

# Alzheimer's

The most common form of dementia, is a progressive brain disease that steals memories and compromises cognitive

function. It's not just about forgetting names or places; it's about losing independence, identity, and connection with loved ones.



## The Faces of Alzheimer's:

- 1 The individual living with the disease:** They navigate a world that becomes increasingly unfamiliar, facing fear, frustration, and isolation.
- 2 The family caregiver:** Shouldering immense emotional and physical burdens, sacrificing their own needs to care for their loved one.
- 3 The community:** Neighbors, friends, and healthcare professionals who can offer support, understanding, and a sense of belonging.

### ACTION BEYOND AWARENESS

- **Educate yourself:** Learn about the signs, symptoms, and risk factors of Alzheimer's
- **Challenge stigma:** Talk openly about the disease and combat discriminatory attitudes
- **Support research:** Donate to organizations funding research for a cure or treatment
- **Advocate for change:** Support policies that increase access to care, funding, and support services
- **Reach out:** Offer practical help to families affected by Alzheimer's, even small gestures can make a difference
- **Volunteer your time:** Organizations like the Alzheimer's Association rely on volunteers to provide companionship, respite care, and administrative support

### REMEMBER, THERE IS HOPE

- Despite the challenges, individuals with Alzheimer's can still experience joy, connection, and love
- Early diagnosis and intervention can improve quality of life and slow the progression of the disease
- Research is making significant strides, and a cure may be closer than we think

**By taking action, big or small, we can make a difference.** Let's honor the faces of Alzheimer's, not just with forget-me-nots, but with our commitment to creating a future where the disease is a memory, not a reality.

## Expert advice when you need it most.

Make the best decision for your care with a second opinion



**What kind of medical case would you like us to review?**

- A recent diagnosis
- An upcoming surgery
- A chronic condition
- A current treatment plan
- A specific question

Reasons why you may seek an expert opinion:  
You received conflicting medical advice  
You don't understand your diagnosis  
Your symptoms aren't improving

Note, if this is a medical emergency, please dial 9-1-1.

With Teladoc Health Expert Medical Opinion, you can get assurance and advice on a diagnosis, treatment plan or surgery from leading medical experts in over 450 specialties.


- Joint pain
- Chronic conditions
- Back issues
- Cancer
- Surgery
- And more

### How it works:

- 1 Start your case by phone, online or on the Teladoc Health app.
- 2 Get expert guidance starting with a phone call from a member of our expert care team who'll review and coordinate your case.
- 3 Feel confident in the steps ahead with a clear diagnosis and/or treatment plan that's right for you.

## Learn more

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