

What types of help are available?

- Alzheimer's Helpline - (1-800-232-0851) puts you in touch with someone who can give you information about Alzheimer's and ways to support your family and more.

- **Education** - Check with your local Alzheimer's chapter to learn about video lending libraries, caregiver support information and more. Call 1-800-232-0851 to learn about local chapter.

- **Support groups** - these groups provide information and support to the person with Alzheimer's and the family.

- **Family care consultation** - advice and short-term care management for the person with Alzheimer's and the family.

Are you caring for someone with Alzheimer's?

Call the



1-800-333-2433

This free service helps connect caregivers, seniors and their families to services, supports and programs.

For more information or to locate the chapter of the Alzheimer's Association nearest you, please call

1-800-232-0851

or e-mail to

www.alzmdak.org



"These materials were funded in part from AoA grant #90AZ2361.

All of us experiences memory loss.



When does it become a symptom of a bigger problem?

What is Alzheimer's disease?

Alzheimer's is a disease that causes a steady decline in memory. Thinking, remembering and reasoning become more difficult.

Alzheimer's affects more than 90,000 Minnesotans - or enough to fill the Metrodome and leave 24,000 people in its parking lot.

While there is no cause or cure, you can take steps to reduce the risk of memory loss.

Exercise your brain.

People who keep their brains active by reading or doing jigsaw puzzles, word games and chess are two-and-a-half times less likely to have dementia.

Drink plenty of fluids.

Do you know that dehydration - not having enough water, juices, milk or other fluids - is a major factor in temporary memory loss? Drink plenty of fluids, but cut down or eliminate alcohol.

Exercise your body.

Thirty minutes of daily activity has great benefit to the heart, brain and muscles. Walk, garden, clean your house, rake leaves, go dancing or exercise (even in your chair).

Eat a healthy diet.

Eat five fruits and vegetables a day to promote a healthy mind and body. Deep greens and leafy vegetables, like broccoli, spinach and romaine lettuce, are especially helpful.

Use caution with medications.

Your doctor should know all over-the-counter and prescribed medications you are taking. Some combinations may cause confusion or forgetfulness.

Problems with memory loss?

If you're forgetting appointments or feeling more worried about memory loss, if you can't remember the names of people you see often, or if you're tempted to stop doing activities that you enjoy because you're afraid of being embarrassed, you need to see your doctor. Make an appointment. Many conditions that appear to be Alzheimer's are treatable.

Tips for dealing with your doctor

Jot down your questions and concerns before meeting with your doctor.

Bring notes about what problems you have been having. Insist on thorough testing to rule out problems.

Bring a relative or friend to the appointment with you.

Everyone forgets sometimes - when is it a problem?

Activity	A person with Alzheimer's	A person with age-related memory loss
<i>Forgets</i>	<i>whole experiences</i>	<i>parts of an experience</i>
<i>Remembers later</i>	<i>rarely</i>	<i>often</i>
<i>Can follow written or spoken directions</i>	<i>gradually unable</i>	<i>usually able</i>
<i>Can use notes</i>	<i>gradually unable</i>	<i>usually able</i>