Slide 1

IS IT ALZHEIMERS?

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Slide 2

Age-Associated Memory Impairment

- Memory declines with age (as does everything)
- Age - related memory decline associated with atrophy of the hippocampus
- Older individuals remember more complex items and relationships
- Older individuals are slower to respond
- Memory problems predispose to development of Alzheimer's disease

Slide 3

Alzheimer Warning Signs
Top Ten

Alzheimer Association

1. Recent memory loss affecting job
2. Difficulty performing familiar tasks
3. Problems with language
4. Disorientation to time or place
5. Poor or decreased judgment
6. Problems with abstract thinking
7. Misplacing things
8. Changes in mood or behavior
9. Changes in personality
10. Loss of initiative

Slide 4

Symptoms Indicating Dementia

How to decide...

Dementia

- Dependence in ADLs
- Complains of memory loss only if asked
- Close family is more concerned
- Notable decline in memory for recent events and ability to converse
- Frequent difficulty finding words
- Gets lost in familiar territory
- Unable to operate appliances
- Loss of interest in social activities
- Abnormal performance on testing

Typical Age-Related Lapses

- Independence in ADLs
- Complains of memory loss
- Person is more concerned
- Recent memory for important events, affairs, and conversations not impaired
- Occasional difficulty finding words
- Does not get lost in familiar territory;
- Able to operate common appliances
- Maintains prior level of social skills
- Normal performance on testing

Slide 5

HISTORICAL POINTERS

- Forgetting recent events despite prompting
- Failure to attend appointments
- Frequent repetition of statements, stories or questions
- Frequent lost or misplaced items
- Losing track in conversation, word-finding difficulty
- Difficulty understanding conversation or following the story in a book or on TV
- Confusion with time eg. day, date, time of day
- Becoming lost, unable to find the way

Slide 6

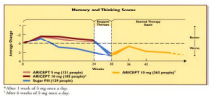
Latest Thinking About Prevention…

- Help…
  - Mental activity
  - Aerobic activity
  - Vitamin E (low dose) & C
  - Heart Smart Diet
  - Omega 3 fatty acids (fish, canola, flaxseed oils)
  - Lower weight
  - Not smoking
  - Enough sleep
  - De-stressing
  - Moderate alcohol intake
- Help…
  - Keeping iron in limits
  - Keeping homocysteine 'right' – Vitamin B's
  - Monitor thyroid function
  - Staying socially active
  - Getting depression treated
  - Control diabetes better
  - Control hypertension better
  - Statins (if needed)
  - Protect your head - prevent head injuries

Slide 7

Approved Medications

- Mild to moderate disease
  - Aricept
  - Razadyne
  - Exelon
- Moderate to severe disease
  - Namenda
  - Aricept



Slide 8

- Some other things you can do to improve memory include:
  - **Focus your attention.**
  - **Reduce stress..**
  - **Choose to snooze**
  - **Structure your environment.**
  - **Try memory tricks.**