

DID YOU KNOW... THAT JUNE IS **ALZHEIMER'S AND BRAIN AWARENESS MONTH?**



What is Alzheimer's and Brain Awareness Month?

Alzheimer's and Brain Awareness month is recognized every June. The goals of the month are to increase public understanding of Alzheimer's disease and other dementias, emphasize the importance of brain health, and to support individuals and caregivers impacted by Alzheimer's or dementia.

According to the Alzheimer's association, more than 55 million people are living with Alzheimer's or another dementia. Additionally, two thirds of Americans have at least one major potential risk factor for dementia. This June, participate in Alzheimer's and Brain Awareness Month by learning about Alzheimer's and dementia and familiarizing yourself with strategies to keep your brain healthy.

What is Alzheimer's?

Alzheimer's disease is the most common form of dementia, a brain disorder that erodes memory and thinking skills. Individuals with Alzheimer's disease experience progressive difficulty thinking, remembering, and reasoning which is caused by abnormal protein buildups in the brain that reduce brain function. Symptoms of Alzheimer's most commonly appear **around age 65**.

Some early symptoms of Alzheimer's and dementia include (but are not limited to):

- Memory loss that disrupts daily life
- New problems with words in speaking or writing
- Decreased or poor judgment
- Withdrawal from work or social activities



Alzheimer's and Dementia Risk Factors

While the greatest known risk factor for Alzheimer's disease and other dementias is increasing age, other risk factors include (but are not limited to):

- Family history of Alzheimer's or dementia
- Genetics (heredity)
- Head injury
- Certain medical conditions like hypertension and diabetes

Prevention Strategies

While Alzheimer's and dementia cannot be completely prevented, there are healthy habits you can adopt to lower your risk. These include (but are not limited to):

- Continue education
- Engage in regular exercise
- Protect your head from injury (e.g., wearing a helmet when biking)
- Quit smoking
- Monitor your blood pressure
- Maintain a healthy weight
- Prioritize quality sleep

Sources

- <https://www.alz.org/abam>
- https://www.alz.org/alzheimers-dementia/10_signs
- <https://www.nia.nih.gov/health/alzheimers-and-dementia/what-alzheimers-disease>
- <https://www.alz.org/alzheimers-dementia/what-is-alzheimers/causes-and-risk-factors>

Utopia WellCare

Eating well and maintaining a healthy weight can help reduce your risk of developing Alzheimer's disease and dementia.

Through Utopia WellCare, you can strengthen this habit via one-on-one virtual consultations with Board Certified Registered Dietitians. Consultations are covered under preventive care for employees enrolled in the Medical Plan and offers **6 FREE visits.**

Ready to Get Started?

- Email info@utopiawellcare.com.
- Visit www.utopiawellcare.com
- Download the Utopia Wellcare mobile app (scan the QR code)



Aetna Healthy Lifestyle Wellness Coaching

Aetna Healthy Lifestyle Coaching is available to employees enrolled in the Aetna Medical Plan. The program offers personalized guidance to help you manage stress, build resilience, and foster healthy habits—empowering you to take care of your mental health alongside your brain health.

Call **866-213-0153** to meet one-on-one with a Wellness Coach at **NO cost to you** for up to seven calls.

