



# Late-Onset Alzheimer's Disease

Alzheimer's disease is characterized by memory loss, cognitive decline, and personality changes. Late-onset Alzheimer's disease is the most common form of Alzheimer's disease, developing after age 65. Many factors, including genetics, can influence a person's chances of developing the condition. This test includes the most common genetic variant associated with late-onset Alzheimer's disease.

**Jamie, you do not have the ε4 variant we tested.**

Your risk for Alzheimer's disease also depends on other factors, including lifestyle, environment, and genetic variants not covered by this test.

**0 variants detected**

in the APOE gene

## How To Use This Test

**This test does not diagnose Alzheimer's disease or any other health conditions.**

Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

### + Intended Uses

- Tests for the **ε4** variant in the APOE gene.

- Identifies if someone has the ε4 variant associated with an increased risk of developing late-onset Alzheimer's disease.

### - Limitations

- Does **not** include all possible variants or genes associated with late-onset Alzheimer's disease.

- Does **not** include any variants or genes linked to early-onset Alzheimer's disease.

- Does **not** determine a person's full APOE genotype.

### 🌐 Important Ethnicities

- The ε4 variant included in this test is found and has been studied in many ethnicities. Detailed risk estimates have been studied the most in people of **European** descent.

[Review the Genetic Health Risk tutorial](#)

[See Scientific Details](#)

[See Frequently Asked Questions](#)

**You do not have the ε4 variant we tested associated with late-onset Alzheimer's disease.**

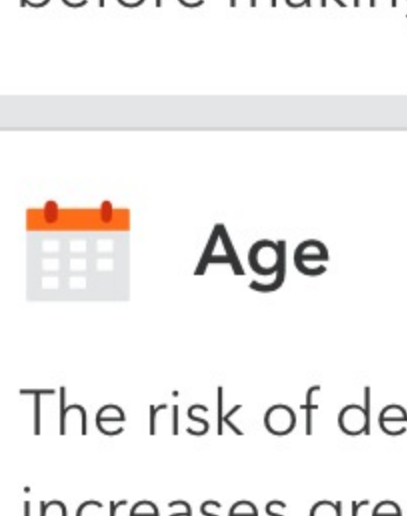
Lifestyle, environment, and genetic factors not covered by this test also affect your chances of developing late-onset Alzheimer's disease.

**You do not have the ε4 variant in the APOE gene.**

[See Scientific Details](#)



**There is still a chance of developing late-onset Alzheimer's disease.**



Studies estimate that an average woman of **European** descent has a 3% chance of developing late-onset Alzheimer's disease by age 75 and a 14% chance by age 85. There is not enough data to estimate the chances in women of other ethnicities. Keep in mind that other factors also influence your risk.

[See Scientific Details](#)

**Lifestyle and other factors can also influence the chances of developing late-onset Alzheimer's disease.**

Consult with a healthcare professional before making any major lifestyle changes.

### 📅 Age

The risk of developing Alzheimer's disease increases greatly as a person ages. This condition is most often diagnosed in people over the age of 65.

### 👤 Sex

More women than men have late-onset Alzheimer's disease, perhaps due to both biological and lifestyle factors.

### 👨👩👧👦 Family history

Parents, siblings, and children of an individual with late-onset Alzheimer's disease have a higher chance of developing the disease themselves.

### ❤️ Heart health

Research shows that high blood pressure and high cholesterol are both associated with an increased risk for late-onset Alzheimer's disease.

Maintaining normal blood pressure, keeping a healthy weight, and exercising regularly are a few things you can do to promote and maintain your heart health.

### 🥗 Diet

A heart-healthy diet has been associated with a decreased risk for Alzheimer's disease.

[A heart-healthy diet](#) emphasizes the consumption of green leafy vegetables, fruit, and whole grains. Consuming healthy fats – found in fish, nuts, and olive oil – and minimizing saturated and trans fats are also important.

### 📖 Intellectual activity

Fewer years of education has been associated with a greater risk of developing Alzheimer's disease later in life.

While the reason for this is still unclear, researchers suggest that exercising the brain through activities like reading, writing, and doing puzzles may help promote brain health.

## About Late-Onset Alzheimer's Disease

### 📅 When it develops

Late-onset Alzheimer's disease develops after 65 years of age.

### 🔥 Typical signs and symptoms

- Memory loss that worsens over time

- Mood and personality changes

- Trouble planning or solving problems

- Confusion with place or time

- Difficulty performing daily life activities

### 👨👩👧👦 How common is the condition?

Late-onset Alzheimer's disease affects people of all ethnicities. One in nine Americans age 65 and older is affected by Alzheimer's disease. Elderly African Americans and Hispanics are more likely to develop the condition than people of other ethnicities.

### 🩺 How it's treated

There is currently no known prevention or cure for Alzheimer's disease. Medication may be used to delay or ease symptoms.

**Read more at:**

[Alzheimers.gov](#)

[National Institute on Aging](#)

[GeneReviews](#)

[Genetics Home Reference](#)

**Learn more about late-onset Alzheimer's disease.**



See our Frequently Asked Questions for more information.

[FAQs](#)



If you have a family history of this condition or think you have symptoms, consult with a healthcare professional.

[Print report](#)