

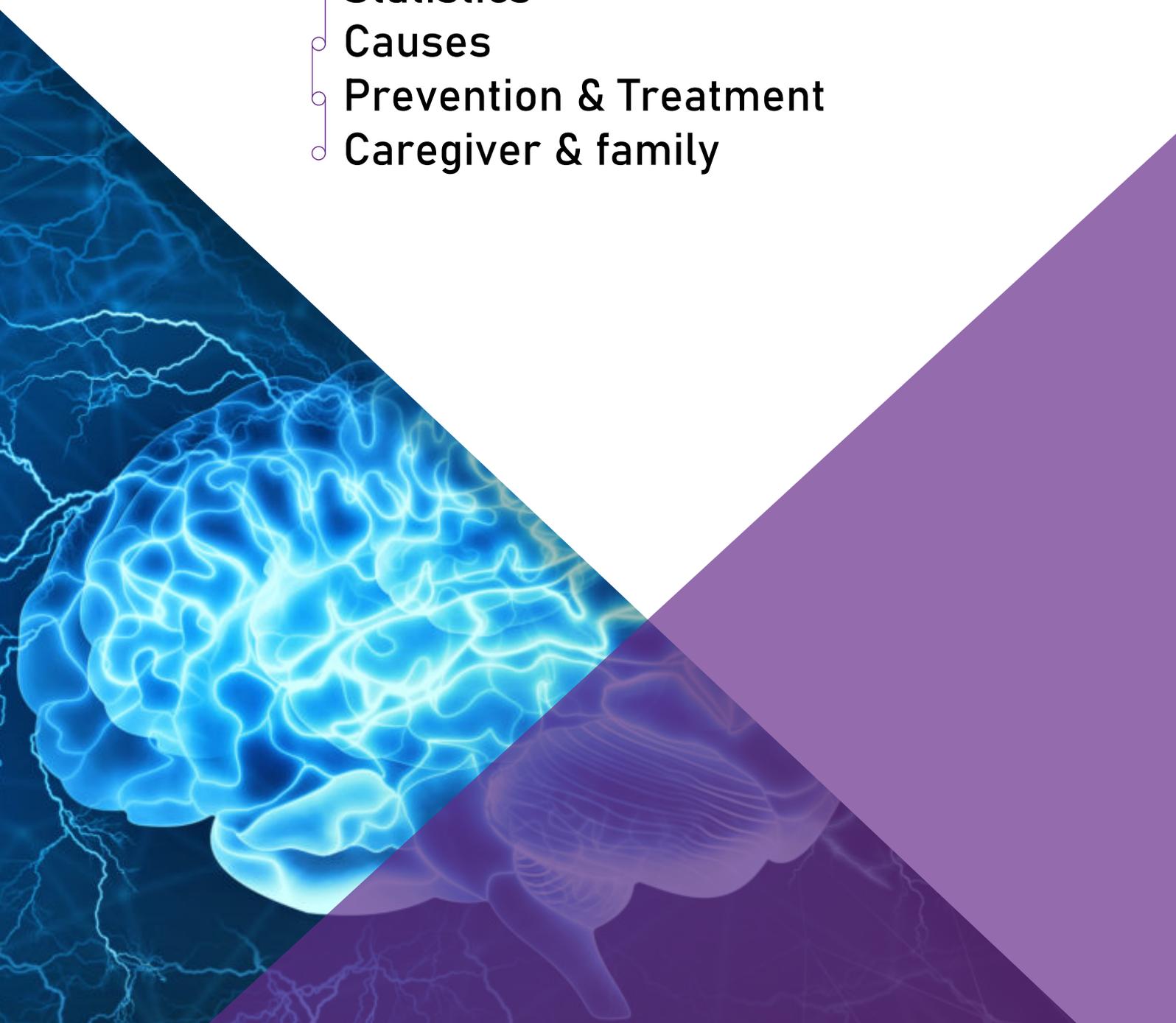


# MEMORY MATTERS- A Guide On **Alzheimer's** Disease

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“ Alzheimer's is the cleverest thief because she not only steals from you, but it steals everything you need to remember what's been stolen. - Jarod Kintz”



## WHAT IS ALZHEIMER'S DISEASE?

Alzheimer's disease is a chronic, progressive, irreversible condition that disrupts memory of patients, also interrupting other mental functions. It is the most common cause of dementia. The term dementia implies brain diseases related to memory loss and diminished cognitive skills. It is a disease that robs people of their memory. At first, people have a hard time remembering recent events, though they might easily recall things that happened years ago. The disease harms brain tissue over time most commonly affecting people over age 65. The basic cause of the disease is plaque deposition containing beta amyloid form in the brain. Eventually, a person with Alzheimer's is likely to need full-time assistance.



# STAGES

The progression of **Alzheimer's** can be broken down into three main stages:

Preclinical, before symptoms appear

Mild cognitive impairment,  
when symptoms are mild

Dementia



# Alzheimers

## SYMPTOMS

To receive a diagnosis of Alzheimer's, the person must have experienced a decline in cognitive or behavioral function and performance compared with how they were previously.

