



Rethinking Alzheimer's Disease Podcast Series

A journey through advances in science, as told by people living with the disease, and leading health experts fighting it.

A podcast for everyone

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Episode 1 What is Alzheimer's disease (AD)?

Dementia is a general term for changes in memory and thinking that affect everyday life. Among the many possible causes of cognitive impairment and dementia, **Alzheimer's disease (AD) is the most common**, representing **60%–80%** of cases.¹

DID YOU KNOW?

AD dementia most often affects older adults, but in rare cases, **young-onset dementia** develops before age 65 years.¹

The progression of AD

Healthy brain ▶



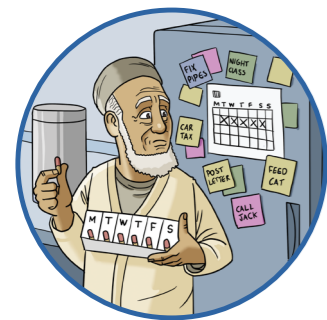
Preclinical AD

Up to 20 years or more before symptoms begin, abnormal levels of proteins, called **amyloid and tau**, build up in the brain²



Subjective cognitive decline

An individual may notice **memory or other cognitive changes that are not yet apparent to others**³



Mild cognitive impairment due to AD

Changes in memory and thinking become more apparent. Although **symptoms remain mild** and individuals continue to **maintain their independence**, doctors can detect these changes using cognitive tests³

Mild AD dementia

Symptoms progress, affecting:¹

- Thinking, planning and memory
- Language abilities
- Mood and behavior
- Daily activities

Moderate to severe AD dementia ▶

Early detection of cognitive changes is important to allow access to appropriate treatment, support, and education.

1. 2024 Alzheimer's disease facts and figures. *Alzheimers Dement* 2024;20:3708–3821; 2. Betthausen TJ, et al. *Brain* 2022;40:65–4079; 3. Jessen F, et al. *Lancet Neurol* 2020;19:271–278.

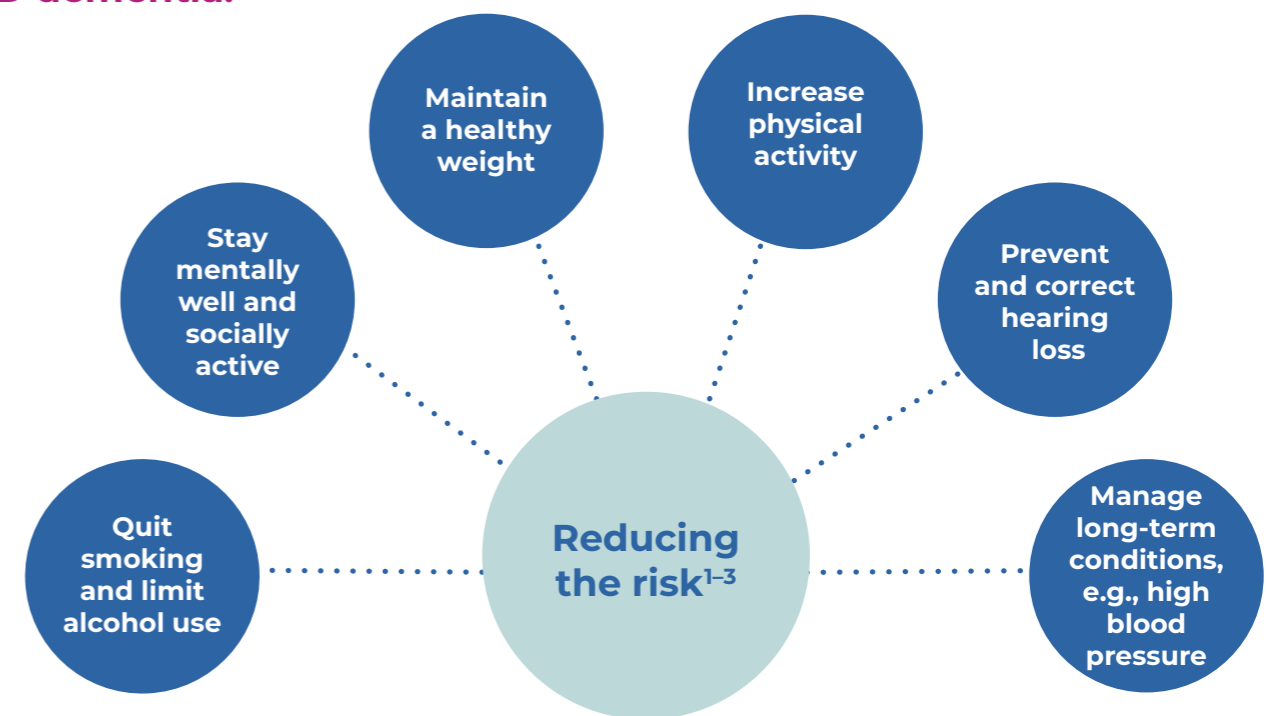
Episode 2 What are the risk factors for AD?

