



# HEALTH CAPSULE | No.51 | 2017

## Myths and realities about Alzheimer's disease

**1. Myth: My mother had Alzheimer's, so I'm going to get it too.**

**Reality:** Familial Alzheimer's disease accounts for less than 5% of all cases of Alzheimer's disease.

**2. Myth: Alzheimer's disease can be prevented.**

**Reality:** No single treatment can prevent it. Exercising your mind and body, eating a heart-healthy diet, reducing stress and staying socially active may all help reduce your risk.

**3. Myth: If I'm diagnosed with Alzheimer's disease, it means my life is over.**

**Reality:** If you or someone you know is diagnosed with the disease, you can live meaningfully and actively for many years. Eating a heart-healthy diet, exercising regularly, staying socially connected and doing things that challenge your brain also help slow disease's progression. While medications may not work well for everyone, they are most effective in the early stages of the disease. That's why early diagnosis is important.

**4. Myth: There's a cure for Alzheimer.**

**Reality:** Alzheimer's disease remains incurable. However, medications, support and care early in the disease can help manage symptoms and improve quality of life.

**5. Myth: Alzheimer's is a disease of the elderly.**

**Reality:** Alzheimer's disease is a progressive, degenerative disease of the brain. It most often occurs in people over 65, but can affect people in their 40s and 50s.

Source : ([www.alzheimer.ca/en](http://www.alzheimer.ca/en))



**In Canada, 747 000 people are affected today with Alzheimer's disease or other cognitive disease. Within 15 years, 1.4 million people will be affected.**

Source : ([www.societealzheimerdequebec.com](http://www.societealzheimerdequebec.com))



## How second-hand and third-hand smoke affects us ?

### What is second-hand smoke?

Second-hand smoke is what smokers breathe out and into the air. It's also the smoke that comes from a burning cigarette, cigar or pipe. Second-hand smoke has the same chemicals in it as the tobacco smoke breathed in by a smoker. So if you're sitting beside someone who's smoking, you and everyone else around you are smoking too.

### No amount of second-hand smoke is safe;

- Hundreds of the chemicals in second-hand smoke are toxic and more than 70 of them can cause cancer.
- Being around second-hand smoke puts you at risk of developing lung cancer and other lung diseases. You're also at higher risk for heart attacks and stroke.
- It can bother you skin, eyes, nose and throat
- If you have allergies or breathing problems (like asthma), second-hand smoke can make them much worse.

### What is third-hand smoke?

When a person smokes, the toxic chemicals from second-hand smoke travel's through the air and lands on carpets, furniture, curtains and other surfaces. They even land on any dust that's in the room. These chemicals stay around after the cigarette is out; this is third-hand smoke. Also, people who smoke have third-hand smoke on their clothing, skin and hair.

Source : ([www.cancer.ca/en](http://www.cancer.ca/en))

## Shovel smart this winter

### *4 tips to reduce your heart attack risk in cold weather*

- \* **Warm up.** Shovelling snow is a demanding physical activity. It's a good idea to warm up first, as you would before any intense sport. Take a short walk to get the blood flowing before you pick up the shovel.
- \* **Take a breather.** Don't push yourself to get the driveway clear in a hurry. Take frequent breaks and sip water to stay hydrated. If you're tired, finish the job later.
- \* **Work first, eat later.** After a large meal, your body is already working hard to digest food. Stepping out to clear the driveway soon after can put extra strain on your heart.
- \* **Plan ahead.** Watch your local forecast for extreme cold weather alerts. Plan enough time for snow shovelling, running errands and walking outdoors.

Source : ([www.heartandstroke.com](http://www.heartandstroke.com))