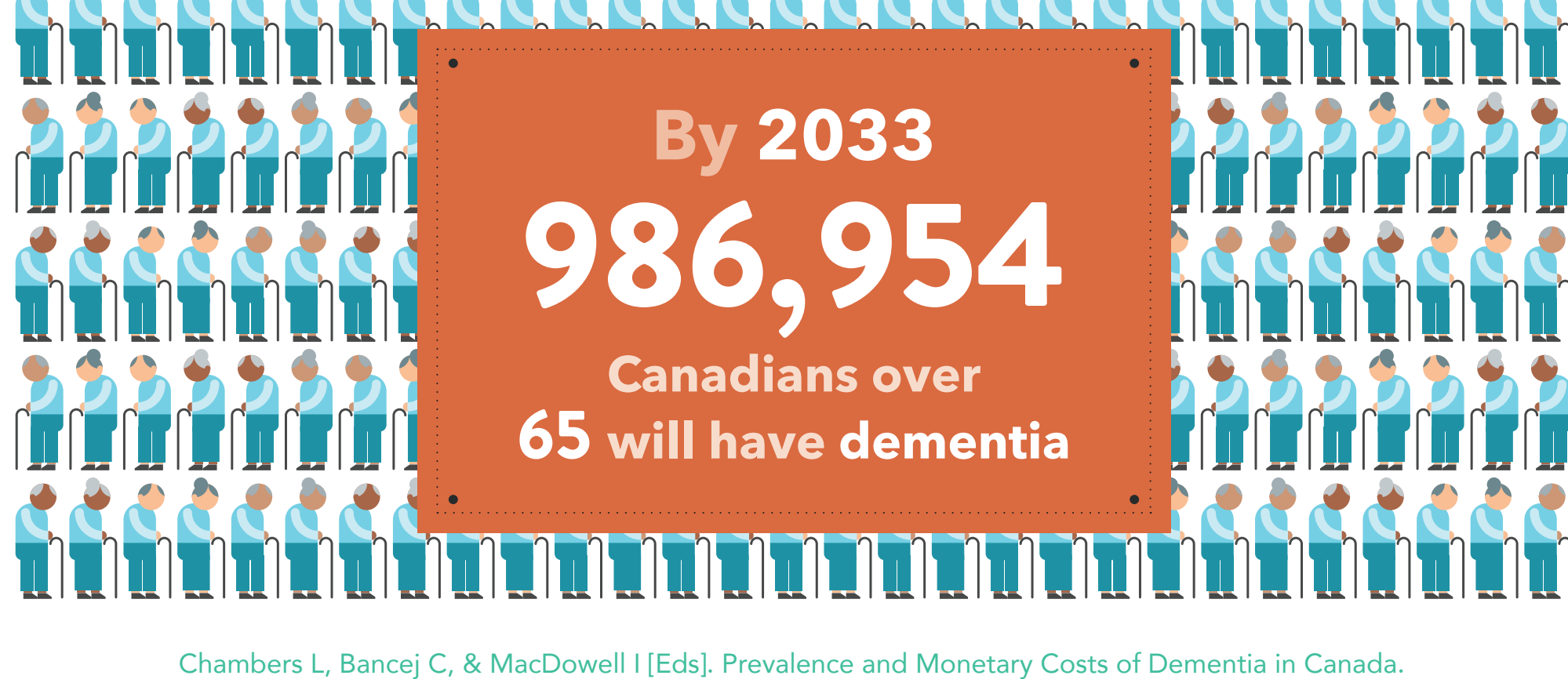


MANAGING FRAILTY

may help reduce your risk of

DEMENTIA

• Our **AGING POPULATION** is **SUFFERING** from **DEMENTIA**



Chambers L, Bancej C, & MacDowell I [Eds]. Prevalence and Monetary Costs of Dementia in Canada. Alzheimer Society of Canada in collaboration with the Public Health Agency of Canada, 2016. http://alzheimer.ca/sites/default/files/files/national/statistics/prevalenceandcostsofdementia_en.pdf

Alzheimer's Disease is the **#1** cause of **dementia**



There have been **over 885 clinical trials** for Alzheimer's Disease,

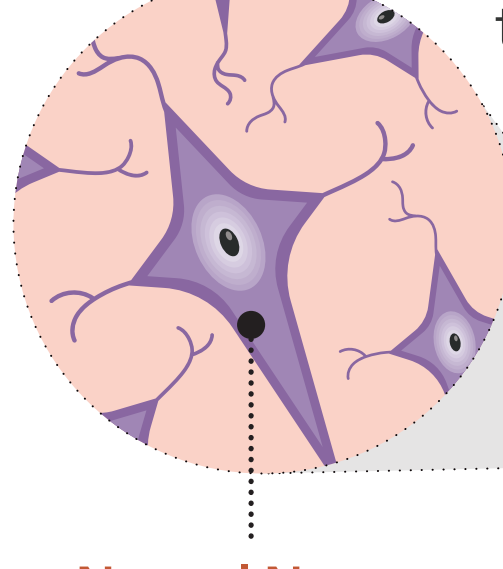


no drugs have been shown to **slow progression of dementia**, only **4 drugs** have been approved for treating its symptoms

