



ALZHEIMER'S DISEASE

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The exact cause of Alzheimer's disease is still unknown to scientists, although strides in this area of medical science are being done. Some theorize genetic predisposition and environmental toxins as the culprits. It is also the most common form of dementia. Due medical attention must be given immediately to keep the patient's quality of life.

Symptoms:

- Growing forgetfulness including, but not limited to, failure or difficulty in remembering names of family and friends, dates, events, and names of mundane objects
- Disorientation in familiar places and losing sense of time
- Making poor judgments and unwise decisions
- Forgetting common words, difficulty in forming simple sentences, and incoherent statements
- Ineptitude in once easy, routine tasks
- Erratic changes in personality, behavior and mood
- A tendency to misplace objects by putting them in inappropriate settings

DO:

- Maintain proper mental health by expressing and sharing emotions through loved ones and counseling with support groups. The support of family and friends are vital.
- Keep in good physical health by getting regular check-ups, eating balanced meals, and resting when needed.

- Tailor the same activities before the onset of the disease to accommodate physical and mental changes to continue enjoying them. Develop a system to keep reminders within easy access.
- Discuss the problem with loved ones holistically from concerns, the preferred treatment, to the financial and even legal aspects.
- For caregivers, provide a safe and structured setting that will minimize anxiety or distress to the patient.
- For loved ones, speak slowly and clearly to accommodate any disabilities. Also convey support by physical contact and non-verbal language.

DON'T:

- Don't smoke.
- Don't drink excessive alcohol.
- Don't take unnecessary prescription medication.
- Don't keep emotions bottled up.
- For caregivers, don't attempt to do it all.



The love and support of family and friends are vital for people suffering from this life-altering disease.