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## Forgetting Ourselves: Alzheimer's in Women

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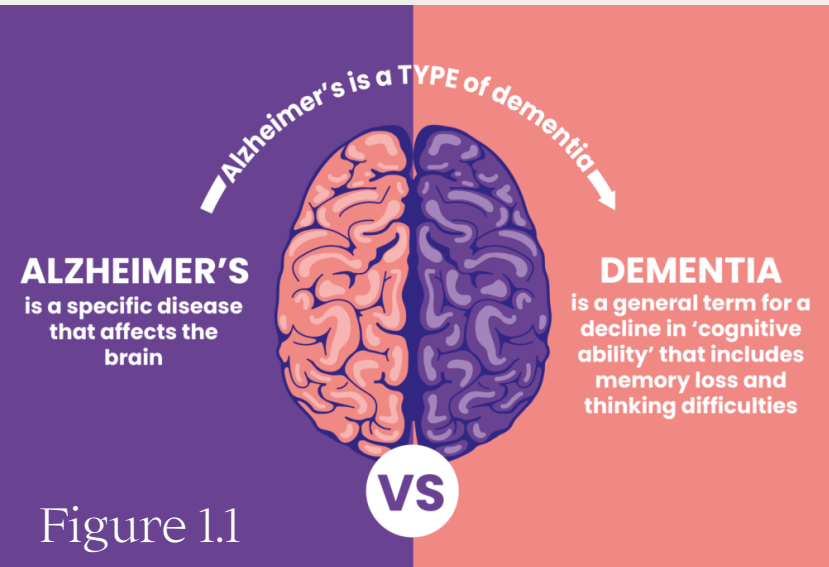
# Forgetting Ourselves

## Alzheimer's in Women

Jasmine Mortero, 2022

### Common Misconceptions

Dementia and Alzheimer's are **not** the same and are **not** a normal part of aging



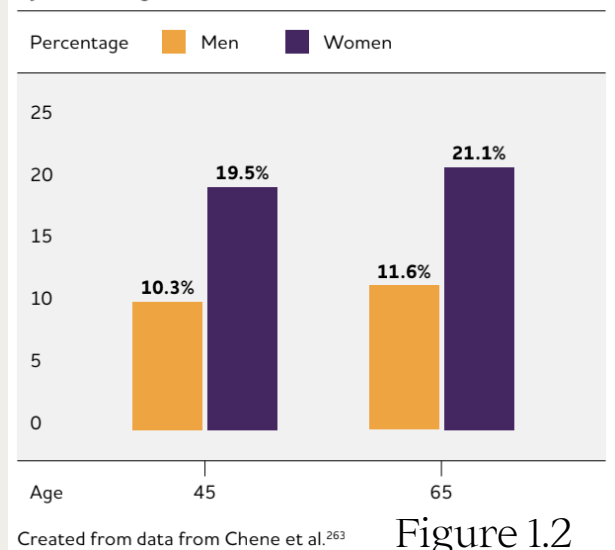
### The FACTS

- Alzheimer's and dementia are 2 **different** terms
- The **four most common types** of dementia; **Alzheimer's**, Frontotemporal, Vascular, and Lewy Body Dementia
- Dementia is **not a normal part of aging** and includes loss of cognitive functions and ability to perform daily tasks

### Sex Differences

- Women are **3X MORE LIKELY** to develop Alzheimer's disease than their male counterparts
- 2/3rds** of Americans with Alzheimer's are **WOMEN**
- Women in their 60s are **twice as likely to develop Alzheimer's** during the rest of their life than they are to develop breast cancer

Estimated Lifetime Risk for Alzheimer's Dementia, by Sex, at Ages 45 and 65



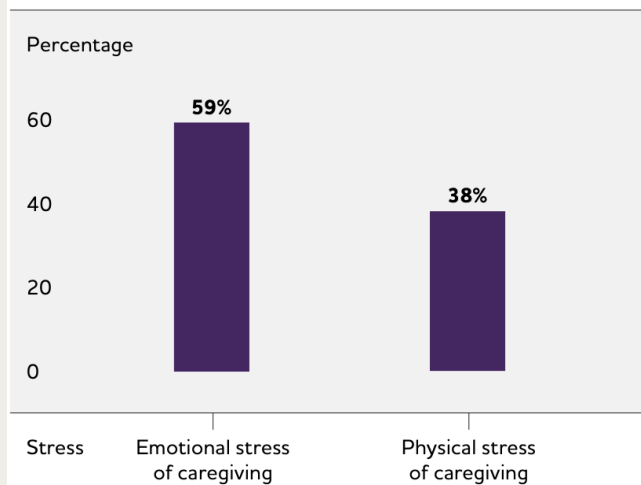
### Accessibility

What resources do women with Alzheimer's have?

**Lou Ruvo Brain Health Center**—Women's Alzheimer's Movement Prevention Center  
**Alzheimer's Association**—Women's Alzheimer's Movement

Most Nevada government resources are located in **Carson City** although, **Las Vegas** is the most populated city in the state.

Percentage of Caregivers Who Report High to Very High Stress Due to Caregiving



Created from data from the Alzheimer's Association.<sup>A9</sup>

Figure 1.3

## Caregiver Burnout

- More than **60%** of Alzheimer's and dementia **caregivers** are **women** providing this care either personally or professionally
- Caregiver burnout can be **detrimental** to one's health
- There are over **52 million unpaid hours** of caregiving in **Nevada** alone

## Final Remarks

Women are often **under diagnosed** and **overlooked** for early stages of Alzheimer's Disease. Women are **forgetting to put themselves first**. **Expanding resources** would greatly benefit women in Nevada

## Recommendations



Increase funding for Women's Health Organizations in Nevada



Create literature in multiple languages and publicize through various media outlets



Publicize resources on Nevada Federal websites

## Sources

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