

Alzheimer's Association SC Chapter

alzheimer's  association®

What is age-related memory loss?



Typical changes

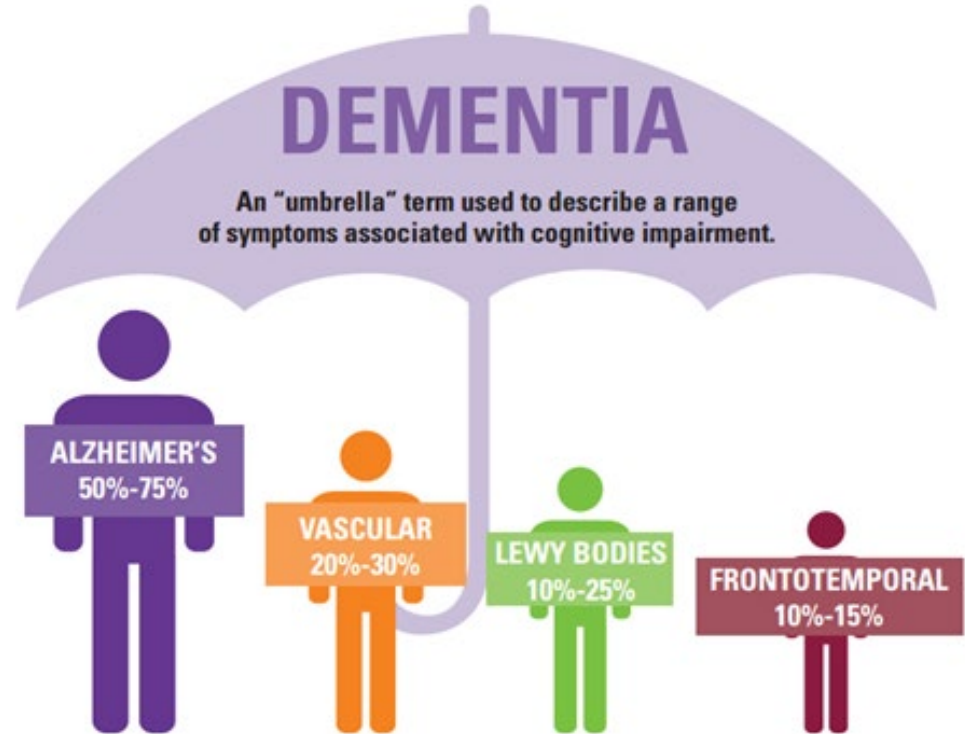
- Typical age-related changes involve:
 - Making a bad decision once in a while
 - Missing an occasional monthly payment
 - Forgetting which day it is and remembering later
 - Sometimes forgetting which word to use
 - Losing things from time to time

Problematic changes

1. Memory changes that disrupt daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble with 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

What is Dementia & Alzheimer's?

- Dementia is a collection of symptoms related to cognitive decline
- Can include cognitive, behavioral and psychological symptoms
- Due to biological changes in the brain
- Alzheimer's is most common cause



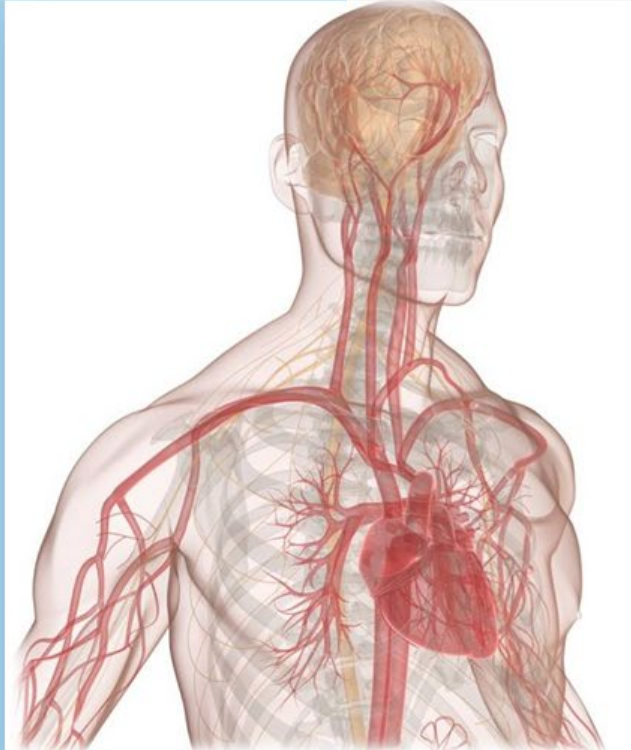
fact encouragement basics

Mild Cognitive Impairment

- Severe enough to show up on tests
- Not severe enough to affect daily life
- Increases risk of developing Alzheimer's disease



