



SAMPLED Alzheimer's Risk Test

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Risk assessment in Alzheimer's disease

The risk of developing Alzheimer's disease has several components. Firstly, depending on your genes, you may have been born with a higher or lower risk of developing the disease. This genetic risk remains constant, but as we get older the risk increases for everyone.

However, other external factors can also contribute to the risk of developing Alzheimer's disease and its subsequent progression. Fortunately, there are many positive steps you can take that have the potential to delay the onset of symptoms, and slow the rate of disease progression.

Research has shown that changes to your lifestyle can have a significant impact on mitigating the risk of future disease. Talk to your physician about a programme that could help you.

TAKE CONTROL

If you have cognitive concerns, there is a new genetic test available through your physician, which can provide insight into your risk of developing Alzheimer's disease in the future. With this knowledge you and your physician can discuss the actions that can be taken to mitigate the risks of onset and development of Alzheimer's disease.

TAKE CONTROL OF YOUR BRAIN HEALTH



WHAT IS THE ALZHEIMER'S RISK TEST?

The Alzheimer's Risk Test will show your risk of developing Alzheimer's disease. It only requires a saliva sample. It is very convenient and simple to use, allowing individuals to provide a sample from home if you are not wishing or easily able to attend a healthcare setting.

The Alzheimer's Risk Test takes a broad analysis of your genetics, assessing over 100,000 genetic variations that are risk-associated with, or protective against, the development of Alzheimer's disease. The test then provides a single score - based on your unique genetics - that shows your risk compared to the wider population.

HOW CAN YOU GET TESTED?

The Alzheimer's Risk Test is only available through your physician. If they agree that you are suitable for the test, they will be able to order it on your behalf. The test is not currently covered by national healthcare systems or insurance providers, so patients will need to pay for the test either directly, or through a physician.



ADDITIONAL READING, INFORMATION AND REFERENCES

Should you be interested in understanding more about Alzheimer's disease, actions that can be taken, and the risk of developing the disease, there are many resources available.

For further information please visit the website www.alzheimers-risk-test.com



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