The Importance of Raising Awareness

by AMY MANLEY

Raising Awareness

Alzheimer's is a condition that causes a severe impact on your life, and the misconceptions surrounding it can cause the impact to be even more severe. According to statistics, over 5 million Americans have Alzheimer's, and while the numbers are high, they are expected to at least triple by the year 2050. While this disease is more recognized today than ever before, the misconceptions surrounding Alzheimer's are due to lack of common knowledge among the public. By learning more about Alzheimer's, you can help create awareness and spread the truth to the public.

Benefits of Awareness

The benefits of raising awareness go far beyond helping the public understanding what exactly Alzheimer's is. When awareness is created, it helps to create more treatment options for those who have the condition, and also helps create more ways to prevent different forms of dementia. The first area of Alzheimer's that needs to be recognized is the early signs and symptoms of the disease. When the signs are recognized early, detection can occur, and treatment can be provided early on.

Awareness also helps remind people of the importance of caregivers and health providers, who play a large role in helping those with Alzheimer's carry on through life and experience life to a higher degree. In fact, the month of November is Alzheimer's Awareness month, and it aims to create awareness through education, with the overall goal pointed towards finding a cure.

Raising Awareness

Everyone in society can do their part to raise awareness for Alzheimer's. While there are special events in the month of November to raise awareness, it doesn't have to stop there. Awareness should occur throughout the entire year to offer the most benefits, and these steps can help.

1. **Educate yourself -** You cannot educate others until you have a full understanding on the effects of Alzheimer's for yourself. The more you know about the condition, the more effectively you can spread this information to others.
2. **Take part in drives -** There are several drives done throughout the year that are aimed towards raising money and creating more awareness among the public. Taking part in one of these drives lets you do your part.

3. **Share information -** Sharing educational information with the public, such as this article and similar pieces of information allows others to learn more about the facts surrounding Alzheimer's. Social media platforms offer the perfect place for you to share this information with others, and encourage further sharing of your information among the platform.