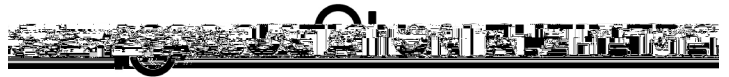




Genetic Testing

With the growth in public awareness of Alzheimer disease and other dementias, many people have questions about the genetics

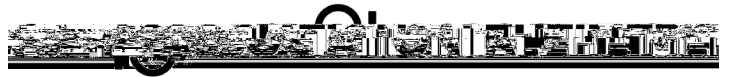


regardless of genetic status. Growing evidence indicates that people can reduce their risk of cognitive decline and possibly dementia by adopting a healthier lifestyle that supports cardiovascular health and other health factors, such as eating a heart-healthy diet, engaging in physical activity, improving sleeping habits, and remaining mentally and socially active.

THINGS TO KNOW WHEN CONSIDERING GENETIC TESTING FOR TREATMENT DECISIONS

Outside of understanding risk, there may be specific instances when an individual living with Alzheimer's should discuss genetic testing with their physician, as the results could impact a treatment decision. Treatments that target the underlying biology of Alzheimer's disease are beginning to emerge. The presence or absence of the $\epsilon 4$ form of the APOE gene may be used to determine a course of treatment, as the genetic information may inform the risk for specific related side-effects. In addition, a physician may utilize genetic testing as part of the diagnostic process for more rare types of dementia and in order to assess the best course of treatment. As noted above, genetic testing must be carefully considered by an individual, their family and their physician, but could be used to help individuals make informed decisions about their treatment. The Alzheimer's Association strongly recommends that people receive genetic counseling before a test is ordered and when the results are obtained as part of any diagnostic or treatment process.

AVAILABLE



counseling before a test is ordered and when the results are obtained. A genetic counselor can help make an informed decision about testing and can interpret the results and help navigate next steps. A genetic counselor may be found through the [National Society of Genetic Counselors \(nsgc.org\)](https://www.nsgc.org)