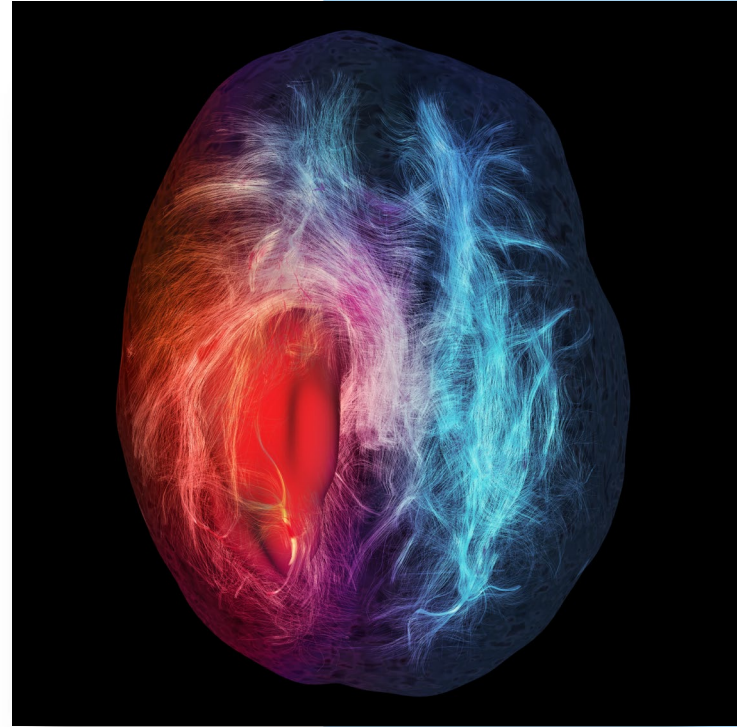
Vascular dementia



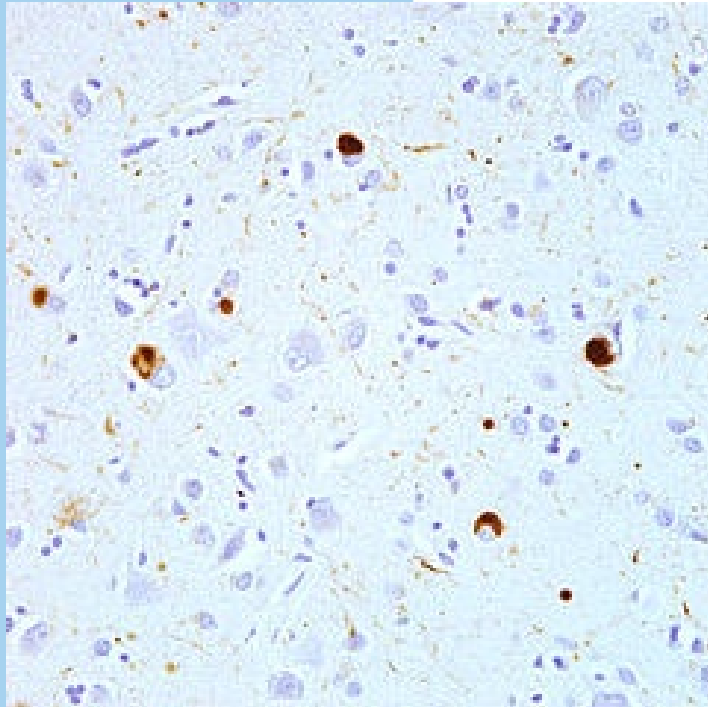
- Second most common form of dementia
- Caused by damage as result of reduced blood flow from one or more strokes

Mixed dementia

- Alzheimer's disease and another type of dementia can exist at the same time
- This may account for nearly half of the causes where Alzheimer's is present



