

UNDERSTANDING RISK FACTORS for Alzheimer's Disease and Related Dementias

Dementia results from a variety of diseases and injuries that affect the brain. Alzheimer's disease (AD) is the most common cause of dementia contributing to 60-80% of cases.¹

AD is a progressive neurodegenerative disorder that results in increasingly debilitating cognitive, functional, and behavioral impairments.²

The number of people living with AD and related dementias is expected to substantially increase over the coming decades.^{1,3}

Nonmodifiable Risk Factors for Alzheimer's Disease¹



Age (Greatest risk factor)¹



5% of people in the US aged 65 to 74 have AD dementia

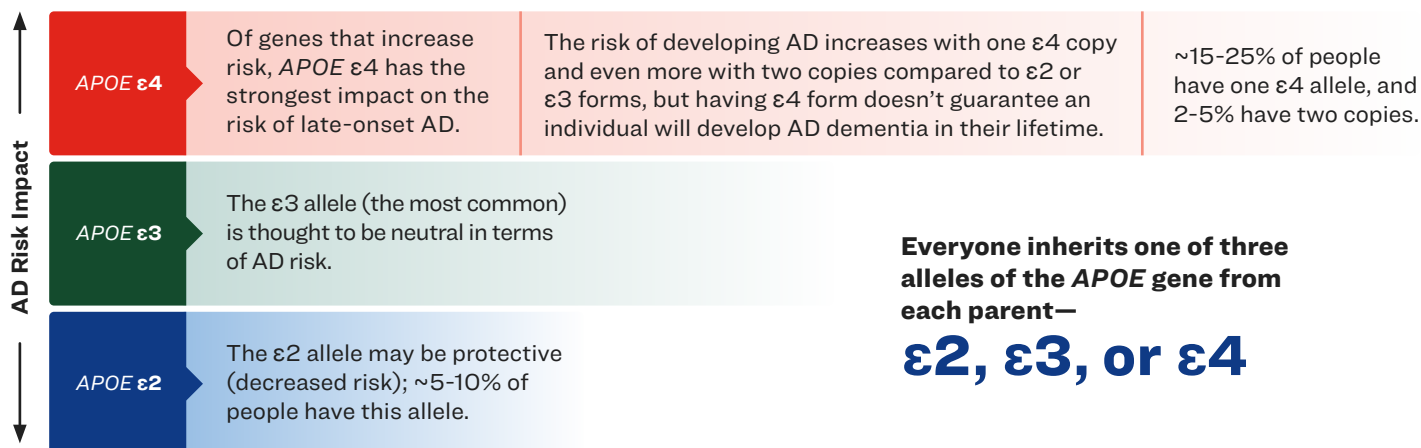
13.2% of people in the US aged 75 to 84 have AD dementia

33.4% of people in the US aged 85 or older have AD dementia

Note: Age alone does not cause AD, nor is it a normal part of aging.



Genetics^{1,4}



Family History¹

Having a first-degree relative with AD increases risk independent of genetic risk factors such as APOE ε4, but AD can also occur without any family history.

Modifiable Risk Factors for Dementia³

Up to 45% of Dementia Cases May Be Attributable
to 14 Potentially Modifiable Risk Factors³

Early Life

Less education (5%*)

Midlife

Hearing loss (7%*)

High LDL cholesterol (7%*)

Depression (3%*)

Traumatic brain injury (3%*)

Smoking (2%*)

Physical inactivity (2%*)

Diabetes (2%*)

Hypertension (2%*)

Obesity (1%*)

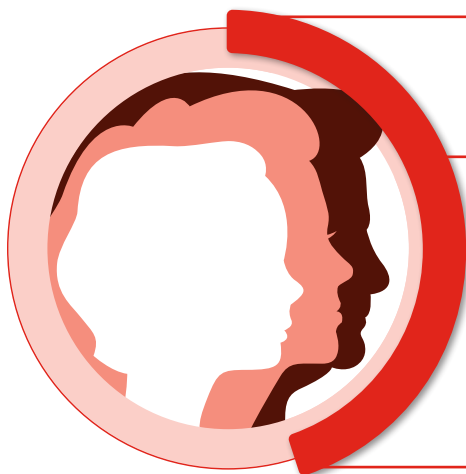
Excessive alcohol consumption (1%*)

Late Life

Social isolation (5%*)

Air pollution (3%*)

Untreated vision loss (2%*)



64%

of older adults in the US who received a dementia diagnosis received it from a PCP.⁵

Primary care practitioners (PCPs) follow patients across their lives and are uniquely positioned to screen, detect, and inform patients about AD risk factors.⁵

7 lifelong goals to monitor⁶



Nonsmoking
status



Physical
activity



Body mass index
<25 kg/m²



Healthy
diet



Untreated
blood pressure
< 120/<80 mm Hg



Untreated
total cholesterol
<200 mg/dL



Fasting
blood glucose
< 100 mg/dL

Addressing tomorrow's dementia risk starts today.
Learn more at: medical.lilly.com/us/diseases/cognitivehealth

*Indicates the potential reduction in dementia cases if this risk factor is eliminated.

1. Alzheimer's Association. 2024 Alzheimer's disease facts and figures. *Alzheimers Dement*. 2024;20(5):3708-3821. 2. Porsteinsson AP, et al. Diagnosis of early Alzheimer's disease: clinical practice in 2021. *J Prev Alzheimers Dis*. 2021;8(3):371-386. 3. Livingston G, et al. Dementia prevention, intervention, and care: 2024 report of the Lancet standing Commission. *Lancet*. 2024;404(10452):572-628. 4. National Institute on Aging. Alzheimer's disease genetics fact sheet. Accessed March 20, 2025. <https://www.nia.nih.gov/health/alzheimers-causes-and-risk-factors/alzheimers-disease-genetics-fact-sheet> 5. Sideman AB, et al. Primary care practitioner perspectives on the role of primary care in dementia diagnosis and care. *JAMA Netw Open*. 2023;6(9):e2336030. 6. Atri A, et al. Alzheimer's Association clinical practice guideline for the Diagnostic Evaluation, Testing, Counseling, and Disclosure of Suspected Alzheimer's Disease and Related Disorders (DETeCD-ADRD): executive summary of recommendations for primary care. *Alzheimer's Dement*. 2024;1-32.

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