



NEW YORK STATE SENATOR

Pamela Helming

## Senator Pam Helming: Important to Recognize World Alzheimer's Month

PAMELA HELMING September 27, 2019

Every 65 seconds another American is diagnosed with Alzheimer's Disease. This is a startling statistic that many would prefer not to think about.

However, Alzheimer's is a disease that impacts virtually every family. We all have a loved one, coworker, parent or friend that this disease has touched. In fact, it is estimated that 5.8 million people are living with an Alzheimer's diagnosis. One fact that is not commonly known is that 200,000 individuals under the age of 65 suffer from this debilitating disease.

We all have a role to play in raising Alzheimer's awareness and there is hope! If correctly diagnosed early, many individuals can receive medical treatment. That is why screening is so critical. In fact, the Alzheimer's Association recently did a study that concluded 82% of seniors say it's important to have their thinking or memory checked, but only 16% say they receive regular cognitive assessments. Removing the stigma about asking for a screening is key to battling this growing epidemic. Early detection improves the quality of life for both the patient and the family.

A memory screening is a safe and easy way to ensure that you or a loved one is healthy. It takes around 10 minutes to complete and can be requested at your next doctor's appointment. Alzheimer's is most prevalent in individuals above the age of 65 and it is

important to speak with your healthcare provider or doctor about screening and any memory issues you may have. Asking these simple questions provide peace of mind and helps ensure that you can enjoy your golden years, worry free.

There are also many resources available to support those who are caring for a loved one suffering from Alzheimer's. It is estimated that more than 16 million Americans provide unpaid help for individuals with Alzheimer's or dementia. These caregivers need to know that they are not alone and are unsung heroes in our community. From training, to support groups and healthcare assistance, help is available. To learn more, you can contact the Alzheimer's Association 24/7 365 days a year at 800-272-3900.

Together, we can raise awareness and support both those suffering from Alzheimer's and their families.