Factors such as **lifestyle, environment, and genetics** can all affect the likelihood of developing AD. Addressing healthcare disparities among Black, Asian, and minority ethnic groups and vulnerable populations is crucial for decreasing AD risk.¹




DID YOU KNOW?

An estimated **40–60%** of dementia cases could be prevented or delayed by changes to lifestyle or environment.¹

Certain lifestyle changes can decrease the risk of developing AD dementia.



Some AD risk factors cannot be changed

 Age	 Sex	 Genetics
<ul style="list-style-type: none"> • While older age does not cause AD, age is the most significant known risk factor⁴ 	<ul style="list-style-type: none"> • In the USA, almost two-thirds of people with AD are women⁴ 	<ul style="list-style-type: none"> • Some risk genes (e.g., <i>APOE4</i>) may increase the likelihood of developing AD⁵ • Some gene mutations can directly cause AD⁶

While some AD risk factors cannot be changed, making lifestyle modifications may protect brain health and help prevent or delay AD.

APOE4, apolipoprotein 4
1. Livingston G, et al. *Lancet* 2020;396:413–446; 2. Centers for Disease Control and Prevention. Reducing risk of Alzheimer's disease. 2022. Available from: <https://www.cdc.gov/aging/publications/features/dementia-risk-reduction-june-2022/index.html> (Accessed June 2024); 3. Alzheimer's Society. Reduce your risk of dementia. Available from: <https://www.alzheimers.org.uk/about-dementia/managing-the-risk-of-dementia/reduce-your-risk-of-dementia> (Accessed June 2024); 4. 2024 Alzheimer's disease facts and figures. *Alzheimers Dement* 2024;20:3708–3821; 5. Serrano-Pozo A, et al. *Lancet Neurol* 2021;20:68–80; 6. Pilotto A, et al. *Biomed Res Int* 2013;2013:689591.

When should someone be concerned about cognitive changes?

Although forgetfulness can be a normal part of aging, **for some people it can be an early sign of AD.** Early signs of AD may be subtle but could eventually impact daily life.

DID YOU KNOW?

In the USA, approximately **1 in 9 people aged 65 and older** has AD dementia.¹

Symptoms may include:^{1,2}



Forgetting names or recent conversations



Trouble performing familiar tasks



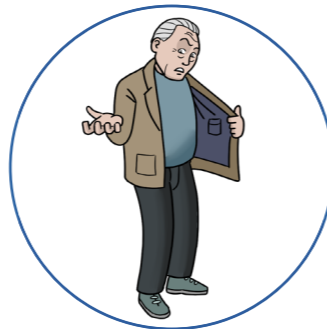
Challenges in planning or solving problems



Changes in behavior, mood, or personality



Confusion over dates, time, or current location



Misplacing items and being unable to find them

Referral to a specialist may be needed to determine if cognitive or behavioral changes are related to AD.

