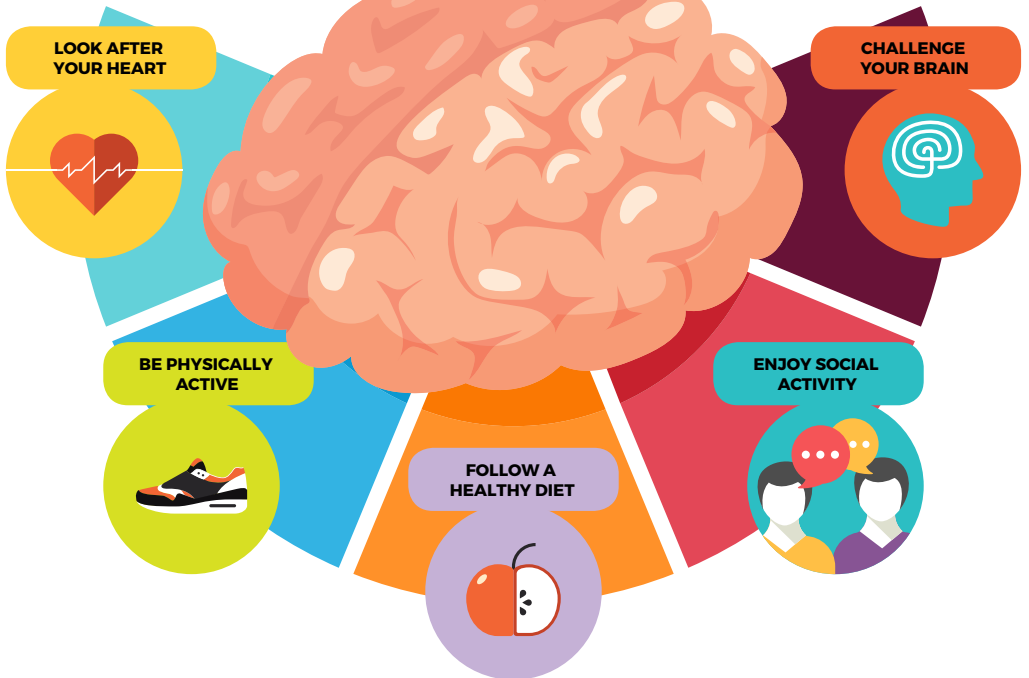




ALZHEIMER'S
DISEASE
ASSOCIATION

5 WAYS TO **REDUCE** YOUR RISK OF **DEMENTIA**



Find out more at alz.org.sg/5ways

● WHAT IS DEMENTIA?

Dementia is a term used to describe any condition that causes deterioration over time of a variety of different brain functions such as memory, thinking, recognition, language, planning and personality. Alzheimer's disease accounts for 50-60% of cases of dementia. Other types of dementia include vascular dementia, dementia with Lewy bodies and fronto-temporal dementia.

There are more than 44 million people with dementia worldwide. By 2030 this number is expected to have rise to almost 76 million and to around 135 million by 2050.



Superheroes Wanted!

Want to make a difference but not sure where to start? A small act of kindness from you means the world to persons with dementia, and no amount donated is too small to help our cause.

Find out more about cheque or recurring donations by **calling 6293 9971** or **emailing alicewong@alz.org.sg**, or simply scan the QR code to donate now!



● ALZHEIMER'S DISEASE ASSOCIATION

Alzheimer's Disease Association (ADA) was formed in 1990 as a result of growing concern at the rising rate of dementia and lack of infrastructure and support at that time. Now, with more than 26 years of active campaigning behind it, the Association has become Singapore's most specialised centre in dementia-support and advocacy.