



# Alzheimer's disease

A healthy lifestyle can help reduce the risk of Alzheimer's.

Although there is no known prevention for Alzheimer's Disease, studies suggest staying physically and mentally active may help.



A medical evaluation is needed to suggest (or rule out) Alzheimer's disease.

Depression, a severe lack of vitamin B12, and blood clots in the brain can cause symptoms like those of Alzheimer's disease. So can side effects of some medicines.

Be physically active with at least 30 minutes of movement every day. Eat healthy and avoid excessive alcohol. Quit smoking. Prevent and manage high blood pressure and blood sugar if you have diabetes. Stay socially connected.

Keep your mind active with work, learning new things, reading, crossword puzzles, etc.

Learn more about Alzheimer's and how it differs from other forms of dementia from the Alzheimer's Association at [alz.org](http://alz.org).