Dementia with Lewy bodies

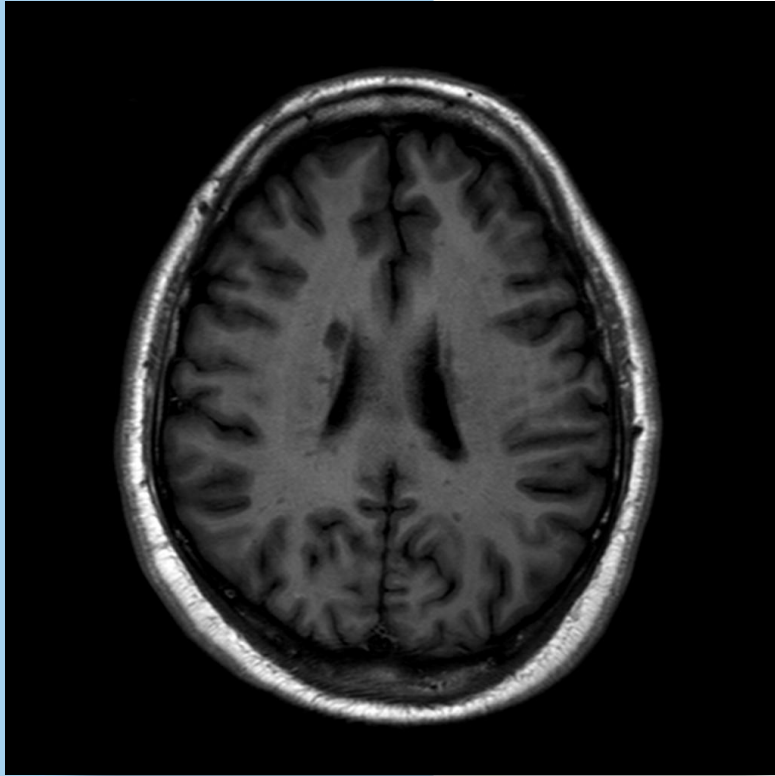


- Wide variations in attention and alertness
- May include:
 - Hallucinations
 - Tremors
 - Rigidity

Frontotemporal dementia

- Sometimes called “Pick’s disease”
- Begins at a younger age
- Progresses more quickly than Alzheimer’s disease
- First symptoms are usually personality changes and disorientation

More rare types of dementia



Other more rare dementias include:

- Creutzfeldt-Jakob disease
- Parkinson's disease
- Huntington's disease
- Normal pressure hydrocephalus
- Wernicke-Korsakoff syndrome

What is Alzheimer's disease?

Alzheimer's disease:

- is a brain disorder
- is a progressive disease
- is the most common form of dementia
- has no cure
- is eventually fatal
- has been diagnosed in over 6 million Americans

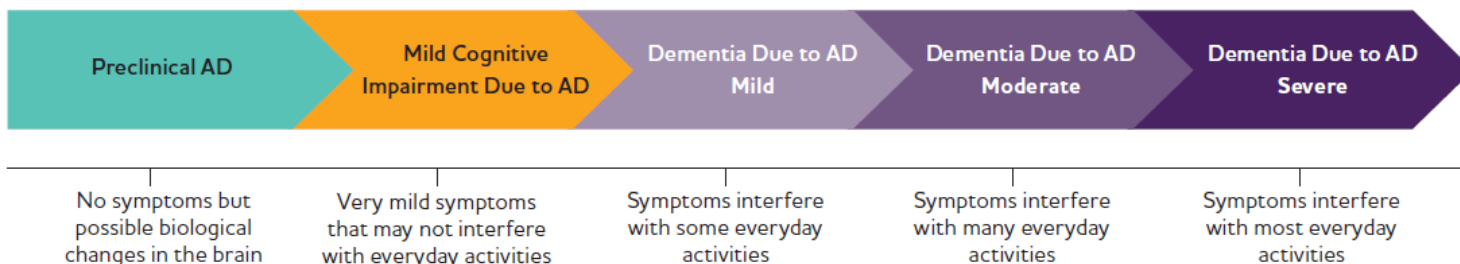


What is MCI?

Mild cognitive impairment is an early stage of memory loss or other cognitive ability loss in individuals who are able to perform most activities of daily living.

