

Genetics and Alzheimer's Disease



Does Alzheimer's run in the family? According to the Alzheimer's Association, two categories of genes can influence whether a person develops the disease: risk genes and deterministic genes. Researchers have identified hereditary Alzheimer's genes in both categories, and genetic tests are available to determine if you may have them.

Consult with a medical professional, or visit the Alzheimer's Association ([alz.org](https://www.alz.org)) to learn more.

An Empathy-Based Approach to Memory Care

At Watermark communities, individuals lead enriching and rewarding lives in a setting where expert care always includes empathy and a loving approach. Our groundbreaking Memory Care program integrates each resident into the rhythms of daily living, creating mindful moments of connection, engagement, and growth. Trained and certified in partnership with the National Council of Certified Dementia Practitioners, universal caregivers known as *Nayas* create deeper connections and provide more personalized care within a nurturing environment.

Contact us today to learn more and schedule a private visit.
You're not alone – we are here to help you and your loved ones.

