

BRAIN HEALTH INTERVENTIONS IN ALZHEIMER'S DISEASE (AD)



In AD, lifestyle interventions including social and cognitive activity may help preserve brain health.^{1,2}

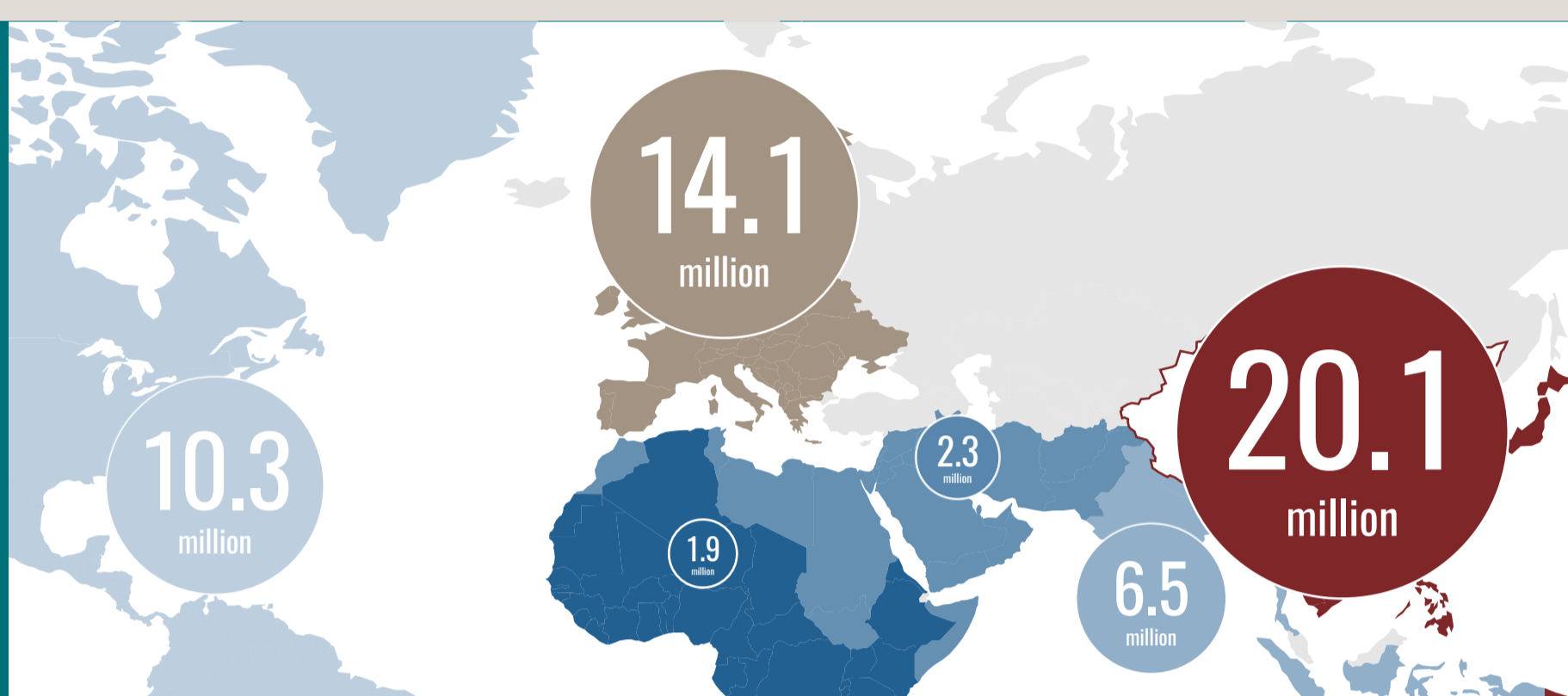


In the European region, the proportion of people aged 65 and older is expected to rise from 14% in 2010, to 25% in 2050.³

With this expected rapid rise in ageing populations and life expectancies, healthy ageing is recognised by the World Health Organization (WHO) as a priority.^{4,5}

Increasing age is an important risk factor for many neurodegenerative disorders, such as AD.⁴ AD is the most common cause of dementia, accounting for an estimated 60–80% of cases.⁶

In Europe, an estimated 14.1 million people are living with dementia. This accounts for the second highest prevalence worldwide.⁵



The number of people living with dementia worldwide is projected to increase from 55 million in 2019 to 139 million in 2050.⁵

