



NEW YORK STATE SENATOR

Shirley L. Huntley

## Alzheimer's Awareness Month

SHIRLEY L. HUNTLEY November 1, 2009

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**News From the  
New York State  
Senator Shirley L. Huntley**

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## **November is Alzheimer's Awareness Month**

### **Senator Shirley L Huntley: Prevention and treatment are available.**

Detecting symptoms of Alzheimer's disease early is important to give individuals a chance to seek treatment and plan for the future. November is Alzheimer's Awareness Month. Senator Shirley L. Huntley (D-Jamaica) stated that prevention and treatment options make life with Alzheimer's easier than ever before. As many as 5.3 million Americans are living with Alzheimer's disease, which causes memory loss and problems with thinking and behavior.

There are 10 warning signs of Alzheimer's disease including: memory loss that disrupts daily activities, challenges in planning or solving problems and difficulty completing familiar tasks at home, at work or at leisure.

The brain is the most complex organ of the human body. It controls functions that affect all aspects of our daily lives – activities like speaking, moving, making decisions, and having emotional responses. The brain also controls functions we are not conscious of – such as digestion, breathing, and circulation.

When a person is suffering from Alzheimer's disease, abnormal changes are taking place in the brain. The cause of Alzheimer's disease begins with nerve cells, responsible for learning and memory functions, which begin to become damaged and die. As a result, certain aspects of brain functioning that control memory, behavior, personality, and other bodily functions, can be lost.

As these changes occur, a person with Alzheimer's disease will advance through the stages of Alzheimer's disease, suffering from the various symptoms associated with them. It is important to understand the stages and symptoms of Alzheimer's disease to ensure appropriate treatment.

Although there is no cure, an accelerating worldwide effort is finding better ways to treat the disease, delay its onset, or prevent it from developing. Individuals are encouraged to maintain healthy and active lifestyles, and regularly engage the brain through reading, writing, playing games or doing crossword puzzles.

“Nearly every American has a friend or loved one who is a victim of Alzheimer’s disease,” said Senator Shirley L. Huntley (D-Jamaica). “This disease can be especially hard on families, which is why as part of Alzheimer’s Awareness Month we must renew our commitment to finding a cure, while providing high quality and affordable treatment and prevention options.”

In October of 1982, President Ronald Reagan proclaimed one week in November as National Alzheimer's Disease Week. One year later, he proclaimed November as National Alzheimer's Disease Month.

To learn more about Alzheimer’s prevention and treatment Senator Shirley L. Huntley encourages people to call 877-IS IT ALZ (877) 474-8259 or visit: [www.alz.org](http://www.alz.org).