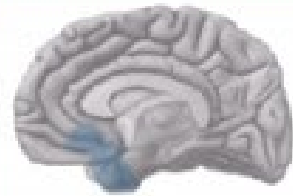
MCI can be an early stage of the Alzheimer's disease continuum if the hallmark changes in the brain are present.

Alzheimer's Disease (AD) Continuum

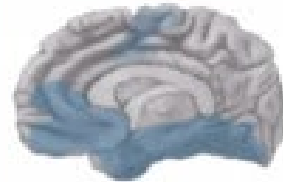


Stages of Alzheimer's disease

- Early Stage
 - Recent memory loss
 - Difficulty managing money, driving, or handling social situations
- Middle Stage
 - Difficulty with language
 - Problems keeping track of personal items
 - May need help with grooming
- Late Stage
 - Long- and short-term memory affected
 - Needs care around the clock



**Very Early
Alzheimer's**



**Mild to
Moderate
Alzheimer's**

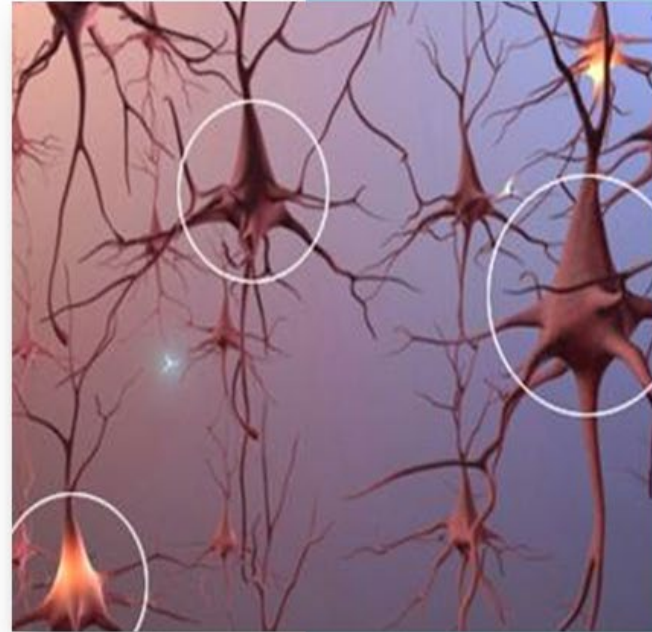


**Severe
Alzheimer's**

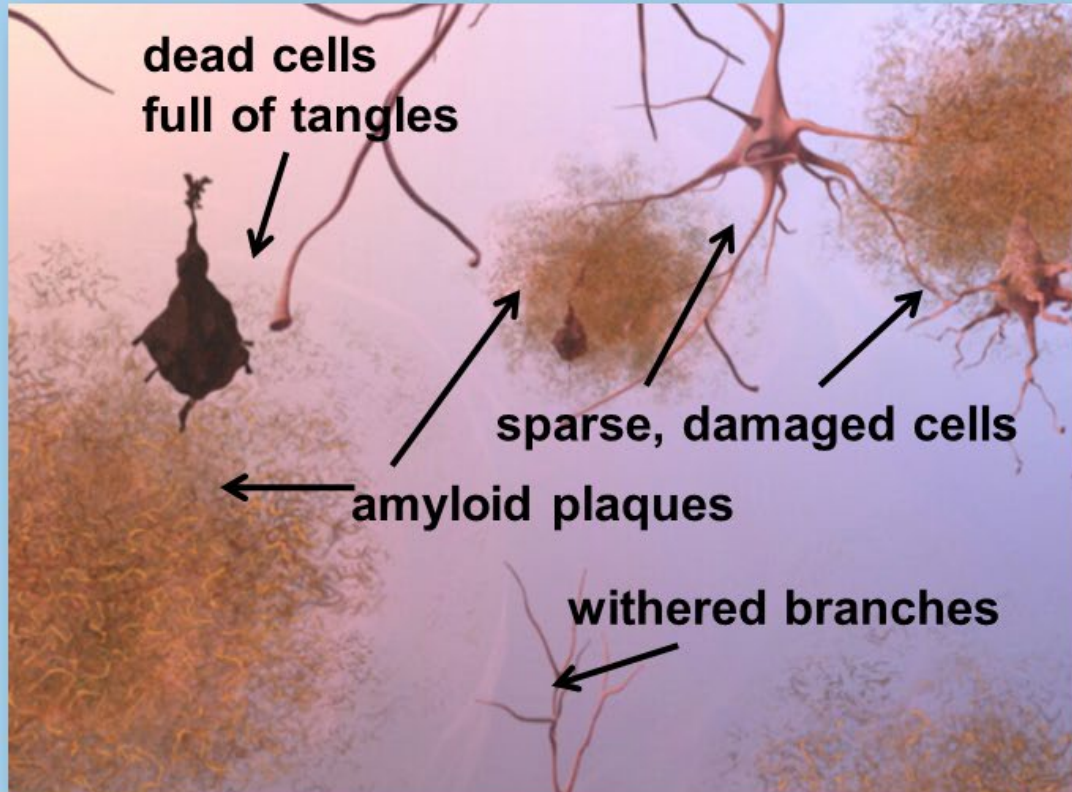
As Alzheimer's disease progresses, neurofibrillary tangles spread throughout the brain (shown in blue). Plaques also spread throughout the brain, starting in the neocortex. By the final stage, damage is widespread and brain tissue has shrunk significantly.

