



See the signs.  
Start a conversation  
about Alzheimer's.



*Did you know one in ten Americans age 65 and older has Alzheimer's disease?<sup>1</sup> Increasing age is the greatest known risk factor.<sup>1</sup> The Alzheimer's Disease Program at the Texas Department of State Health Services works to increase awareness of the disease and provide helpful information to individuals, families, friends and caregivers.*

According to the Alzheimer's Association, the risk of Alzheimer's disease doubles every five years after age 65.<sup>1</sup> Early detection and symptom management can make a big difference in quality of life for individuals and their caregivers.

Doctors can help their patients spot the signs of Alzheimer's disease in themselves and loved ones early. The following tips can help them take the first steps.

- **Talk to patients about the signs of Alzheimer's disease.** Signs they see in themselves or someone else shouldn't be ignored. Advise them to schedule an appointment to discuss their concerns. A diagnosis can help them take part in care planning, learn about community resources and plan for the future.
- **Suggest starting a conversation when their loved one shows problems with memory or routine activities.** Help them know that it's common to feel afraid or uncomfortable talking with their loved ones, but it's important to bring up what they're noticing.
- **Visit the Alzheimer's Disease Program at [dshs.texas.gov/alzheimers](https://dshs.texas.gov/alzheimers)** for information on the early signs of Alzheimer's disease, ways for family members and friends to start a conversation when they notice symptoms, and available community resources.



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<sup>1</sup> Alzheimer's Association. Alzheimer's disease facts and figures.  
<https://www.alz.org/media/Documents/alzheimers-facts-and-figures.pdf>.  
2020. Accessed July 24, 2020.