

DONATION:

Yes, I would like to make a tax-deductible donation to the **Lions Alzheimer's Foundation** and help fund **research** into preventing this disease,
(Tax Deductible - Charity ABN 28604045290)

OPTION 1: EFT

Account Name:	"Lions Alzheimer's Foundation Pty Ltd."
BSB:	036 034
Account Number:	459 164

OPTION 2:

Cheque/Money Order

Payable to "Lions Alzheimer's Foundation Pty Ltd."

Mail to: Lions Alzheimer's Foundation,
PO Box 737 Nedlands WA 6909

OPTION 3

Title:	First Name:
Surname:	
Address:	
Suburb:	Postcode:
Phone:	Mobile:
Email:	

I would like to make a donation of:

\$25 \$50 \$100 or \$

OR I would like to make an ongoing credit card donation of

\$ Every months

Credit Card Number:

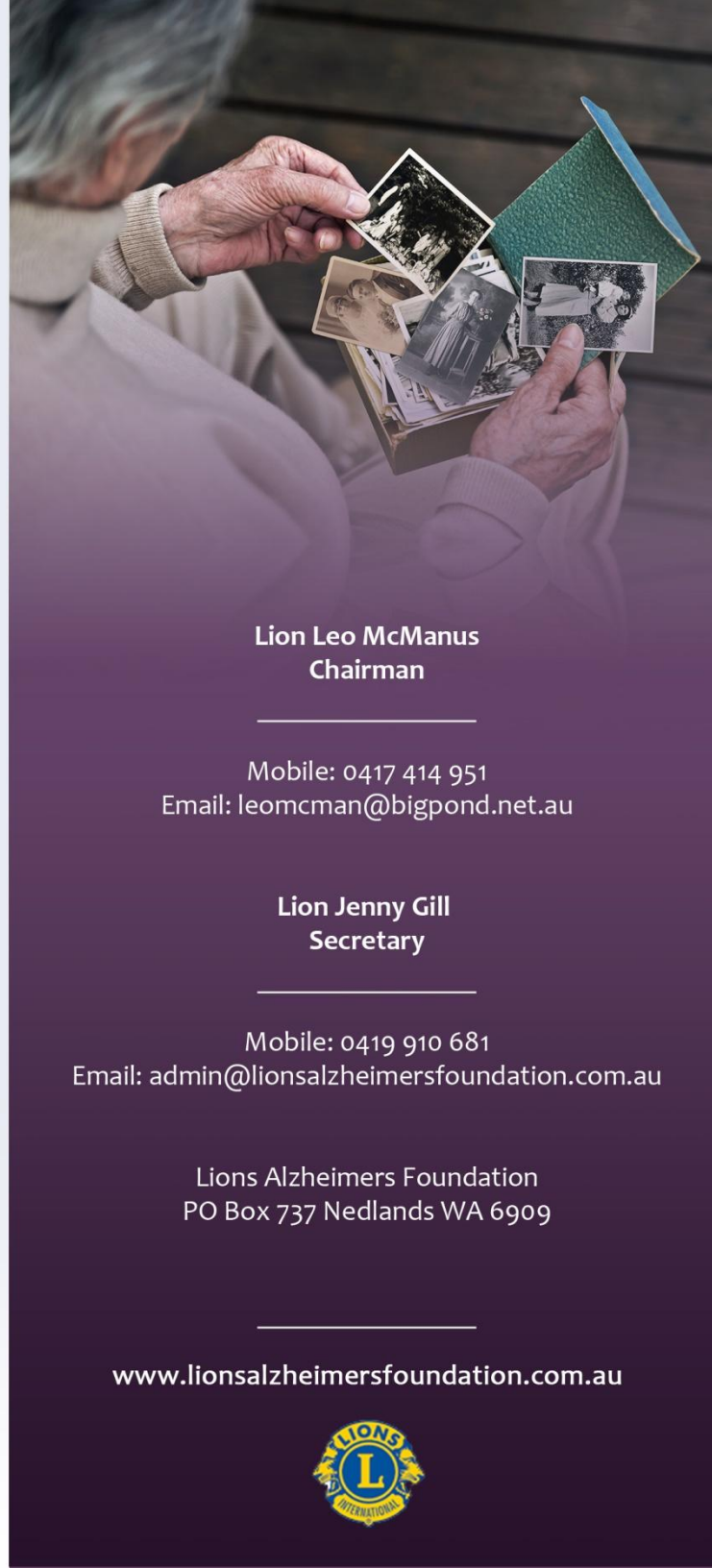
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Card Holders Name:

Expiry:

Signature:

Thank you. A receipt will be sent to you.
All donations over \$2 are Tax Deductible.



