



# ALZHEIMER'S DISEASE

## 10 Medical Myths

### Myth

#### 01. Dementia and Alzheimer's disease are the same thing

#### FACT:

Dementia is the umbrella term for a range of conditions that cause cognitive impairment severe enough to interfere with activities of daily life. Alzheimer's Dementia is a degenerative form of dementia, accounting for 60-80% of cases.

#### FACT:

Mild forgetfulness, like misplacing your keys, is a normal part of aging. Alzheimer's dementia has a progressive decline in function, memory, thinking – forgetting recent conversations, and eventually struggling with basic daily tasks.

#### 02. Progressive memory loss is a normal part of aging

### Myth

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#### 03. Only Older Adults get Alzheimer's Disease

#### FACT:

Alzheimer's disease is not limited to older adults; younger-onset Alzheimer's disease (although less common) can affect people in their 30s, 40s, and 50s.

#### FACT:

There is no cure for Alzheimer's disease, but healthy lifestyle (diet, physical activity, sleep), blood pressure control, diabetes management, social connections, and cognitive stimulation may slow the progression of dementia.

#### 04. There is nothing you can do to prevent Alzheimer's dementia

### Myth

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#### 05. Alzheimer's disease is not fatal

#### FACT:

While individuals don't usually die from Alzheimer's disease directly, they often die from complications that arise from the progression of Alzheimer's disease.

#### FACT:

People may present with symptoms of dementia that arise from other underlying causes, including medication side effects. Sometimes, these forms of dementia may be reversed with proper treatment, so a work up should be done to rule out reversible causes..

#### 06. Memory problems are always a sign of Alzheimer's disease

### Myth

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#### 07. Certain medications and vaccines can cause Alzheimer's disease

#### FACT:

While some recent studies indicate a possible link between certain medications and Alzheimer's disease, more research is needed to confirm causation. As for vaccines, there is evidence that vaccines may be associated with a reduced risk of Alzheimer's disease.

#### FACT:

While an autopsy can confirm the diagnosis of Alzheimer's disease, it is not mandatory for diagnosis. Doctors can use physical exam, imaging, and laboratory findings to make the diagnosis.

#### 08. You need an autopsy to diagnose Alzheimer's disease

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#### 09. Getting diagnosed isn't important because there is no treatment for Alzheimer's disease

#### FACT:

Getting an early and accurate diagnosis, allows for early treatment and the opportunity to join clinical trials. While current medications do not cure the disease, they do slow down disease progression.

#### FACT:

In earlier stages of Alzheimer's disease, individuals may be aware of their cognitive decline. In later stages, individuals may not be aware of their condition, but each case is different.

#### 10. People with Alzheimer's disease don't know what is happening to them

### Myth

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