1. National Institute on Aging. What are the signs of Alzheimer's disease? Available from: <https://www.nia.nih.gov/health/alzheimers-symptoms-and-diagnosis/what-are-signs-alzheimers-disease> (Accessed June 2024);
 2. Alzheimer's Association. 10 early signs and symptoms of Alzheimer's and dementia. Available from: https://www.alz.org/alzheimers-dementia/10_signs (Accessed June 2024).

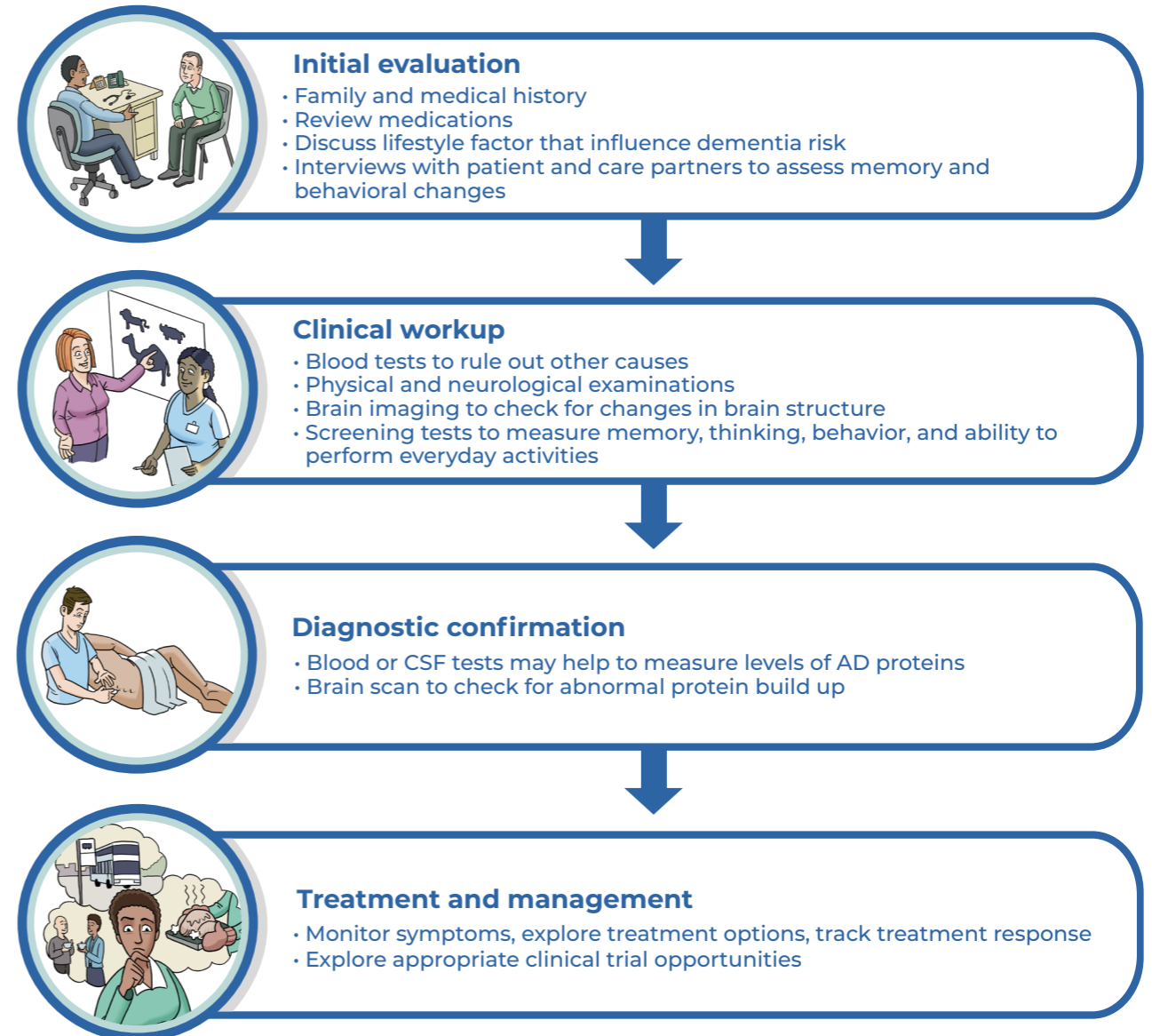
How and when can AD be diagnosed?