How the brain works

- There are 100 billion nerve cells, or neurons, creating a branching network.
- Signals traveling through the neuron forest form memories, thoughts and feelings
- Alzheimer's disease destroys neurons

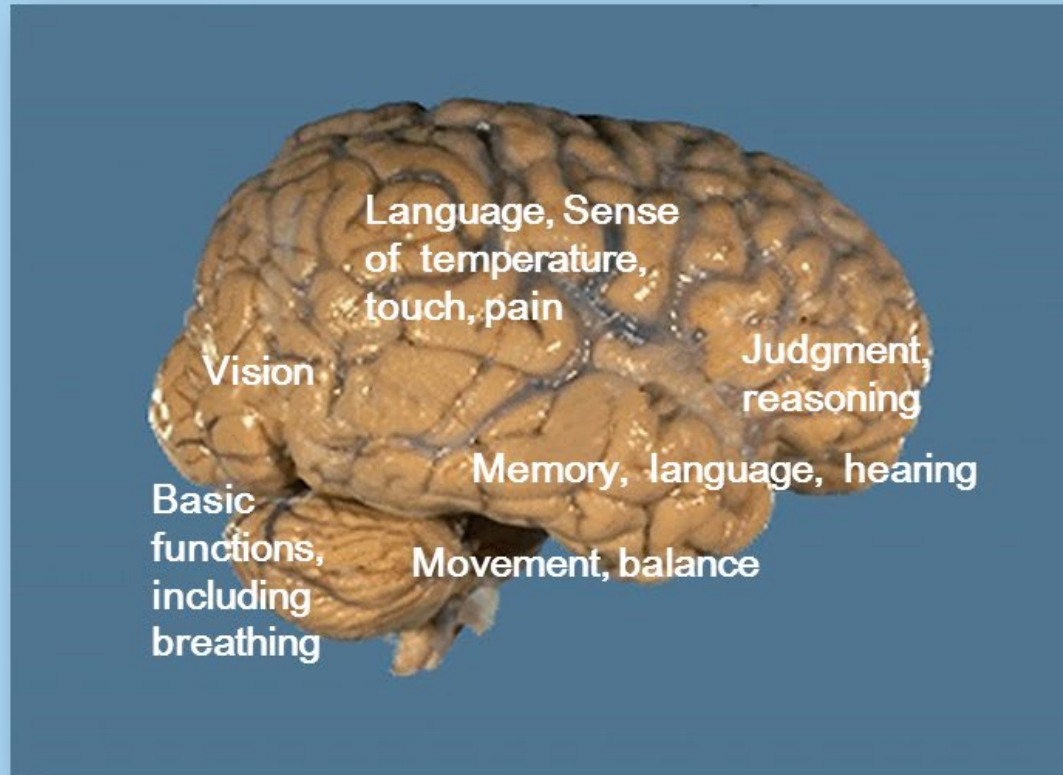


Neurons affected by Alzheimer's disease



Which functions are affected?

basics



HOW IS ALZHEIMER'S DISEASE DIAGNOSED?

