

The Future of Aging & Alzheimer's Disease

Elizabeth Edgerly, Ph.D.
Chief Program Officer
Alzheimer's Association of
Northern California & Northern Nevada

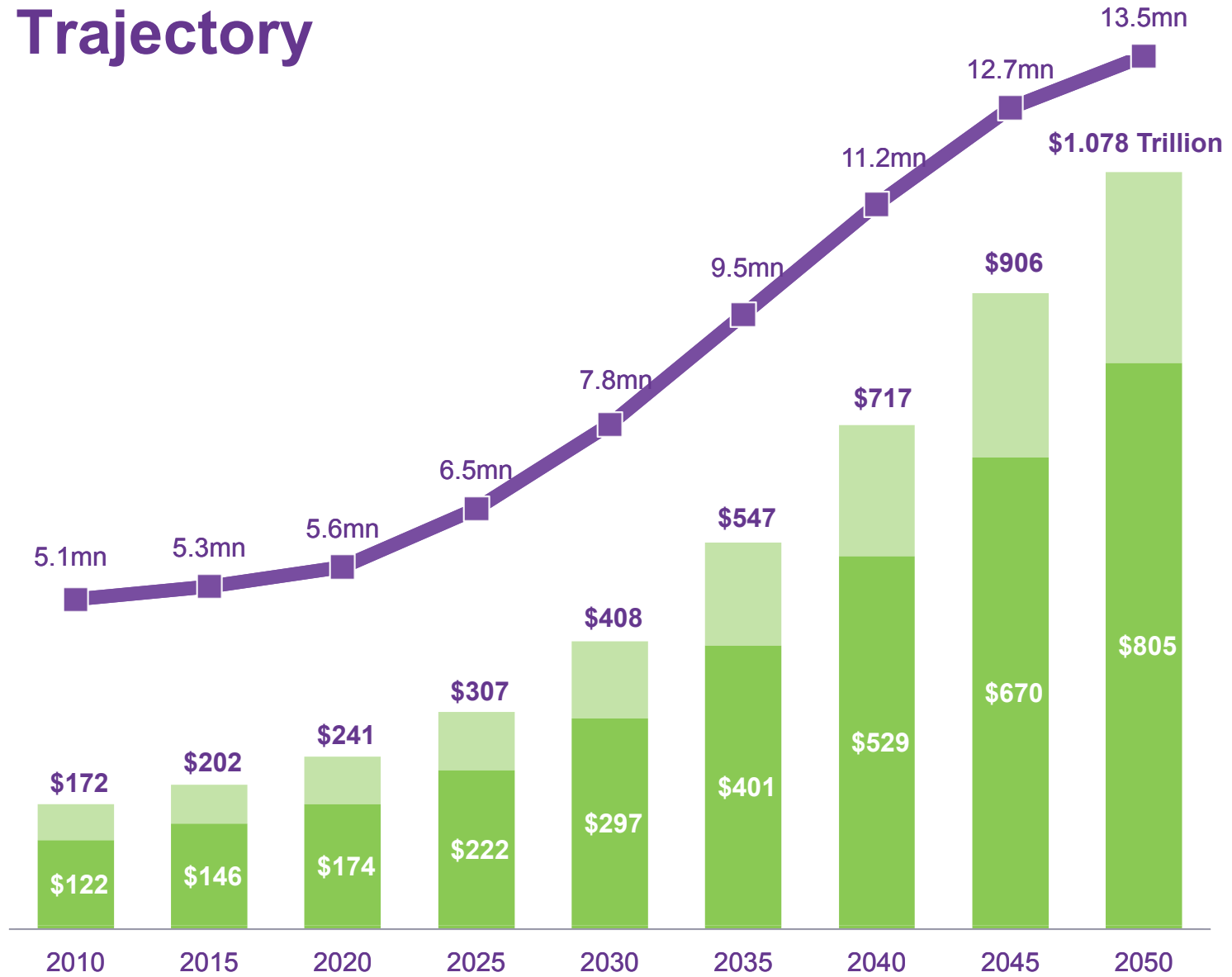
William Jagust, MD
Professor of Public Health and Neuroscience
UC Berkeley

Program Objectives

- Understand the facts and figures of Alzheimer's and the public health implications
- Discuss the importance of early detection
- Learn the latest on drug studies & prevention research

