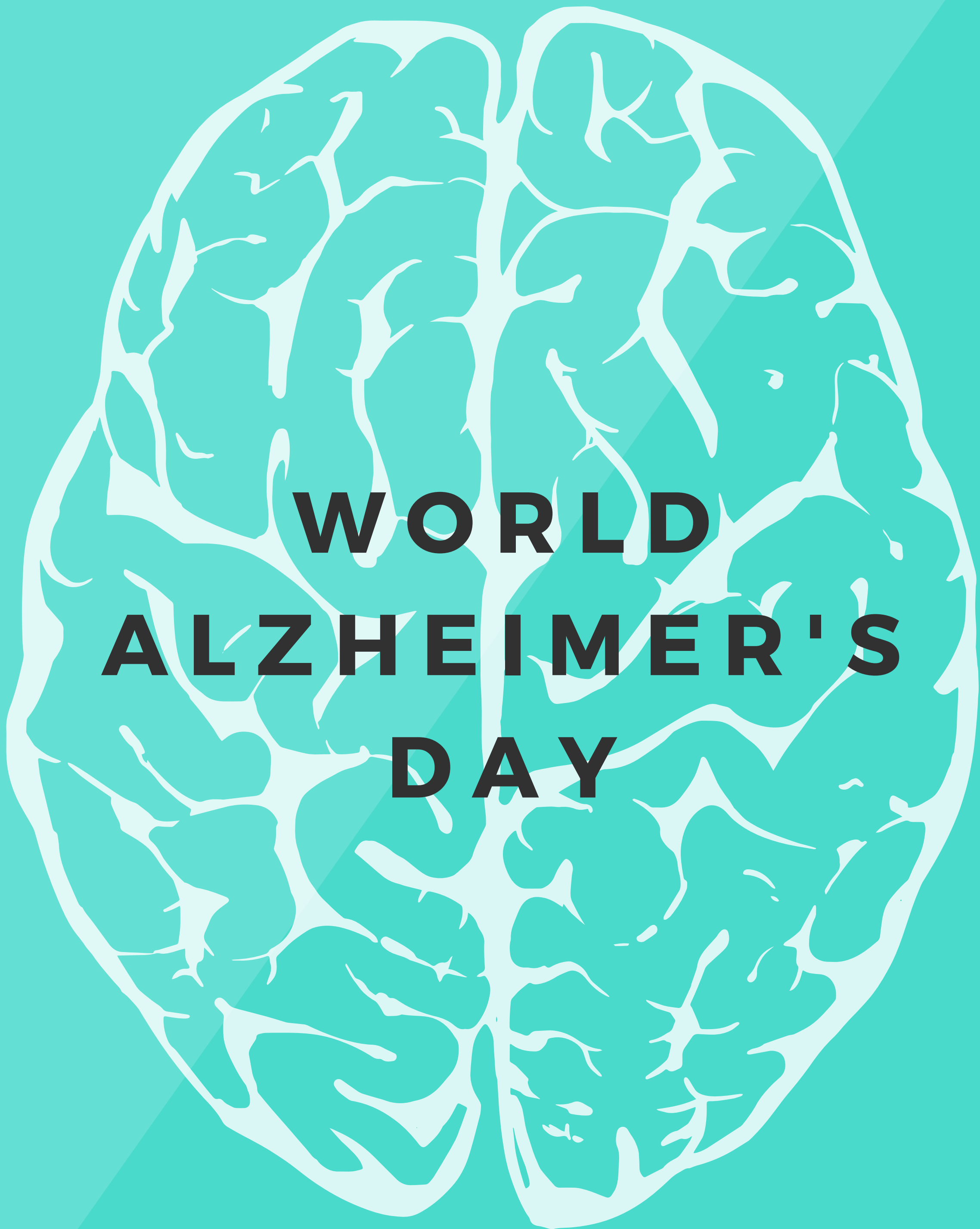


End the stigma. Reach out.



21 SEPTEMBER

End the stigma. Reach out.

World Alzheimer's Day is observed on **21st September** every year to raise the awareness about Alzheimer's and Dementia.

This day is celebrated for generating awareness and due to the seriousness of this disease it is **celebrated for a whole month in some countries.**

The **theme** for the year 2021 is "**Let's talk about dementia**"

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OUR CONCERNS

- Alzheimer's disease is a **progressive brain disease**.
- It starts with forgetting things and develops short memory loss which results in difficulty in remembering recent events, eventually leading to the inability to look after daily activities and even basic needs.
- Alzheimer's disease mostly affects **elderly people**. Since the population of elderly people is rising in India, it is becoming an upcoming alarm.

■ End the stigma. Reach out. ■

SYMPTOMS AND WARNING SIGNS

- Forgetting the recent information.
- Challenges in solving problems.
- Difficulty in completing familiar tasks at home or work.
- Confusion with time or place.
- Difficulty in reading, judging distance and recognizing colour.
- Misplacing the things. Withdrawal from social and leisure activities.

CAUSES AND TREATMENT

- The exact cause of Alzheimer's disease is not yet known.
- Certain complex events occurring in the brain appear to cause this disease.
- Unfortunately there is no cure for Alzheimer's disease.
- Early detection benefits the patient in treating this disease effectively.
- The treatment modalities include medicinal, psychological and care giving aspects.
- Family and social support plays a key role.

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PREVENTING TIPS - THE WAY OUT

Engagement in physical, mental, social and recreational activities such as:

- Reading
- Writing for pleasure. Playing musical instruments
- Taking part in adult education courses.
- Playing indoor games such as crosswords, puzzles, scrabble and chess
- Swimming
- Group sports, such as bowling
- Walking
- Yoga and Meditation

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IMPORTANT TAKEAWAYS

- Getting steadily Common in India more than 1 million cases per year.
- Requires medical diagnosis.
- Treatment can help, but this condition can't be cured.
- Lab tests or imaging not required

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KNOW MORE

Visit the following websites to gain a deeper understanding:

<http://www.alz.org/in/dementiaalzheimers-en.asp>

<http://www.worldalzmonth.org/en/about-dementia>

<https://www.alz.co.uk/worldalzheimers-month>

