



## World Alzheimer's Day – 21 September 2015

***Did you know, over 44 million people worldwide have Alzheimer's disease?***

Alzheimer's disease is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills, and eventually the ability to carry out the simplest tasks. In most people with Alzheimer's, symptoms first appear in their mid-60s.

### ***10 warning signs<sup>1</sup>***

- Memory loss that affects day-to-day functioning
- Difficulty performing familiar tasks
- Problems with language
- Disorientation of time and place
- Poor or decreased judgment
- Problems with abstract thinking
- Misplacing things
- Changes in mood and behaviour
- Changes in personality
- Loss of initiative

**A new case of Alzheimer's occurs globally every 4 seconds.  
Close to 750 000 people in South Africa have the disease.<sup>2</sup>**

If someone you know is experiencing mental health problems or needs urgent support, contact us on 011 219 9620  
or email [mentalhealth.headoffice@lifehealthcare.co.za](mailto:mentalhealth.headoffice@lifehealthcare.co.za)  
For more information about our Life Mental Health units, visit  
[www.lifehealthcare.co.za](http://www.lifehealthcare.co.za)

References: 1. Alzheimer's SA; 2. [www.alzheimersinaction.co.za](http://www.alzheimersinaction.co.za)