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Walking to End Alzheimer's *November is Alzheimer's Awareness Month*



PHOENIX – The Arizona Department of Economic Security (DES) Division of Aging and Adult Services (DAAS) is marking Alzheimer's Awareness Month by participating in the November 12th Phoenix Walk to End Alzheimer's.

"A number of our DES colleagues know firsthand just how devastating this disease can be," said Director Timothy Jeffries. "Many of them are caregivers to their own loved ones. By participating in the Alzheimer's walk, we are showing our support in the effort to find a cure for these precious souls."

The 2016 Phoenix Walk to End Alzheimer's will take place at Wesley Bolin Plaza located at 1700 W. Washington. Registration opens at 7:30a.m., with a program start of 9:00a.m. To date, the 535 registered teams have raised more than \$245,000 in the fight for Alzheimer's care, support and research. If you would like to register yourself or a group, you can do so at [Phoenix Walk to End Alzheimer's](#).

Health professionals still consider Alzheimer's a medical mystery. A form of dementia, it results in memory loss, changes in [thinking and other brain function](#). One in nine individuals 65 and older will develop the disease. For those 85 and older, the prevalence is one in three. Alzheimer's accounts for 60 to 80 percent of dementia cases.

Although the disease tends to impact older individuals, it is not a normal part of aging, nor is it restricted to seniors. Approximately five percent of cases have occurred in individuals between the ages of 40 and 50. While there is no known cure, there are treatment options such as medications or herbal remedies to treat or help with symptoms of memory loss and changes in behavior and sleep patterns.

For more information on Aging and Adult Services, including general assistance and resources for caregivers, please contact (602) 542-4446 or the Caregiver Resource Line at 1 (888) 737-7494.

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