

April 2014: Alzheimer's

Know the 10 Warning Signs

Over 5 million Americans are currently diagnosed with Alzheimer's. Every 68 seconds another person receives a diagnosis making Alzheimer's the 6th leading cause of death in America and the only cause among the top 10 that has no prevention or treatment to slow or stop the progression. Alzheimer's is a fatal disease.

Many Americans dismiss the warning signs of Alzheimer's, believing that these symptoms are a normal part of aging. **This is of even greater concern for African-Americans, who are two times more likely to develop late-onset Alzheimer's disease** than whites and less likely to have a diagnosis of their condition, resulting in less time for treatment and planning. Because African-Americans are more likely to have vascular disease (disorders affecting the circulatory system), they may also be at greater risk for developing Alzheimer's.

It may be hard to know the difference between age-related changes and the first signs of Alzheimer's disease. To help, the Alzheimer's Association has created a list of warning signs for Alzheimer's and related dementias.

To learn more about the 10 warning signs and other important facts, join us:

Charles Drew Health Center
Thursday, April 24, 2014
6:00 pm – 7:30 pm
Light dinner provided

Call 1.800.272.3900 or email mvprograms@alz.org to reserve your seat today.

1

Memory loss that disrupts daily life

One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; relying on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.



What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

2

Challenges in planning or solving problems

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.



What's a typical age-related change?

Making occasional errors when balancing a checkbook.

3

Difficulty completing familiar tasks at home, at work or at leisure

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.



What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show.

4

Confusion with time or place

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.



What's a typical age-related change?

Getting confused about the day of the week but figuring it out later.

5

Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.



What's a typical age-related change?

Vision changes related to cataracts.

6

New problems with words in speaking or writing

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").



What's a typical age-related change?

Sometimes having trouble finding the right word.

7

Misplacing things and losing the ability to retrace steps

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.



What's a typical age-related change?

Misplacing things from time to time, and retracing steps to find them.

8

Decreased or poor judgment

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.



What's a typical age-related change?

Making a bad decision once in a while.

9

Withdrawal from work or social activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.



What's a typical age-related change?

Sometimes feeling weary of work, family and social obligations.

10

Changes in mood and personality

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.



What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

If you or someone you care about is experiencing any of the 10 warning signs, please see a doctor to find the cause. Early diagnosis gives you a chance to seek treatment and plan for the future.

The Alzheimer's Association Miami Valley Chapter has services to help anyone affected by dementia live the best life possible. Call the or visit their at alz.org/dayton to learn more about their services.

Healthy Recipe Corner!



Roasted Cauliflower with Fresh Herbs and Parmesan

12 cups cauliflower florets (about 2 heads)
1 1/2 tablespoons olive oil
1 tablespoon chopped fresh parsley
2 teaspoons chopped fresh thyme
2 teaspoons chopped fresh tarragon
3 garlic cloves, minced
1/4 cup (1 ounce) grated fresh Parmesan cheese
2 tablespoons fresh lemon juice
1/2 teaspoon salt
1/4 teaspoon pepper

1. Preheat oven to 450°.
2. Place cauliflower in a large roasting pan or jelly-roll pan. Drizzle with oil; toss well to coat. Bake at 450° for 20 minutes or until tender and browned, stirring every 5 minutes. Sprinkle with parsley, thyme, tarragon, and garlic. Bake 5 minutes. Combine cauliflower mixture, cheese, and remaining ingredients in a large bowl; toss well to combine.

<http://www.myrecipes.com/m/recipe/roasted-cauliflower-with-fresh-herbs-parmesan-10000001120275/>

