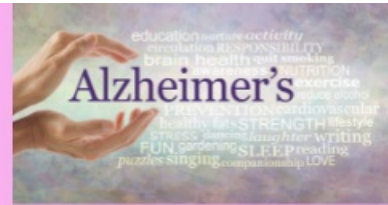


JUNE 2021

Your
**HEALTH
UPDATE** 

www.emergencyhospitals.care



**JUNE IS ALZHEIMER'S & BRAIN
AWARENESS MONTH**

Alzheimer's is a fatal disease that kills nerve cells and tissue in the brain, affecting an individual's ability to remember, think and plan. Ultimately, those with the disease will lose their ability to communicate, recognize family and friends, and care for themselves.

LEARN MORE ABOUT ALZHEIMER'S DISEASE

DID YOU KNOW?

- Approximately 47 million people worldwide live with Alzheimer's and other dementias.
- More than 6 millions of Americans are living with Alzheimer's
- 1 in 3 seniors dies with Alzheimer's or another dementia
- Alzheimer's kills more than breast cancer + prostate cancer combined
- Between 2000 and 2019 deaths from Alzheimer's diseases have increased in 145%
- Alzheimer's and dementia deaths have increased 16% during the COVID-19 pandemic

Source: Alzheimer's Association

#AlzheimersinAmerica

10 EARLY SIGNS AND SYMPTOMS OF ALZHEIMER'S

1. MEMORY LOSS THAT DISRUPTS DAILY LIFE.

One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking the same question over and over again, or increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things the person 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 living with dementia 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 managing finances or household bills.

3. DIFFICULTY COMPLETING FAMILIAR TASKS.

People living with Alzheimer's disease often find it hard to complete routine tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.

What's a typical age-related change? Occasionally needing help to use microwave settings or to record a TV show.

4. CONFUSION WITH TIME OR PLACE.

People living 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, vision problems are a sign of Alzheimer's. They may also have problems judging distance and determining color or contrast, causing issues with driving.

What's a typical age-related change? Vision changes related to cataracts.

6. NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING. People living 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 repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name.

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 living with Alzheimer's may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses.

What's a typical age-related change? Misplacing things from time to time and retracing steps to find them.

8. DECREASED OR POOR JUDGMENT.

Individuals may experience changes in judgment or decision-making. For

example, they may use poor judgment with money, or pay less attention to grooming or keeping themselves clean.

What's a typical age-related change? Making a bad decision once in a while, like neglecting to change the oil in the car.

9. WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES.

A person living with Alzheimer's may experience changes in the ability to hold or follow a conversation. As a result, he or she may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity.

What's a typical age-related change? Sometimes feeling uninterested in family or social obligations.

10. CHANGES IN MOOD AND PERSONALITY.

Individuals living with Alzheimer's may experience mood and personality changes. They may be easily upset at home, at work, with friends or when 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.

Source: Alzheimer's Association/10 warning signs of Alzheimer's

LEARN HEALTHY HABITS

10 WAYS TO LOVE YOUR BRAIN

START NOW. It's never too late or too early to incorporate healthy habits.

HIT THE BOOKS
Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.

BUTT OUT
Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.

BREAK A SWEAT
Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.

FOLLOW YOUR HEART
Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.

STUMP YOURSELF
Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

HEADS UP!
Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

BUDDY UP
Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

FUEL UP RIGHT
Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

TAKE CARE OF YOUR MENTAL HEALTH
Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

CATCH SOME ZZZ'S
Not getting enough sleep may result in problems with memory and thinking.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

Visit alz.org/10ways to learn more.

alzheimer's association
THE BRAINS BEHIND SAVING YOURS.

Alzheimer's & Dementia 24/7

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