

Website: Alz.org

Alzheimer's (ALZ) is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them. Schedule an appointment with your doctor.

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

Cause: Due to an excess protein in the brain

Risk factors: Family members have had dementia; genetics, and age (age has the greatest number)

6.4 million people have dementia

ALZ is the 6th leading cause of death in the US

Dementia is a general term for loss of memory and other mental abilities severe enough to interfere with daily life. It is caused by physical changes in the brain. Alzheimer's is the most common type of dementia

Kinds of dementia: (dementia is the umbrella term)

- Creutzfeldt-Jakob Disease
- Dementia with Lewy Bodies
- Down Syndrome and Alzheimer's Disease
- Frontotemporal Dementia
- Parkinson's Disease Dementia
- Vascular Dementia
- Posterior Cortical Atrophy
- Normal Pressure Hydrocephalus
- Korsakoff Syndrome
- Huntington's Disease
- Mixed Dementia

What to do:

Diet (Mediterranean Diet which is also a heart healthy diet)

Exercise – 30 min. 5 days a week (get heart rate up)

Socialize (Engage with others)

Pay attention to how we use our brain (Sudoku, Crosswords, etc.)

Meds could affect your risk for ALZ – check with your doctor

Avoid prolonged use of Benadryl, Advil PM, Tylenol PM (any PM med.) Use non-drowsy only.

Signs of Alzheimer's and Dementia	Poor judgment and decision-making	Typical Age-Related Changes	Making a bad decision once in a while
Signs of Alzheimer's and Dementia	Inability to manage a budget	Typical Age-Related Changes	Missing a monthly payment
Signs of Alzheimer's and Dementia	Losing track of the date or the season	Typical Age-Related Changes	Forgetting which day it is and remembering it later
Signs of Alzheimer's and Dementia	Difficulty having a conversation	Typical Age-Related Changes	Sometimes forgetting which word to use
Signs of Alzheimer's and Dementia	Misplacing things and being unable to retrace steps to find them	Typical Age-Related Changes	Losing things from time to time

Stages:

Asymptomatic Stage (changes over time)

Mild MCI Cognitive Impairment (no interference in daily life)

(Mild Difficulty w/short term memory – Moderate (progressing) - Severe (caregiver needed))