

Mayo Clinic Minute

Family risk of Alzheimer's disease

Video	Audio
Jason	If your family member has Alzheimer's disease, does that mean you'll get it too?
Ronald Petersen, M.D., Ph.D. Alzheimer's Disease Research Center Mayo Clinic	"There's a truly inherited form of the disease called familial Alzheimer's disease, early-onset Alzheimer's disease."
Jason	Dr. Ronald Petersen says people with this rare, genetic form of Alzheimer's have a 50-50 chance of getting the disease, often at an early age, say, in their 40s or 50s.
Ronald Petersen, M.D., Ph.D.	"The vast majority of the disease is called sporadic, but even in sporadic cases, there can be a familial tendency."
Jason	Sporadic cases tend to happen after age 65. So, even if you don't have a known genetic link, but do have relatives with Alzheimer's disease, your risk could be double or triple that of the general population.
Ronald Petersen, M.D., Ph.D.	"In general, people 65 years and older, the risk of getting the disease is perhaps 10 percent."
Jason	How can you reduce your risk? Dr. Petersen recommends moderate exercise; brain games; socialize; and eat a diet rich in fruits, vegetables, whole grains and lean sources of protein. For the Mayo Clinic News Network, I'm Jason Howland.