What is dementia?
Dementia is caused by diseases of the brain which cause cells to die, the most common is Alzheimer’s disease.

Brains with Alzheimer’s can weigh 140g less than a healthy brain, the weight of an orange.

To learn more, visit: alzheimersresearchuk.org/orange

What does Alzheimer's Research UK do?

1. Fund research to defeat dementia
2. Inform the public about dementia and involve them in studies.
3. Campaign to make dementia research a national priority

We can’t do this without you!

Why do we need to act now?

1 IN 3 CHILDREN will develop dementia in their lifetime

For every dementia researcher there are 4 working on cancer

Dementia is the leading cause of death for women in the UK

Reducing our risk

Research suggests that making healthy lifestyle choices can reduce our risk of developing dementia.

Reduce cholesterol  Exercise  Healthy weight  Low alcohol intake  Balanced diet  Control blood glucose level if you have diabetes  Not smoking  Controlling high blood pressure

How can you help us to defeat dementia?

Download our fundraising packs and ideas from our online hub: alzheimersresearchuk.org/corporate-resources

We have everything from dress down ideas, baking competitions and plank challenges!

Fundraising online?

You MUST use your company name in your page title.

It’s also helpful if you email us a link to your fundraising page.

Volunteer

Our volunteers power our work to defeat dementia. If you can spare a few minutes or a few days, check out our volunteering roles online.

www.arukvolunteers.org

Charity numbers 1077089 & SC042474

Contact

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