

MYTHS VS. FACTS

Myth

Alzheimer's is just normal aging.

Only old people get Alzheimer's.

If it doesn't run in my family,
I'm not at risk.

There's nothing you can do to
reduce your risk.

There's no point in getting
diagnosed early — there's no cure
anyway.

Aluminum, flu shots, or artificial
sweeteners cause Alzheimer's.

Memory supplements and "brain
games" prevent Alzheimer's.

A person with Alzheimer's can't
understand what's happening to
them.

Fact

It's a disease that damages brain cells. Some cognitive slowing is normal aging; memory loss that disrupts daily life is not.

Most cases occur after 65, but younger-onset Alzheimer's can begin as early as a person's 30s, 40s, or 50s.

Most Alzheimer's cases have no single inherited cause. Age, cardiovascular health, and lifestyle factors matter for almost everyone.

Research (including the U.S. POINTER study) shows physical activity, blood pressure control, sleep, diet, cognitive engagement, and social connection are linked to lower risk of cognitive decline.

While there's no cure, early diagnosis opens access to treatments that can slow progression in early stages, allows time for care and financial planning, and can identify treatable conditions that mimic Alzheimer's symptoms.

No supplement is FDA-approved to prevent Alzheimer's. The strongest evidence supports aerobic exercise, cardiovascular health, sleep, and social/cognitive engagement — not pills or single-purpose brain-training apps.

These long-circulated claims are not supported by credible scientific evidence.

Especially in early and moderate stages, many people remain aware of their diagnosis and can meaningfully participate in decisions about their care.

Note: Every claim is sourced to the Alzheimer's Association, FDA, CDC, NIA, or peer-reviewed research current as of August 2026