

If My Parent Has Alzheimer's Disease, Will I Have It Too?

A family history of Alzheimer's does not mean for certain that you will have it.
But it may mean that you are more likely to develop it.



Genes are passed down from a person's biological parents.



In most cases, Alzheimer's does not have a single genetic cause. Variants in certain genes can either positively or negatively affect your risk.



In rare cases, people can have a single genetic variant that causes Alzheimer's.



Lifestyle factors, such as exercise, diet, and smoking, can have positive or negative effects by changing the activity of certain genes.