



*“Hope is being able to see  
that there is light  
despite all of the darkness.”*

— Desmond Tutu

## Let's talk about...

### **Dementia**

Dementia describes a range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce your ability to perform everyday activities.

### **Did you know?**

- Diabetes may increase your risk for dementia.
- High blood pressure increases your risk for heart disease and possibly dementia.

### **Some signs can be...**

- Confusion with time or place.
- Difficulty completing familiar tasks at home, work or leisure.
- Misplacing things and losing the ability to retrace steps.

### **It's never too late to...**

- Manage your chronic conditions.
- Stop smoking.
- Start moving and eat healthy.
- Exercise your brain.

### **Get checked.**

Early detection matters.

### **For more information:**

**Center for MultiCultural Health**  
(206) 461-6910  
[multi-culturalhealth.org](http://multi-culturalhealth.org)

**Alzheimer's Association**  
**Washington State Chapter**  
(206) 363-5500  
[alzwa.org](http://alzwa.org)



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