

National Alzheimer's Awareness Month

Alzheimer's is the most common form of dementia



Did You Know

The number of people with Alzheimer's double for every 5-year interval over the age of 65.

Alzheimer's affects over 5 million Americans

Early detection is essential to slow progression

According to the National Institute of Aging (NIA) Alzheimer's disease is an irreversible, progressive brain disease that over time destroys thinking capabilities, memory, and eventually the ability to care for oneself. The exact causes for the disease are unknown, but it is most prominent in individuals over the age of 60, and is the 6th leading cause of death in the United States. Individuals with preclinical Alzheimer's can be symptom free for 10 years while the disease progresses and neurons begin to lose functionality.

Look for symptoms

Alzheimer's has proven difficult to detect early because many of the early symptoms are the same as those associated with aging. The symptoms below are some of the early warning signs:

- Memory problems.
- Difficulty paying bills or handling money.
- Repeating questions that have already been answered.
- Mood or personality changes, often becoming easily agitated or angered.

Reduce your chances

While there is no absolute guaranteed prevention for Alzheimer's there are a few ways shown to decrease the chances of developing this disease.

- Participating in intellectual activities such as chess, crossword puzzles, playing instruments or reading.
- Regular amounts of social interaction and physical activity.

While regular screening is not recommended Ohio State University (OSU) has published an at-home cognitive function test (SAGE) to help your patients with the early detection of Alzheimer's. For more information about the test or to take it, direct your patients to visit the OSU website below.

(http://medicalcenter.osu.edu/patientcare/healthcare_services/alzheimers/sage-test/Pages/index.aspx)

References

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