



The Maryland State Medical Society

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MEDCHI ENCOURAGES MARYLANDERS TO LEARN ABOUT BRAIN HEALTH DURING ALZHEIMER'S & BRAIN AWARENESS MONTH

BALTIMORE – June 23, 2026 – June is Alzheimer's & Brain Awareness Month and MedChi, The Maryland State Medical Society, is sharing the importance of Marylanders to take proactive steps to support brain health, recognize the warning signs of cognitive decline, and engage in conversations with their physicians about memory concerns and dementia prevention.

Alzheimer's disease is the most common form of dementia, affecting millions of Americans and their families. As the population ages, the number of individuals living with Alzheimer's and other forms of dementia continues to rise, making awareness, early detection, and access to care more important than ever.

"Alzheimer's disease impacts not only patients, but also caregivers, families, and entire communities," said Eric Wargotz, M.D., FCAP, President of MedChi. "While there is currently no cure, early diagnosis and intervention can help individuals access treatments, support services, and care planning resources that can improve quality of life. During Alzheimer's & Brain Awareness Month, we encourage Marylanders to prioritize their brain health and speak with their physician if they have concerns about memory or cognitive changes."

According to the Alzheimer's Association, more than seven million Americans are currently living with Alzheimer's disease, and that number is expected to grow significantly in the coming decades. In Maryland, thousands of families are affected by Alzheimer's and other dementias each year.

While age remains the greatest known risk factor for Alzheimer's disease, research suggests that healthy lifestyle choices may help support brain health and potentially reduce the risk of cognitive decline. MedChi encourages Marylanders to:

- Stay physically active through regular exercise.
- Manage chronic conditions such as high blood pressure, diabetes, and heart disease.
- Maintain a healthy diet rich in fruits, vegetables, and whole grains.
- Stay socially engaged and connected with family, friends, and community activities.
- Challenge the brain through lifelong learning, reading, puzzles, and other mentally stimulating activities.
- Prioritize quality sleep and address sleep-related concerns with a healthcare professional.

Common warning signs of Alzheimer's disease may include memory loss that disrupts daily life, difficulty completing familiar tasks, confusion with time or place, trouble finding words, and changes in mood or personality. Individuals experiencing these symptoms should consult a physician for evaluation.

“Brain health is an essential part of overall health,” added Dr. Wargotz. “By raising awareness, reducing stigma, and encouraging early conversations with healthcare professionals, we can help individuals and families navigate the challenges of Alzheimer’s disease and access the care and support they need.”

About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. Formed in 1799, it is still the largest physician organization in Maryland today. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients, and the public health of Maryland. For more information, please visit www.medchi.org.