### Usually, people with Alzheimer's:

- Repeat statements and questions over and over.
- Forget conversations, appointments or events, and not remember them later.
- Routinely misplace possessions, often putting them in illogical locations.
- Get lost in familiar places.
- Eventually forget the names of family members and everyday objects.
- Have trouble finding the right words to identify objects, express thoughts or take part in conversations.

- Have difficulties in multitasking, and it may be challenging to manage finances, balance checkbooks and pay bills on time.
- Lose the ability to make reasonable decisions and judgments in everyday situations
- Find changes in moods and behaviors- depression, apathy, social withdrawal, distrust in others etc.





# STATISTICS

- India is the third country only preceded by China and USA, to have maximum Alzheimer's patients.
- About 1 in 8 people age 65 and over has the disease.
- Women are more likely to have it than men.
- Research suggests more than 4 million people suffer from Alzheimer's and other form of dementia in India.
- Every 68th second, someone in the world is diagnosed with Alzheimer's Disease.
- Alzheimer's is becoming a more common cause of death as the populations of the U.S. and other countries age," reports the Alzheimer's Association.



## CAUSES

People who are old usually get the disease, but it isn't a normal part of aging. Scientists claim that the symptoms of Alzheimer's result from:

- Entanglement of nerve cells.
- Protein deposit build up in brain.

The protein damage usually results from a protein in blood called ApoE (for apolipoprotein E), which the body uses to move cholesterol in the blood. Genetics play a major role in the disease too.

People with hypertension and high cholesterol have a greater chance of getting Alzheimer's.

Head injury is also a proposed cause for the disease.



## PREVENTION & TREATMENT

Alzheimer's disease is not a preventable condition. However, many lifestyle risk factors for Alzheimer's can be modified. Lifestyle choices that may reduce the risk of Alzheimer's include the following:

- Exercise
- Eat a diet of fresh produce, healthy oils and foods low in saturated fat
- Follow treatment guidelines to manage high blood pressure, diabetes and high cholesterol
- If you smoke, ask your doctor for help to quit smoking

**“ According to the Alzheimer's Research & Prevention Foundation, regular physical exercise can reduce your risk of developing Alzheimer's disease by up to 50 percent.**

**“Berries, olive oil, nuts, and dark, leafy greens are staples of the diet, which was designed based on large-scale studies.**

Studies have shown that preserved thinking skills later in life and a reduced risk of Alzheimer's disease are associated with participating in social events, reading, dancing, playing board games, creating art, playing an instrument, and other activities that require mental and social engagement.

Alzheimer's has no current cure, but treatments for symptoms are available and research continues. The death of brain cells cannot be reversed. According to the Alzheimer's Association, the following are important elements of dementia care:

- Effective management of any conditions occurring alongside the Alzheimer's
- Activities and day-care programs
- Involvement of support groups and services



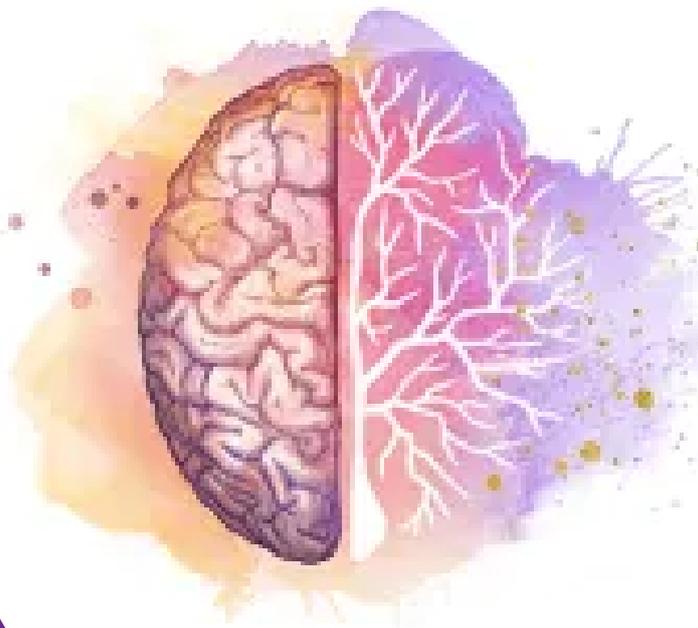


## CAREGIVERS & FAMILY

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Alzheimer's disease is known as a “family disease” due to its impacts on loved ones. The chronic stress of watching a loved one slowly decline affects everyone. An effective treatment will address the needs of the entire family. Caregivers must focus on their own needs, take time for their own health, and get support and respite from caregiving regularly to be able to sustain their well-being during this caregiving journey. Emotional and practical support, counseling, resource information, and educational programs about Alzheimer's disease all help a caregiver provide the best possible care for a loved one.

We hope that the above information proves useful in making you aware of the disease that Alzheimer's is and its various aspects. Knowing Alzheimer's in & out will help in dealing with its patients with a little more care and embrace them with love.



For more information on **Alzheimer's**  
Pain Relief & other  
health-related issues

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