Lion Leo McManus
Chairman

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Lion Jenny Gill
Secretary

Mobile: 0419 910 681
Email: admin@lionsalzheimersfoundation.com.au

Lions Alzheimers Foundation
PO Box 737 Nedlands WA 6909

www.lionsalzheimersfoundation.com.au



**The Lions Alzheimer's Foundation (LAF) -
preventing Alzheimer's through research.**

"Only through research can we prevent Alzheimer's disease. I am fortunate to enjoy the continued, loyal support of the Lions Alzheimer's Foundation"

Professor Ralph Martins OA, Director of Research



**Lions Clubs aim is to provide support
where it's needed most.**

LAF is dedicated to purchasing equipment and funding scientific research which will help doctors understand and prevent the condition. Our members devote their time and energy to manage and support a broad range of fundraising activities.

**Your support is driving the research that is advancing
the diagnosis, treatment and preventative measures
of Alzheimer's disease.**



What is Alzheimer's disease?

In 1907, German psychiatrist and neuropathologist, Dr Aloysius "Alois" Alzheimer, published a paper on presenile dementia for the very first time, based on a patient study.

It wasn't until 1910 that the condition became known as Alzheimer's disease.

Alzheimer's is a chronic neurodegenerative disease and the most common form of dementia.

The condition starts slowly, worsening over time as it damages the brain and causes symptoms including memory impairment, confused thinking and behavioural changes.

Symptoms

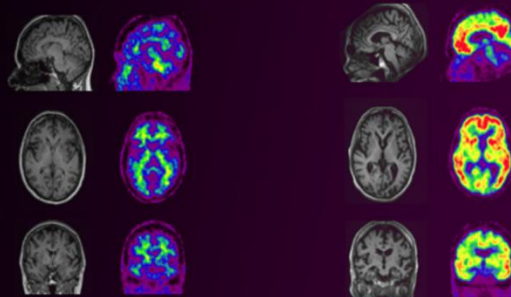
- ✓ Memory loss
- ✓ Confusion
- ✓ Personality and behavioural change
- ✓ Diminished ability to perform even basic tasks



The facts

- ✓ Alzheimer's affects up to 70% of dementia patients
- ✓ The cause of the disease still isn't fully understood
- ✓ About 70% of the risk is believed to be genetic. It mainly affects people over 65, although up to 5% of cases are early on-set Alzheimer's
- ✓ Alzheimer's can affect people of any age. 3 in 10 Australians over the age of 85 suffer from dementia
- ✓ 244 Australians are diagnosed with dementia every day
- ✓ 413,106 Australians currently live with dementia and Alzheimer's disease
- ✓ 1,100,890 Australians will develop the disease by 2056 if we do not find a medical breakthrough. 50% of residents in Australian Government subsidised aged care facilities have dementia
- ✓ Worldwide, dementia affects about 47 million people
- ✓ It's estimated that dementia will cost Australia up to \$15 billion in 2018
- ✓ By 2056, this is expected to rise to \$36 billion

Amyloid Beta in the AD Brain



Healthy Elderly

Alzheimer's Disease

Prevention

- ✓ Eat a healthy diet
- ✓ Exercise regularly
- ✓ Make sure you remain socially active
- ✓ Get regular, uninterrupted sleep
- ✓ Maintain a healthy weight
- ✓ Reduce alcohol intake
- ✓ Stop smoking
- ✓ Monitor and maintain healthy blood pressure
- ✓ Try to reduce the amount of stress in your life

