10 Thing You Need to Know About the Aging Brain, Memory Loss and Alzheimer’s Disease.

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Thursday, February 15, 2018
Today we’re going to talk about:

1. The Prevalence of Dementia.
2. What is Dementia.
3. The Warning Signs of Dementia
Our vision is a world without Alzheimer’s disease

Our mission:

• Advance Research
• Provide Care and Support
• Increase Concern and Awareness
• Public Policy and Advocacy Efforts
Services

• 24/7 Help Line
• Care Consultants
• Safety Programs
• Community Education

• Professional Training
• Support Groups
• Memory Café’s
• Clinical Trials
• Respite
• FAMILIES
#1 Dementia is a Feared and Dreaded word

- This prevents an open discussion & timely diagnosis
- Later diagnosis prevents advance planning and may lead to crisis planning
- A delayed diagnosis leads to a skewed image of dementia
- When a diagnosis is delayed, treatment is denied.
Some forgetfulness is a part of the normal aging process; however, **Dementia** is not a normal part of the aging process.
Who is at risk?

#3
Age is the Greatest Risk Factor
1 IN 3 SENIORS
DIES WITH ALZHEIMER’S
OR ANOTHER DEMENTIA

SHARE THE FACTS AND JOIN THE FIGHT. #ENDALZ
MORE THAN 5 MILLION AMERICANS ARE LIVING WITH ALZHEIMER'S

SHARE THE FACTS AND JOIN THE FIGHT. #ENDALZ
EVERY 66 SECONDS
SOMEONE IN THE UNITED STATES DEVELOPS ALZHEIMER’S DISEASE
SHARE THE FACTS AND JOIN THE FIGHT.
#ENDALZ

alzheimer’s association®
THE BRAINS BEHIND SAVING YOURS®
ALZHEIMER’S IS THE 6TH LEADING CAUSE OF DEATH IN THE UNITED STATES

SHARE THE FACTS AND JOIN THE FIGHT. #ENDALZ
ALMOST TWO THIRDS of Americans with Alzheimer's disease are women.
What is Dementia?

A chronic and persistent disorder caused by a brain disease or injury that produces a decline in memory and intellect from some previously higher level of functioning severe enough to interfere with everyday life. These changes affect memory, thinking, language, judgment, mood and behavior.
What Causes Dementia?

- Alzheimer's Disease
- Vascular Disease
- Parkinson's disease
- Huntington's disease
- Drug use or interactions
- Frontotemporal

- Depression
- Lewy Body
- Head trauma
- Alcoholism
- Other cerebrovascular disease
- Aids
- Mixed
Can Younger People Develop Dementia?

Video clip from the movie Still Alice
10 Warning Signs

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

Only 45% of people with Alzheimer’s disease or their caregivers report being told of their diagnosis.

More than 90% of people with the four most common types of cancer have been told of their diagnosis.
#9 Things I Can Do Today

- Exercise
- Good Nutrition
- Socialize with Friends
- Mental Stimulation
- Quit Smoking
- Decrease alcohol consumption
- Use Dental Floss
- Keep Learning
- Decrease Stress
- Get plenty of rest
Contact your local Alzheimer’s Association for questions or concerns
What Can I Do to Help The Chapter?
Volunteer, Make a Difference!

Start a Team
Join a Team

Register at www.alz.org/walk
Thank You.

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Help Line: 800-272-3900
www.alz.org/grva
THANK YOU