

# 5 facts about Alzheimer's Disease



One in 11 Canadians over the age of 65 is living with Alzheimer's disease or dementia.



Women are more susceptible and make up three-quarters of Canadians with the disease.



The number of those with some form of dementia is expected to more than double in the next generation.



Exercise and healthy habits can help reduce a person's risk of developing Alzheimer's disease.



Genetics play a small role: only five to seven percent of those with the disease have the genetic form.



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To learn more, visit  
**Alzheimer Society of  
Canada** at [alzheimer.ca/en](http://alzheimer.ca/en)

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