The brain changes that cause AD can be detected years before symptoms begin.¹ **However, diagnosis is often delayed.**² An early, accurate diagnosis allows patients and families to access treatments and support, or plan for the future.

DID YOU KNOW?

Blood-based tests for amyloid and tau are available to **facilitate the diagnostic work-up for AD.**

Primary care physicians and neurologists use a variety of tests to diagnose the underlying cause of memory impairment.³



Asking patients and care partners to make a list of recent cognitive or behavioral changes can help to facilitate discussions.

1. Beason-Held LL, et al. J Neuro Sci 2013;33:18008-18014; 2. Liss, JL, et al. JIM 2021;290:310-33;
 3. Porsteinsson AP, et al. J Prev Alz Dis 2021;8:371-386.

What is the role of a care partner?



DID YOU KNOW?

In the USA, more than **11 million people** provide unpaid care for a family member or friend with dementia.¹

AD affects whole families. Care partners are vital in maintaining quality of life for people with AD dementia:



Ensuring safety at home and beyond



Planning for the future



Providing emotional support



Navigating the care system, managing medications and other health conditions



Assisting with daily activities, e.g., cooking and managing appointments



Finding and using support and care services

Being a care partner can be rewarding, but it also brings challenges. A poll of American care partners of people with dementia found that:

59% rate the **emotional stress** of caregiving as high or very high¹

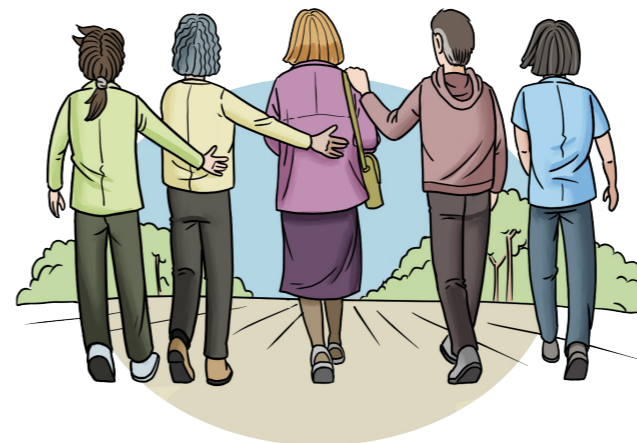
18% **reduced their working hours** because of caring responsibilities¹

74% are concerned about **maintaining their own health** since becoming a care partner¹

Self-care is important for care partners – accessing support services or groups, counseling, and spending time with friends may offer relief.

1. 2024 Alzheimer's disease facts and figures. *Alzheimers Dement* 2024;20:3708–3821.

What does the future hold for AD diagnosis and treatment?



DID YOU KNOW?

Researchers are developing tests for **early diagnosis and new treatments** that can slow the progression of AD.



Blood tests

- **Biomarkers of AD can now be measured in the blood.**
- Blood tests are more accessible than lumbar punctures and brain scans and may make it easier to diagnose AD.¹



Emerging treatments

- Disease-slowing treatments that **reduce levels of toxic protein** in the brain are becoming available.³
- **Early, accurate diagnosis is vital** as these treatments work in the early stages of AD.¹



Artificial intelligence and digital technology

- **New tools** are being developed to **detect and monitor** AD using biological and behavioral data.²
- For example, personal smart devices could check:²
 - Eye and body movement
 - Speech and language