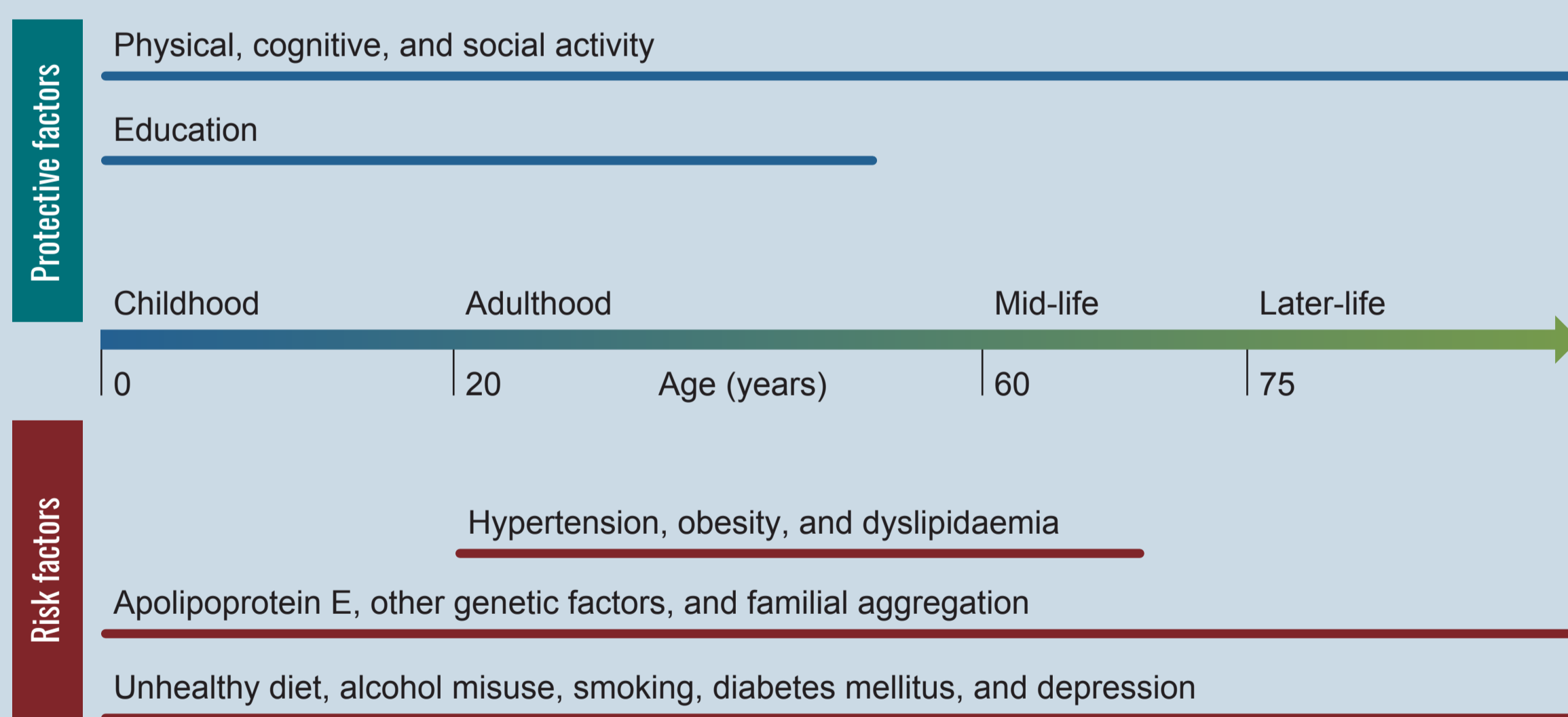
WHO

WHO supports a paradigm shift towards an earlier diagnosis of cognitive decline and dementia to preserve brain functions and independence for as long as possible.⁴

WHO guidelines provide healthcare professionals with evidence-based recommendations on lifestyle behaviours and interventions to delay or prevent cognitive decline and dementia.⁴

It is never too early or too late in life for AD prevention⁷

Risk and protective factors for AD across the lifespan⁸



Adapted from Kivipelto M, et al. 2018

Timely diagnosis of AD is key for starting lifestyle interventions and medical management of symptoms that help to preserve quality of life for as long as possible.^{1,9}

To learn more, visit the Identify Alzheimer's Disease (ID/AD) website www.identifyalz.eu.



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