

Dementia and Alzheimer's Disease

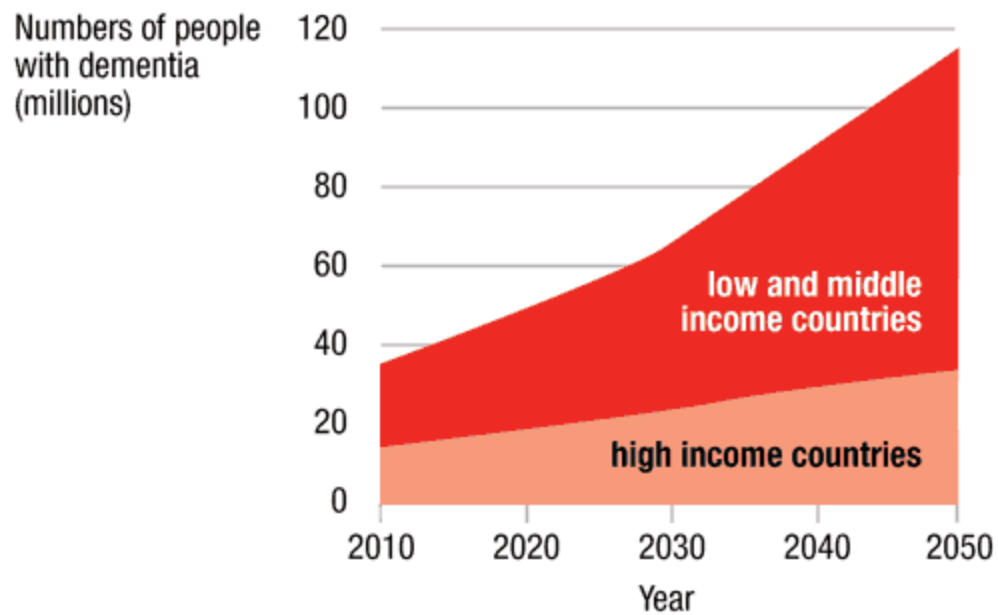
A Growing Public Health Problem

The Role for Health Outcomes

Facts and Projections

- In 2010 there were an estimated 35.6 million people with dementia in the world
- The number is expected to double every 20 years, to 65.7 M in 2030 and 115.4 M in 2050
- Worldwide, there are about 7.7 million new cases of dementia each year, one new case every four seconds
- In 2010, the estimated total costs of dementia were US\$ 604 billion worldwide

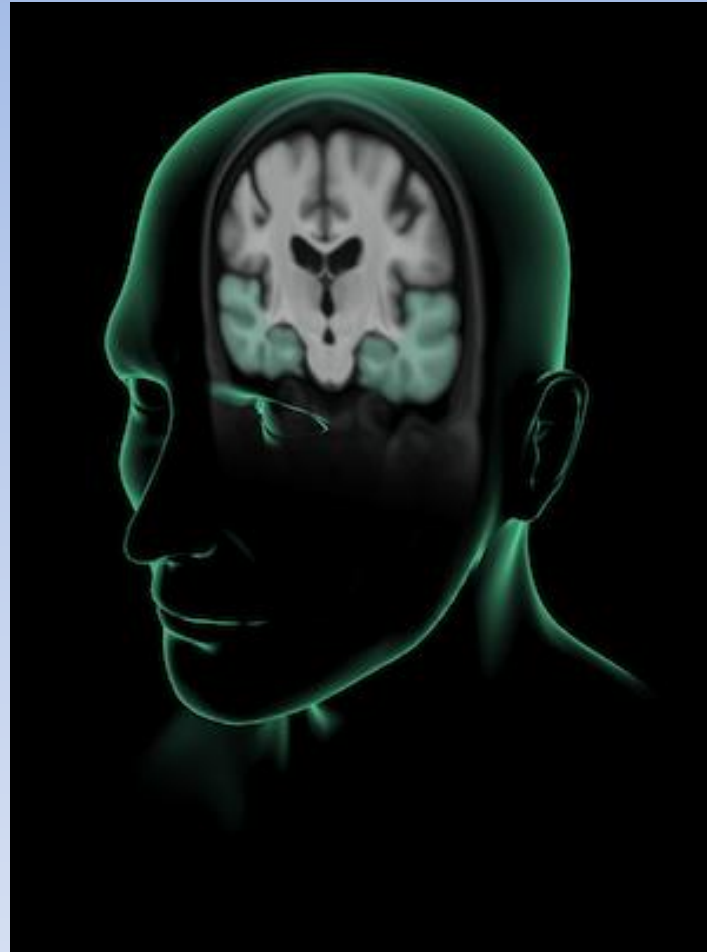
The growth in numbers of people with dementia in high income countries and low and middle income countries



Source: *Dementia: a public health priority*, World Health Organization 2012

Facts and Projections

- There is no cure for Alzheimer's disease
- Research identifying modifiable risk factors of dementia is in its infancy.
- In the meantime, primary prevention should focus on targets suggested by current evidence,
 - including countering risk factors for vascular disease, diabetes, midlife hypertension, midlife, obesity, smoking, and physical inactivity.



*This image shows areas of brain susceptible to Alzheimer's disease, such as the hippocampus.
Courtesy of Paul M. Thompson, PhD, and Arthur W. Toga, PhD, Laboratory of Neuro Imaging, UCLA.*

The Direction Forward

- Support for informal caregivers
 - most care is provided by family & other informal support systems in the community
 - most caregivers are women
 - there are significant stressors on caregivers: physical, emotional & economic
- Raising Awareness
 - a lack of understanding of dementia contributes to fears and to stigmatization
 - stigma contributes to social isolation and to delays in seeking diagnosis and help
 - there is an urgent need to improve awareness and understanding at all levels of society
 - governments and health care systems have a role to play in increasing awareness
- Support for informal caregivers
 - campaigns to raise awareness should be relevant to the audience and context
 - campaigns should be accurate effective and informative
 - campaigns should be developed in consultation with people with Alzheimer's & dementia, their family members and other stakeholders in the community



Challenges for Outcomes Evaluation

- There is a general absence of coordinated programs to raise awareness of Alzheimer's disease
- There are not systematic approaches to manage and care for individuals with dementia and Alzheimer's disease
- There are not comprehensive outcomes measures that capture the effects of different management/treatment approaches
- We as children or relatives of individuals with dementia and Alzheimer's disease are **unprepared** and **do not have the tools to evaluate what management/treatment approaches are the most beneficial and cost effective**