

**The Teamsters Local 922- Employers Health Trust**  
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# Helpful Hints & Reminders

## Alzheimer's Disease

November is Alzheimer's Disease Awareness Month.

Alzheimer's is a type of dementia that affects memory, thinking and behavior. Symptoms eventually grow enough to interfere with daily tasks.



## Understanding Alzheimer's

Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities.

Alzheimer's is not a normal part of aging. The majority of people with Alzheimer's are age 65 and older. Alzheimer's is considered early-onset if it affects a person under age 65.

Alzheimer's worsens over time. In its early stages, memory loss is mild but with late-stage Alzheimer's, individuals lose their ability to carry on a conversation and respond to their environment.

Alzheimer's is the 6<sup>th</sup> leading cause of death in the U.S. On average a person with Alzheimer's lives 4 to 8 years after diagnosis.

Alzheimer's has no cure.

## What to Do?

If you notice any of the 10 symptoms of Alzheimer's below in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.

With early detection, you can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer.

## Common Symptoms of Alzheimer's

- memory loss that disrupts daily life
- challenges in planning or solving problems
- difficulty completing familiar tasks
- confusion with time or place
- trouble understanding visual images and spatial relationships
- new problems with words in speaking or writing
- misplacing things and losing the ability to retrace steps
- decreased or poor judgment
- withdrawal from work or social activities
- changes in mood or personality<sup>1</sup>

## Alzheimer's Association

The Alzheimer's Association was founded by Jerome H. Stone with the help of several family members in Chicago, IL. It is a non-profit American

<sup>1</sup> <http://www.alz.org>

volunteer organization which focuses on care, support and research for Alzheimer's disease.<sup>2</sup>

If you or a loved one are seeking information on or support with Alzheimer's Disease, please call the Alzheimer's Association at (202) 393-7737.

### **About the National Capital Area Chapter**

The National Capital Area Chapter serves people with Alzheimer's disease and other dementias and their families and caregivers in the District of Columbia, suburban and Southern Maryland and Northern Virginia.

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

**Their vision:** A world without Alzheimer's and all other dementia®.

### **Care Consultation**

Care consultation is a free service designed to provide you and your family support while

coping with the impact of dementia, from pre-diagnosis to end-of-life. You will receive one-on-one assistance that will enable you to better understand the disease, manage care and make more informed decisions regarding services and treatments.

Consultations are available virtually or by phone. For more information and to schedule a consultation, please call the 24/7 Helpline at (800) 272-3900.

### **The Diagnostic Process**

The doctor may request multiple tests in order to evaluate memory concerns so that the cause can be accurately determined. The evaluation may be divided up into several visits, giving the doctor(s) enough time to determine the cause of memory changes and rule out others. In situations where the cause of memory loss is more evident, fewer tests may be needed. The steps in a memory evaluation may include:

- medical history
- physical exam
- screening for depression
- laboratory tests
- mental cognitive status tests
- brain imaging

### **Resources**

Alzheimer's Association & AARP Community Resource Finder: [alz.org/CRF](http://alz.org/CRF)

Diagnosis of Alzheimer's Disease and Dementia: [alz.org/diagnosis](http://alz.org/diagnosis)

**ALZConnected®** powered by the Alzheimer's Association®, is a free online community for everyone affected by Alzheimer's or another dementia: [alzconnected.org](http://alzconnected.org)

***For Information on How to Obtain Benefits, Contact:***

**BENESYS, INC.**  
**(410) 872-9500**

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**7130 Columbia Gateway Drive, Suite A**  
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<sup>2</sup> <http://www.wikipedia.com>