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Facts and Tips for Preparing for the Summer Heat

- The Center for Disease Control and Prevention estimates that 400 people die each year from exposure to excessive amounts of natural heat.
- Those most susceptible to death are seniors because of their decreased ability to perspire, a natural way that the body cools itself.
- *Tip:* Dress your loved one with memory loss, dementia, or Alzheimer's in lightweight clothes to avoid him/her overheating in the summer sun. Consider changing to lighter bedding as well.
- *Tip:* Drink at least eight glasses of water a day, and consider substituting in a few glasses of drinks with electrolytes, such as Gatorade or Pedialyte.
- *Tip:* Spend the hottest hours of the day, 10am to 2pm, inside and out of the sun's strongest rays.

Although it sometimes may seem like summer brings more worries than it does relaxation for those caring for a loved one with Alzheimer's or another form of memory loss, remember that many heat-related injuries are preventable!

Quick Facts about Alzheimer's Disease¹

- Alzheimer's disease is the most common form of dementia. Others include vascular dementia (resulting from a stroke), Parkinson's disease, and frontotemporal dementia. Many dementias result in some form of memory loss.
- Because of advances in medicine and technology, the number of people living into their 80s and 90s is dramatically increasing. In turn, this increases the number of cases of Alzheimer's disease: in 2000 there were 411,000 new cases of Alzheimer's in the US. In 2010 there are estimated to be 454,000 new cases. In 2050 there are expected to be 959,000.
- From 2000 to 2006, Alzheimer's disease deaths increased by 46.1%, while other leading causes of death such as stroke, prostate cancer, breast cancer, heart disease, and HIV all decreased.
- In 2009, there were 10.9 million unpaid caregivers who dedicated an average of 22 hours per week to caring for their loved ones with Alzheimer's.

¹Figures taken from *2010 Alzheimer's Disease Facts and Figures*, published by The Alzheimer's Association, 2010.