

# WellnessWatch



Welcome to the first ever edition of **WellnessWatch** -- The Starr Group's new monthly digest featuring articles on health and wellness **#awareness**. We've created this ongoing series to keep **YOU** current with latest **#wellness** trends and fitness buzz. As advocates for work/home life balance, we're confident you will gain benefit in the information to come. *Be well!*



Topic of the Month: **What is Alzheimer's?**

**Alzheimer's** is a type of dementia that causes problems with memory, thinking, and behavior. Symptoms usually develop slowly and worsen over time, becoming severe enough to interfere with daily tasks. Early diagnosis can help, but only 16% of seniors say they receive regular cognitive assessments.

Everyone is at risk of developing Alzheimer's, which is why it is the only leading cause of death that cannot be prevented, cured, or slowed. Today, over 5.8 million Americans are living with Alzheimer's.



Did you know?

14  
million

65  
seconds

290  
\$ billion

- Alzheimer's is the 6th leading cause of death in the U.S. It kills more people than breast and prostate cancer combined.
- By 2050, the number of affected Americans is projected to rise to nearly 14 million!
- Nearly 1 in 3 seniors dies with Alzheimer's or another form of dementia.

- Every 65 seconds, someone in the U.S. develops this disease.
- By the end of 2019, Alzheimer's and other dementias will cost the nation approximately \$290 billion. In 2050, these costs are projected to rise as high as \$1.1 trillion.



## **Early Detection is Important!**

Alzheimer's affects everyone differently. It is important to know the early warning signs to help your loved ones get the care they need:

- Difficulty remembering things that just happened
- Inability to plan or solve problems
- Losing track of dates, seasons and time
- Misplacing things
- Mood and personality changes
- Poor decision-making
- Struggling with conversations

- Trouble completing familiar tasks
- Vision problems
- Withdrawal from social or work activities



# Get involved!

## alzheimer's association®

- Share the [#Facts](#) and Join the Fight
- June is Alzheimer's & Brain Awareness month. Wear purple to show your support!
- June 21, the "[Longest Day](#)" event will take place. This is a nation wide fundraising event.
- To donate, call or visit the [Milwaukee Alzheimer's Association](#) (800) 272-3900.
- Join the **Walk to End Alzheimer's** on September 7 in Waukesha and on September 15, 2019 in Milwaukee. Click here for more [events](#).



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