Facts About Alzheimer’s

June is Alzheimer’s and Brain Awareness month. I’m sure all of us know someone who either has Alzheimer’s or another form of dementia or knows someone who has been touched by the disease.

The number of Americans living with Alzheimer’s is growing fast.

Today, 5.4 million American’s are living with Alzheimer’s, including about 200,000 under the age of 65. By 2050 it is estimated that there will be 16 million American’s with Alzheimer’s.

Nearly 2/3rds of that number, or 3.3 million, are women.

Someone in the United States develops Alzheimer’s every 66 seconds. By 2050 that will drop to every 33 seconds.

The Cost of Alzheimers

In 2016, the direct costs to American society of caring for those with Alzheimer’s will total an estimated $236 billion, with just under half of the costs borne by Medicare.

Nearly one in every five Medicare dollars is spent on people with Alzheimer’s and other dementias. In 2050, it will be one in every three dollars.

Average per-person Medicare spending for those with Alzheimer’s and other dementias is three times higher than average per-person spending across all other seniors. Medicaid payments are 19 times higher.

Unless something is done, in 2050, Alzheimer’s will cost $1.1 trillion (in 2016 dollars). Costs to Medicare will increase 365 percent to $589 billion.

Alzheimer’s is NOT just memory loss...

Alzheimer’s disease is the 6th leading cause of death in the United States and the 5th leading cause of death for those aged 65 and older.

In 2013, over 84,000 Americans officially died from Alzheimer’s; in 2016, an estimated 700,000 people will die with Alzheimer’s – meaning they will die after having developed the disease.

Deaths from Alzheimer’s increased 71 percent from 2000 to 2013, while deaths from other major diseases (including heart disease, stroke, breast and prostate cancer, and HIV/AIDS) decreased.

Among 70-year olds, 61 percent of those with Alzheimer’s are expected to die before the age of 80 compared with 30 percent of people without Alzheimer’s – a rate twice as high.

Alzheimer’s is the only cause of death among the top 10 in America that cannot be prevented or cured.

www.alz.org
10 Ways To Love Your Brain
From the Alzheimer’s Association

Break a sweat.
Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.

Hit the books.
Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

Butt out.
Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

Follow your heart.
Evidence shows that risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

Heads up!
Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

Fuel up right.
Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.

Catch some Zzz’s.
Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

Take care of your mental health.
Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

Buddy up.
Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community — if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an afterschool program. Or, just share activities with friends and family.

Stump yourself.
Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.
HEALTHCARE CONSUMER SMARTESTS

Practice prevention and self-care. By getting the age-appropriate health screenings and immunizations, you are taking a proactive approach to prevent potential conditions. In addition, by knowing what you can do at home to help minimize the symptoms of a cold or flu, you can prevent unnecessary trips to the doctor’s office. Self-care hand books are a great resource to have on hand, as well as quick access to their online counterpart. Just make sure they are a reputable source!

Food Smarts

Use separate or different colored cutting boards, plates and knives for produce and for raw meat, poultry, seafood and eggs. Clean with hot soapy water or in the dishwasher (if dishwasher safe) after each use. This will prevent cross contamination and keep you and your family safe.

Safety Smarts

Stay safe in parking lots. Don’t just pull into the first available spot you see. Choose to park in a spot that’s well lit, highly visible (where there are no structures such as dumpsters hiding you from view) & that has a clear path to the exit. When leaving & returning to your car, be alert & walk with keys in hand. If there’s someone handing out fliers or asking for directions or help, be wary & keep a safe distance.

Foods From A to Z – “W” Foods

Walnuts – came from eastern Europe. Because of their high level of omega-3 fatty acids, they are so beneficial to one’s heart health and cholesterol control, they should be eaten every day.

Water Chestnuts – are native to Asia, Australia, tropical Africa, and various islands of the Pacific and Indian Oceans. They provide 10% of the daily recommended value in vitamin B6, potassium, copper, riboflavin, and manganese, and 7% of daily fiber.

Watercress – is an aquatic plant native to Europe and Asia and is one of the oldest known leaf vegetables consumed by humans. It is very low in calories (11 cal per 100g) and contains 238% daily vit K, 52% Vit C, 20% Vit A and 12% in both Calcium and Manganese.

Winter Squash – is usually harvested in September and October in the Northern Hemisphere. It is high in fiber (36% DV) and an excellent source of Vit C, Thiamin, Vit B6, Magnesium, Potassium and Manganese.
Recipe of the Month

Quinoa Salad

1 cup quinoa
Kernels off 2 ears of corn, cooked & cut off the cob
1 (15 oz.) can black beans, rinsed and drained
1 red or green pepper, chopped in ½ inch squares
2 scallions, washed & chopped
½ cup parsley or cilantro, washed & chopped
1 mango, peach or nectarine, peeled & small cubed
Salt and pepper, to taste
Juice from half a lemon or lime
2 Tbsp. light Italian dressing

Start with one part quinoa and two parts water. Bring water to a boil, then add quinoa. Cover the pan and turn the heat to very low for 15 minutes. Let the quinoa cool, then mix together with all the other ingredients. Add light Italian salad dressing. Serve cold or at room temperature.

June Birthdays

June 3 – Coty Curtis
June 6 – Alicia Alcantar
June 6 – Perla Cruz
June 9 – Maribel Pedro
June 11 – Mindy Hernandez
June 18 – Beatrice Castro
June 24 – Juanita Ramirez
June 26 – Patricia Preciado
June 26 – Terry Angel

Happy Birthday

Kimberly Wiser-Daggs, RD
daggsk@unitedhealthcenters.org

Katie Mendez, DN
mendezk@unitedhealthcenters.org

June

Alzheimers & Brain Awareness Month
www.alz.org/abam

Mens Health Month
www.menshealthmonth.org

National Safety Month
www.nsc.org

National Cancer Survivors Day – June 4
www.ncsd.org

National HIV Testing Day – June 24
www.aids.gov

Run/Walk Events

Foam Glow Run
June 3 ~ Fresno Fairgrounds
http://www.foamglow.com/fresnoca/

The Big Run
June 7 ~ Lost Lake Recreation Area
https://runsignup.com/Race/CA/Friant/thebigrunfresno

Ohana 5k
June 17 ~ O’Neil Park CSUF
https://runsignup.com/Race/CA/Fresno/Ohana5kfresno

Freedom Run
July 4 ~ Woodward Park
https://runsignup.com/Race/CA/Fresno/FresnoFreedomRun

NAV-X Challange
July 22 ~ Dinkey Creek
www.navxchallenge.com

SAR Wild Run
August 13 ~ Shaver Lake
http://www.sarwildrun.com/

Campus Life 5k
August 26 ~ Woodward Park
https://runsignup.com/Race/CA/Fresno/CampusLife5k