



Genetics and Alzheimer's

According to the Alzheimer's Association, there are two categories of genes that influence whether a person develops a disease: (1) risk genes and (2) deterministic genes. Researchers have identified hereditary Alzheimer's genes in both categories.

Risk genes increase the likelihood of developing a disease but do not guarantee it will happen. Researchers have found several genes that increase the risk of Alzheimer's. APOE-e4 is the first risk gene identified and remains the gene with strongest impact on risk.

Genetic tests are available for both APOE-e4 and the rare genes that directly cause Alzheimer's.

For more information, visit <https://www.alz.org/> or speak with a medical professional.

An Empathy-Based Approach to Memory Care

At Legacy Memory Care neighborhoods, our specialty is caring for those living with Alzheimer's and Dementia. Our associates, called *Nayas*, have the industry's most trusted training from the National Council of Certified Dementia Practitioners (NCCDP). Unlike traditional senior living models, our Nayas have been trained to incorporate residents in the rhythms of daily living. Nayas know if residents have a good appetite, how well they slept, and when they last exercised or participated in a new program. Understanding the big picture results in a healthier, happier, and more connected lifestyle.

Coping with Your Loved One's Dementia

Seeing someone you care about struggle from the symptoms of Alzheimer's and Dementia can be difficult and emotional, to say the least. We want you to know that we support you, and we are here to provide you with everything you need to know to get through these challenging times. Give us a call today and let us answer all the questions you have.

We're here for you. Give us a call at your local Legacy community today.



located in Penfield, NY
585-381-0680



located in Rochester, NY
585-244-3630



located in Greece, NY
585-546-7275