Medical Tests for Diagnosing Alzheimer's

- Medical History
- Physical exam and diagnostic test
- Neurological exam
- Mental Cognitive Status test
- Brain Imaging



Drugs – may change disease progression

- **Aduhelm (aducanumab)** – anti-amyloid IV infusion therapy.
 - Targeting beta-amyloid (*microscopic protein fragment that forms in brain & accumulates into plaques*).



Drugs – may change disease progression

Lecanemab (Leqembi) –

- 2nd approved treatment that addresses biology of Alzheimer's and changes the course of the disease in meaningful way
- Early Alzheimer's w/ confirmation elevated beta-amyloid
- IV infusion every 2 weeks (lasting 45-60 minutes)

Drugs that Treat Symptoms

- Cholinesterase (KOH-luh-NES-ter-ays) inhibitors

- Aricept – Exelon – Razadyne

- Treat symptoms related to memory, thinking, language, judgment, and other thought processes.
 - Medications prevent the breakdown of acetylcholine (a-SEA-til-KOHlean), chemical messenger important for memory and learning.
 - These drugs support communication between nerve cells.



Drugs that Treat Symptoms

- Cholinesterase (KOH-luh-NES-ter-ays) inhibitors
 - Aricept (Donepezil) – approved treat all stages of Alzheimer's disease
 - Exelon (Rivastigmine) – approved mild-to-moderate Alzheimer's
 - (also mild-to-moderate dementia associated w/ Parkinson's)
 - Razadyne (Galantamine) – approved mild-to-moderate stages of Alzheimer's disease

Drugs that Treat Symptoms

- Glutamate regulators
 - Namenda (**Memantine**) -



- Prescribed to improve memory, attention, reason, language, and the ability to perform simple tasks.
- Drug works by regulating the activity of the glutamate (different chemical messenger helps brain process information).

Drugs that Treat Symptoms

- Cholinesterase inhibitor + glutamate regulator

- Namzaric (**Donepezil & Memantine**)

- Approved for moderate-to-severe Alzheimer's disease



Resources

24/7 Helpline

- Available around the clock, 365 days a year.
- Helpline specialists and master's-level clinicians offer confidential support and information.
- Bilingual staff and translation service in 200+ languages
- Live chat available.
- TTY Service 866.403.3073



24/7 Helpline

800.272.3900

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Live Chat

In-Person



Virtual



Educational Programs

- Free online e-learnings available at www.alz.org/sc
 - 10 Warning Signs
 - Understanding Alzheimer's and Dementia
 - Dementia Conversations
 - Effective Communication Strategies
 - Legal and Financial Planning
 - Understanding and Responding to Dementia-Related Behaviors



ALZ Navigator

Benefits of Support Group

- Peer-to-peer exchange of information, challenges and possible solutions
- Helps caregiver work through feelings & share coping strategies
- Emphasize importance of maintaining physical and mental health



To find a local support group, visit www.alz.org/sc

Contact us – we can help



alz.org®

- Alzheimer's Navigator
- Community Resource Finder
- ALZConnected
- Alzheimer's and Dementia Caregiver Center
- Safety Center



800.272.3900

- 24/7 Helpline – Available all day every day



alz.org/findus

- Support groups, education programs and more available in communities nationwide



training.alz.org

- Free online education programs available at training.alz.org

Early Stage Engagements - www.alz.org/sc

*Furman Lacrosse Game *Swamp Rabbit Hockey Game *Zoo
*Color & Coffee *Upstate Senior Band *Music by the Lake
*Picnic in the Park *Ice-cream social *Cupcake Creations
*Pizza & Puzzles *Donuts for Dad *Board Games *Paint Flower Pots
*Sky Top Orchard *Pizza & Pool *BINGO *Botanical Garden Tour
*Puppies & Popsicles *ELVIS *Scrapbooking *Valentine craft
*Guitarist *Color Me Happy *Lunch *Various Holiday Parties
*Nature Walks *Cookouts *Birdhouse creation *Centre Stage
*Goat Farm *Model Train Museum *Stained Glass Designs
*Pay your own way | Companies to sponsor | FREE | Indoor | Outdoor

Q & A