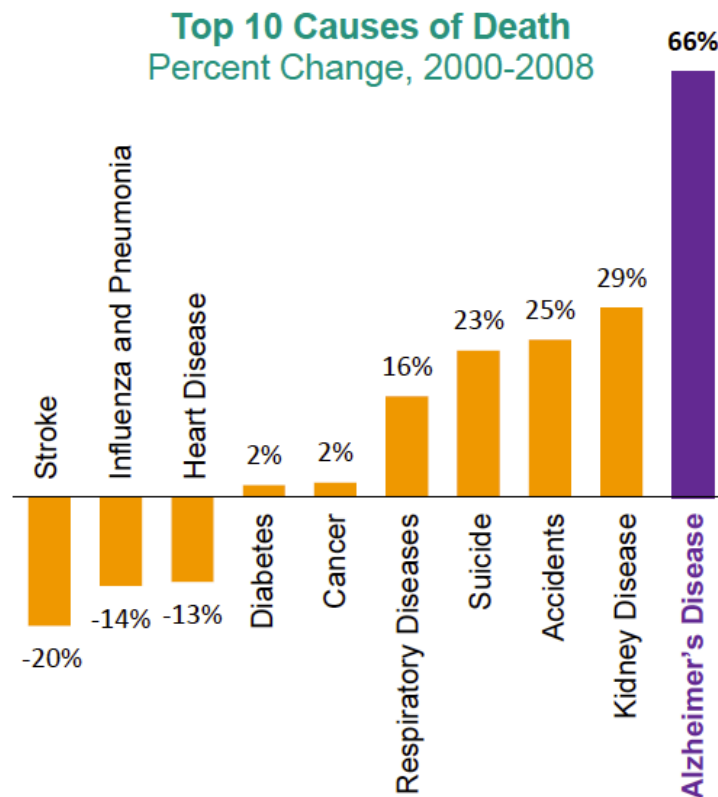
Facts & Figures 2014

the Trajectory



Alzheimer's is now the 5th leading cause of death

- Death from Alzheimer's disease has increased by 66% from 2000 to 2008
- Stroke, pneumonia and heart disease have decreased.



Dementia

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graph TD; Dementia --> Reversible_Dementias[Reversible Dementias]; Dementia --> Vascular_Dementia[Vascular Dementia]; Dementia --> Alzheimer's_Disease[Alzheimer's Disease]; Dementia --> Lewy_Body_Disease[Lewy Body Disease]; Dementia --> Frontal-temporal_Dementia[Frontal-temporal Dementia];
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**Reversible
Dementias**

Vascular Dementia

Alzheimer's Disease

Lewy Body Disease

**Frontal-temporal
Dementia**

Symptoms of Alzheimer's

Progressive Memory Loss

- Short Term initially
- Long Term gradually

Communication Challenges

- Word finding
- Expression and understanding

Judgment and Reasoning Issues

- Handling finances/money
- Making decisions

Behavior & Mood changes

- Getting lost
- Anger/frustration

Living Independently & Driving a challenge

- Safety issues

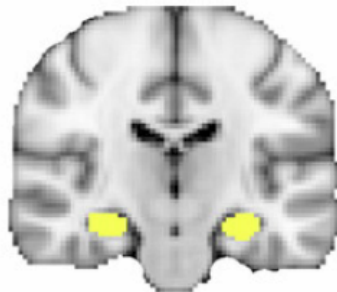
Alzheimer's & Driving



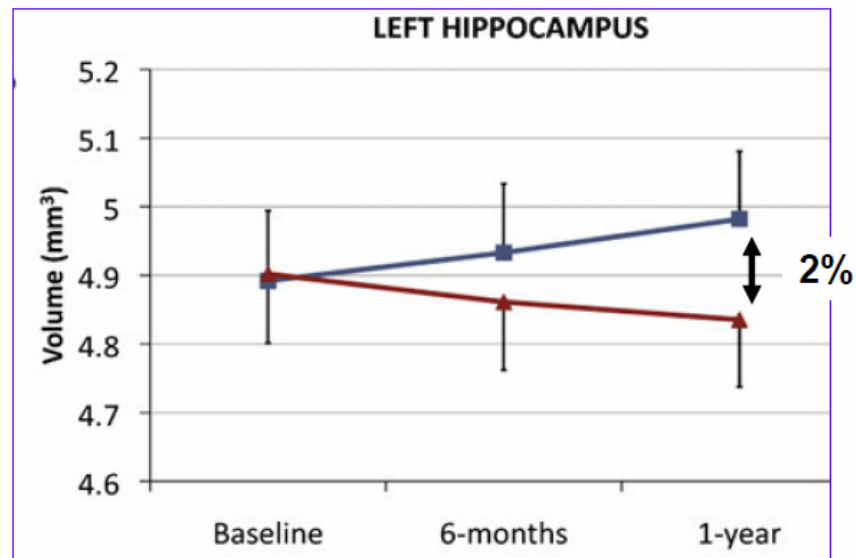
Exercise – Reversal of Hippocampus Age-related Atrophy

10 → 40 min/day walk 1 year

Hippocampus



1-2%/yr atrophy



Erickson et al PNAS 2011