



National Alzheimer's Disease Awareness Month

Alzheimer's Disease

The occurrence of Alzheimer's disease (AD) is not a normal development in the aging process. Alzheimer's disease is characterized by a gradual loss of memory, decline in the ability to perform routine tasks, disorientation, difficulty in learning, loss of language skills, impaired judgment, ability to plan, and personality changes. Over time, these changes become so severe that they interfere with an individual's daily functioning. Alzheimer's disease affects as many as 4 million Americans. Most people diagnosed with AD are older than 65.

Diagnosis

There is no single test to identify Alzheimer's. A comprehensive exam should be conducted by a physician including a complete health history and physical exam, neurological and mental status assessments, as well as other lab tests (like chest x-rays and blood tests). These will help rule out any other diseases which may look like Alzheimer's but are not.

10 Warning Signs of Alzheimer's Disease

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality



Treatment and Care

While there is no known cure for Alzheimer's, scientists have found a few medications which may help control some of the symptoms. People with AD must work closely with their doctors to determine which drugs and activities are best for them. Information about cutting-edge treatments and new scientific discoveries is available from physicians and the sources listed below.

Additional Information and Resources

For more information about Alzheimer's disease, services, and resources contact:

National Alzheimer's Association

1-800-272-3900

Web Site: www.alz.org

National Institute on Aging

Alzheimer's Disease Education and Referral Center

1-800-438-4380

Web Site: www.alzheimers.org

*Source: National Alzheimer's Association
Administration on Aging
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**For Information or
Confidential Assistance Call:
800.343.2186
Visit us on the web at:
www.hmsincorp.com**