



HEALTH & WELLNESS MINISTRY

June is Alzheimer's Awareness Month

(Reference <https://www.cdc.gov/aging/aginginfo/alzheimers.htm>)

What is Alzheimer's Disease?

Alzheimer's, the most common type of dementia, is a progressive disease affecting nearly 6 million people. Alzheimer's disease involves parts of the brain that control thought, memory and language. It can seriously affect a person's ability to carry out daily activities. It begins with mild memory loss and can lead loss of ability to carry a conversation and respond to the environment.

What are the warning signs of Alzheimer's disease?

Alzheimer's disease is not a normal part of aging. Memory problems are typically one of the first warning signs of Alzheimer's disease and related dementias.

In addition to memory problems, someone with symptoms of Alzheimer's disease may experience one or more of the following:

- *Memory loss that disrupts daily life, such as getting lost in a familiar place or repeating questions.
- *Trouble handling money and paying bills.
- *Difficulty completing familiar tasks at home, at work or at leisure.
- *Decreased or poor judgment.
- *Misplacing things and being unable to retrace steps to find them.
- *Changes in mood, personality, or behavior.

What to do if you suspect Alzheimer's disease?

Getting checked by your healthcare provider can help determine if the symptoms you are experiencing are related to Alzheimer's disease, or a more treatable conditions such as a vitamin deficiency or a side effect from medication. Early and accurate diagnosis also provides opportunities for you and your family to consider financial planning, develop advance directives, enroll in clinical trials, and anticipate care needs.

How is Alzheimer's disease treated?

Medical management can improve quality of life for individuals living with Alzheimer's disease and for their caregivers. There is currently no known cure for Alzheimer's disease. Treatment addresses several areas:

- *Helping people maintain brain health.
- *Managing behavioral symptoms.
- *Slowing or delaying symptoms of the disease.