



ADULT

HEALTH BULLETIN



NOVEMBER 2016

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THIS MONTH'S TOPIC: ALZHEIMER'S DISEASE



In the United States, more than 5 million people are living with Alzheimer's disease. In addition, one out of every nine persons over the age of 65 has the disease. Sadly, these numbers are expected to continue to rise. Since Alzheimer's disease is a brain disease that is centered on the slow drop in memory, thinking and reasoning, you may not even realize that a loved one is experiencing symptoms. Although there are many early signs and symptoms of Alzheimer's disease, this month we are highlighting a few. If you know that a loved one is having some of the issues below, you should make an appointment with their healthcare provider.

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A person with Alzheimer's disease may stop talking in the middle of a sentence or call items by the wrong name.

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- **Experiencing memory loss that disturbs daily living.** This is one of the most common signs for Alzheimer's disease. In the early stages, forgetting could be centered on information that was just recently learned. For some individuals, this could be forgetting key dates or events or needing someone to remind them about daily activities or needs.
- **Undergoing changes in planning or solving problems.** Some people have trouble with a recipe that they have been preparing for many years; for others, not being able to track monthly expenses and pay bills on time indicates that there may be an issue. It may also take that person much longer to do tasks than previously.
- **Having a hard time doing familiar tasks.** This could mean having trouble driving to a place that is commonly visited or even forgetting rules to a game. Other tasks that happen on a daily basis become too challenging.
- **Being confused about place or time.** People who have Alzheimer's disease commonly miss important dates. Some also may be confused by the passage of time. It is also not uncommon for a person to forget where they are.
- **Experiencing problems with speaking words or writing words.** It could be a sign that there may be an issue if a person is having trouble staying in a conversation. A person with Alzheimer's disease may stop talking in the

If a loved one shows any of the signs of Alzheimer's disease or you are concerned about his or her health, make an appointment with a healthcare provider.



middle of a sentence and not know what they were talking about. It is also possible that he or she will call items by the wrong name.

There is a difference between signs of Alzheimer's disease and typical age related memory problems. Typical age associated issues include:

- Missing a payment for a bill, once in a while
- Forgetting the day, but remembering later
- Occasionally forgetting which word to use
- Misplacing items once in a while

Although memory does change as one ages, when changes cause problems during day-to-day life, then there may be an issue. If a loved one shows any of the signs above or you are concerned about his or her health, make an appointment with a healthcare provider.

SOURCE:

Alzheimer's Association,
<http://www.alz.org/national/documents/tenwarnsigns.pdf>

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