

# Staying Stronger Longer: Promoting Brain Health Across the Lifespan

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1

## Dementia is Prevalent and Costly



Alzheimer's disease is the 6<sup>th</sup> leading cause of death in the United States



1 in 3 seniors dies with Alzheimer's disease or another dementia



This year, the United States will spend \$305 billion on ADRD.



3 in 4 persons with dementia live in the community

Alzheimer's Association, 2020



2

# Changing the Odds



## Risk Factors

- Genetics
- Familial History
- Age



## Reducing Factors

- Exercise and Physical Activity
- Cognitive and Mental Activity
- Social Engagement



3

# In Their Own Words....

“One of the big things I had come out of it was I lost 65 pounds and it got me back on the active road. In fact, I’ve continued on since then.”



“Coming here and meeting you guys.. who are are concerned about us and want us to get better in this memory thing. It’s something that effects all of us anyways.”

“Actually, I have a better sense of well-being and contribution because what I’m doing helps other Veterans and people in the future. I’m happy and proud of what I do.”



4

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