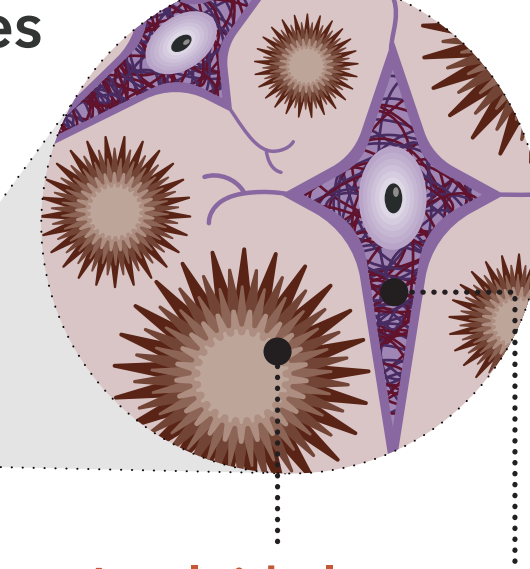
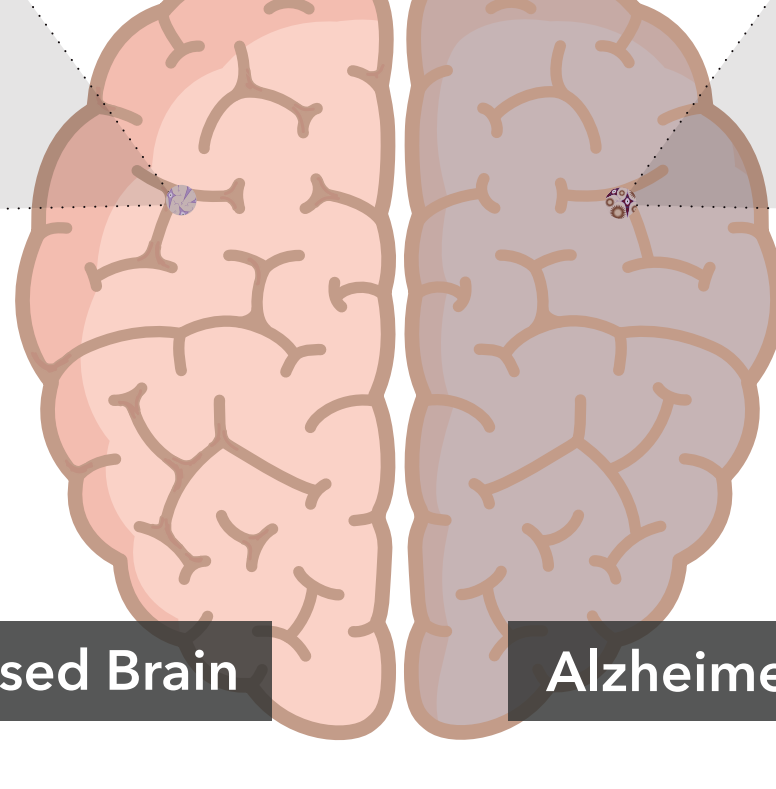
Clinicaltrials.gov

• **PLAQUES** and **TANGLES**

'Plaques' and 'tangles' are the traditional hallmark features of Alzheimer's disease



Normal Neuron



Amyloid plaques
Neurofibrillary tangles

Healthy Non-Diseased Brain

Alzheimer's Diseased Brain

However, they **do not** always predict who will have the clinical symptoms of dementia

In a sample of **456 people** living in retirement communities in the USA,

19%

of people had a **mismatch** between **dementia symptoms** and the **burden of plaques and tangles**

30%

Among people who had a **low burden of plaques and tangles**, **30% developed dementia** - these people were the **frail**est of the sample

23%

Among people who had a **high burden of plaques and tangles**, **23% did not develop dementia** - these people were **less frail** than those with dementia

Therefore, **frailty** may explain the **mismatch between dementia symptoms and burden of plaques and tangles**



The **more frail** people are, the **less predictive plaques and tangles** are of **Alzheimer's-type dementia**

FRAILITY = Your Number of Health Problems

(symptoms, signs, functional impairments, and diseases)



Frailty reflects your risk for **poor health outcomes:**



disease, hospitalization, dependency, and death

• **This is important**

because it will help:



researchers find better drugs to delay dementia progression

clinicians to make better care decisions

patients/families to reduce their risk for dementia by engaging in activities that reduce frailty such as exercise, nutrition, sleep, and disease management

Managing Frailty May Help Reduce Your Risk of Dementia