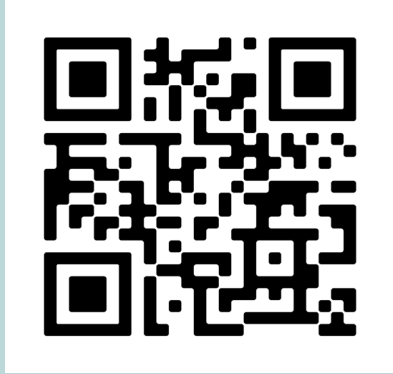


Clinical trials

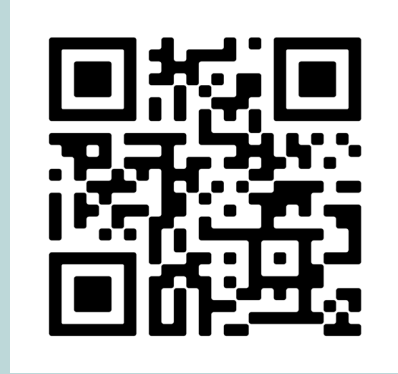
- Clinical trials are **research studies** to find out if new treatments are safe and effective.
- Taking part in a trial could provide **access to medical care and new treatments** that are not otherwise available.
- Trials also help researchers to **improve care and prioritize healthcare equity.**

Increasing research participation of diverse racial and ethnic groups will help to ensure that everyone has the potential to benefit from AD research.

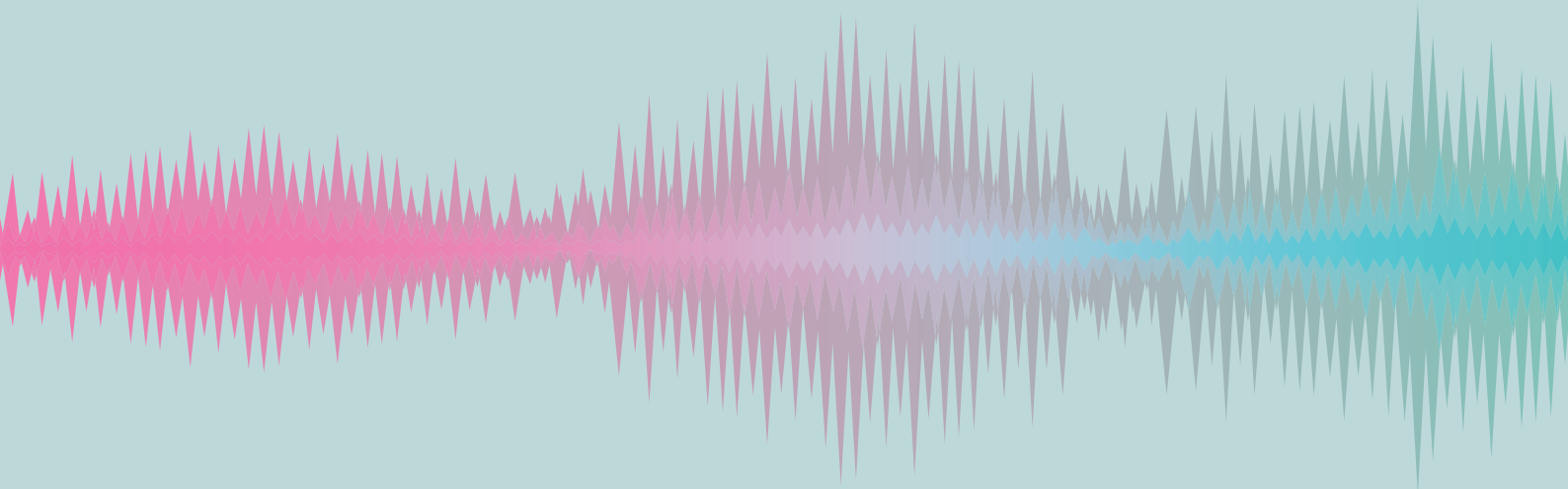
1. Hampel H, et al. *Neuron* 2023;111:2781-2799; 2. Kourtis LC, et al. *NPJ Digital Medicine* 2019;2:9; 3. Cummings J, et al. *Alzheimers Dement (N Y)*. 2024;10:e12465.



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