Every 65 seconds someone in the United States is diagnosed with Alzheimer’s. According to a study conducted by the World Health Organization in 2015, there were approximately 29.8 million people worldwide with Alzheimer’s.

Alzheimer’s is marked by memory disorders, personality changes, and impaired reasoning. It literally changes the shape and composition of the brain, shrinking the cerebral cortex and the hippocampus. Deep within the brain are chambers containing other organs necessary to a normally functioning brain. The hippocampi are located at the bottom of these chambers.

The hippocampi are believed to play important roles in the transfer of information from short-term memory to long-term memory, and in spatial memory. They are thought to be the center of emotion, memory, and the autonomic nervous system which controls breathing, heartbeat, and other unconscious bodily functions.

The cause of Alzheimer’s is poorly understood. About 70 percent of the risk is believed to be genetic. Other risk factors include a history of head injuries, depression, or high blood pressure. Initial symptoms are often mistaken for normal aging. It most often begins in people over 65 years of age. In 2015, Alzheimer’s resulted in about 1.9 million deaths. In developed countries, Alzheimer’s is one of the most financially costly diseases.

There is no way to prevent Alzheimer’s disease, but mental and physical exercise have been shown to help because it stimulates the brain.

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June is National Migraine & Headache Awareness Month. The purpose of this month is to bring awareness to migraines and to help others understand what a migraine is. If you have ever had a migraine then you know it is so much more than just a headache. You know how painful and debilitating they can be. If you do not catch a migraine before it hits, sometimes there is no treatment that can help.

Here are a few facts about migraines:
1. Yawning, food cravings, mood changes, and fatigue can be the earliest signs of a migraine.
2. The “typical” migraine attack lasts from four to 72 hours, but migraines can last longer.
3. 100+ treatments are being used for migraine prevention but none were initially developed for this purpose.
4. Some common migraine symptoms include: throbbing pain, light sensitivity, smell sensitivity, sound sensitivity, and nausea.
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Recreation

It's a Canoe Day!
- Where: Cape Fear River Adventures, 100 S Main St, Lillington, NC
- When: Friday, June 21, 12:45 p.m.
  - A 2 hour long leisure canoe paddle on the Cape Fear River.
  - Make sure to bring water and wear a swimsuit!
  - Free for EFM’s and their Families.

To be added to the wait list, call (910) 907-3405

Raven Rock Adventure
- Where: Raven Rock State Park, 3009 Raven Rock Rd, Lillington, NC
- When: Friday, June 7, 11:00 a.m.
  - Your EFM will get the opportunity to learn about animal tracks and signs, experience nature exhibits, and take a walk on the Long Leaf Loop Trail.
  - Free for EFM’s and their Families.

To register, call (910) 643-6997.

Playgroup
- Where: Corregidor Courts Community Center
- When: June 25—4th Tuesday of each month at 9:00 a.m.
  - This is an interactive playgroup for EFMs ages 4 and under.
  - There will be structured activities, crafts, and free play.
  - Please bring a copy of your child’s shot record.

To register, call (910) 396-3749.

Support Groups

EFMP Conversations: Better Together
- Where: Hammond Hills Community Center
- When: June 11—2nd Tuesday of each month 1:00 p.m.—2:00 p.m.
  - There will be a different topic for this support group each month.
  - Topics are June: RAD/ODD, July: Sensory Processing, August: ADHD
For more information, call (910) 907-3405.

EFMP Conversations: Autism Spectrum Disorder
- Where: Hammond Hills Community Center
- When: June 19—11:00 a.m.—12:00 p.m.
  - Connect with other Families who have a Family member diagnosed with Autism.
For more information, call (910) 907-3405.