



# Countryside Memory Center

## Definitions

Dementia is a broad term that includes over 70 diagnoses including Alzheimer's. Dementia is a gradual loss of brain function. We used to call it senility or hardening of the arteries.

There are many types of dementia, they all present differently, progress differently and are treated differently.

Alzheimer's is a type of dementia. It is a progressive disease that affects the cells of the brain that impact intellectual function and causes memory loss.

It is irreversible and at this time there is no cure. It is important to recognize it early because medications may slow its progress and improve symptoms.

Alzheimer's is not a normal part of aging.

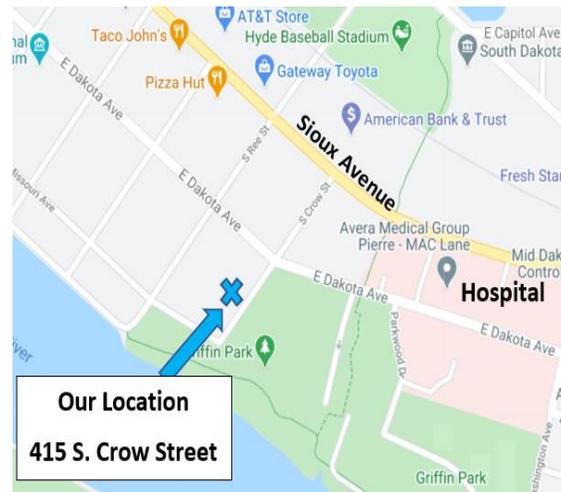
Cognition evaluation – Several different tests are used to get an accurate picture of how well your brain is functioning.

These tests measure your language skills, ability to remember and follow simple requests.

All testing is done in our office in a quiet, comfortable setting and all information is confidential.

There are many reasons for memory loss. Some of them are reversible, some are not. Either way, early diagnosis may help.

Through careful evaluation we can help identify a person's strengths and weaknesses – this allows the patient and their family to build on the strengths to keep the patient safe and functioning as fully as possible.



Dementia Care Partners Support Group

Third Thursday of the month – 6pm

415 S. Crow Street

Countryside office conference room

For more information call 945-0827

*Forgetting where you put  
your keys is normal...*

*Forgetting how to use your  
keys is not ...*



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# The Memory Center

Did you know that memory loss may be related to illness, grief, depression, medications, physical or emotional trauma, stroke, stress or sleep deprivation?

Early testing may help identify issues that can be corrected and improve your cognitive process.

But for some, the symptoms of memory loss may be the beginning of a long, difficult journey.

This may include the diagnosis of Alzheimer's or other dementia.

Countryside Memory Center provides an opportunity for early memory loss screening. Our team will complete an extensive history and conduct a series of cognitive tests.

These results will be reviewed by Countryside's medical consultant and forwarded to your primary care provider who will order additional lab and brain imaging tests if needed.

Follow up visits may be scheduled to monitor any changes in cognition and provide resource information.

There is no charge for this screening.

## What is the process?

Simply call 945-0827 for an appointment. This call may be made by your physician, you or a family member. A physician referral is not required.

Prior to the first appointment a phone interview will be conducted to determine which testing would be helpful and to gather medical and family information.

You will receive a packet in the mail before your appointment that details the first visit.

A family member or close friend should accompany you on your visit. Often others can provide insight which is helpful; they may see your memory loss in a different way than you do. They may also help with family history.

## What about my primary care provider?

The Memory Center is not meant to replace your primary care provider. Our consulting physician reviews your results and makes recommendations – this information is sent to your primary care provider. They will provide the diagnosis and treatment plan.

Countryside also offers follow up visits, support for family members and resource information.

*Progressive memory loss is not normal for any age and is a reason for concern.*

*As memory loss becomes more severe other changes may occur including:*

- *Personality changes, depressed mood or inappropriate behavior*
- *Confusion, irritability, restlessness*
- *Agitation and paranoia*
- *Poor judgment*
- *Decreased concentration*
- *Speech problems*
- *Disorientation*

A complete and honest history helps provide an accurate diagnosis.

**This program is made possible through donations to Countryside Hospice Support & Memory Center. Thank you.**