Alzheimer’s is a Growing Problem in Our Community.

Already, over 100,000 people in the Intermountain West have been diagnosed with Alzheimer’s disease.

In less than twenty years, experts predict that number to increase by more than 50%—to 174,000 people.

Everyone Can Contribute to the Solution.

Over time, this debilitating and costly disease will affect many more individuals and their families—unless we act now.

The University of Utah Center for Alzheimer’s Care, Imaging and Research (CACIR) is working diligently to develop new and more effective ways to combat Alzheimer’s and related diseases.

We are making excellent progress, but we cannot win the fight against Alzheimer’s alone. Everyone can make a difference.

How Can You Help?

You can make a difference, whether or not you have memory loss.

Join a Support Group
To find a support group, call the Alzheimer’s Association 24-hour Helpline at (800) 272-3900 or visit www.alz.org/utah.

Make a Financial Gift
The Center for Alzheimer’s Care, Imaging and Research (CACIR) was founded in 2005 to fill the Intermountain West’s need for a specialty center devoted to improving care for Alzheimer’s and related diseases.

Charitable donations support our mission and allow us to conduct innovative research.

Promote Awareness
Early diagnosis and treatment of Alzheimer’s is critical. Learn the early warning signs of Alzheimer’s. If you know someone with memory problems, encourage them to talk to their doctor.

Join the Gift to Life Autopsy Program
Autopsies provide crucial information to families and researchers. Our Gift to Life Autopsy Program provides access to these services for everyone.

Volunteer for Research
Clinical research is our best hope for defeating Alzheimer’s and related disorders. If you don’t have memory problems, you can help us study successful aging. Volunteer or learn more about our research online at www.utahmemory.org.

To make a financial contribution, detach the bottom of this page, complete both sides, and mail to:

University of Utah Alzheimer’s Center
650 Komas Drive #106-A
Salt Lake City, UT 84108

All gifts large and small make a difference. We thank you for your support!

To learn more about the University of Utah Alzheimer’s Center, please call (801) 585-6546 or visit www.utahmemory.org.
Help us defeat Alzheimer’s!

All gifts, both big and small, are vital. Your charitable donations help support important programs like these:

$0
- Volunteer for research
- Tell others about our program
- Encourage early recognition and treatment of Alzheimer’s

$50
- One hour of health education for a patient and their family
- Instructional materials for our Memory Loss and Caregiving Resource Center library, for use by our patients and caregivers

$100
- 250 educational brochures
- Medical textbook about dementia for Neurology Residents
- Sponsor a scientific poster presentation at a national meeting

$300
- A two-visit consultation with our dementia-expert social worker for a family who cannot afford to pay out of pocket
- Sponsor a community lecture on Alzheimer’s by one of our faculty

$600
- One research MRI scan
- A single autopsy in our Gift to Life Autopsy Program

$2500
- One research PET scan
- Sponsor a lecture by a visiting professor

Please accept my gift of $________ in support of the University of Utah Alzheimer’s Center.

- My check is enclosed, payable to the University of Utah Alzheimer’s Center. To give with a credit card, visit our website: www.utahmemory.org
- My Gift is:  
  - In Honor of: ________________________
  - In Memory of: ________________________
  - Please mark my gift “Anonymous”

- Please send an Acknowledgement Card to:
  - Name: ________________________
  - Address: ________________________
  - City, State ZIP: ________________________

Join the Healthy Brain Initiative:
Act Now to Reduce Your Risk of Developing Alzheimer’s in the Future

“Take Brain Health to Heart”
- Prevent or control high blood pressure, high cholesterol, and diabetes
- Lose extra weight if necessary
- Eat a heart-healthy diet
- Stop smoking or don’t start

Get Regular Physical Activity
- Daily exercise decreases stress and improves your circulation, metabolism, mood and attention—leading to better brain health
- Walk or do other vigorous physical activity for 20 minutes every day
- Take precautions against head injuries; wear a helmet

Challenge Your Mind
- To keep your brain healthy, keep it active and engaged
- Challenge your mind by reading, writing, doing puzzles, and learning new things

Stay Socially Engaged
- Interacting with others is vital for brain health
- Friends, families and community groups provide priceless emotional support throughout life
- Activities that combine physical, mental and social elements may be most effective in preventing dementia

Know the Warning Signs of Alzheimer’s
- Everyone forgets things sometimes, but usually can recall them later
- Those with Alzheimer’s forget and do not remember, negatively affecting their job performance and daily activities
  - If memory problems interfere with your daily life, seek advice from your doctor as soon as possible

Don’t Turn Your Back On Memory Loss
All gifts, both big and small, are vital. Your charitable donations help support important programs like these:

YES. I will support the fight against Alzheimer’s!

Please print your:  
First Name: ________________________
Initial: ________________________
Last Name: ________________________

Street or Mailing Address: ________________________

City: ________________________ State: ______ ZIP Code: ______

Email Address: ________________________

Telephone: ________________________
- Please add me to your mail list.
- You may list me as a donor.