

Yes! I want to do my part to help the Alzheimer's Alliance fight against Alzheimer's disease and support the Northeast Texas families faced with this devastating illness by including a donation with the form below.

- \$1,000 \$500 \$250 \$100
 \$50 \$25 Other _____

Donor: _____

Phone: (____) _____

Address: _____

City: _____

State: _____ Zip: _____

My donation is

- In honor of: In memory of:

Name: _____

Phone: (____) _____

Address: _____

City: _____

State: _____ Zip: _____

Payable and mail to:

**Alzheimer's Alliance of Northeast Texas
211 Winchester
Tyler, Texas 75701**

THANK YOU FOR CARING!
Your gift is tax deductible.

Programs and Services

The Alzheimer's Alliance of Northeast Texas offers the following services and programs to families affected by Alzheimer's in the 16 counties we serve.

Services

- Alzheimer's Day Clubs
- Family Support Groups
- Respite Care Assistance Program
- Tracking and Identification for Wanderers
- Caregiver Helpline

Education

- Educational Seminars
- Annual Regional Conference
- Speakers Bureau
- Memory Screenings
- In-Service Training
- Quarterly Newsletter
- Resource Library

Advocacy

- The Alzheimer's Alliance works with the Alzheimer's Foundation of America to effect legislation benefiting families dealing with dementia.

Research

- 10% of all memorial donations support research efforts.

**Alzheimer's Alliance of Northeast Texas
211 Winchester
Tyler, TX 75701**

903.509.8323 • 800.789.0508 • 903.509.8373 fax
www.alzalliance.org

About Dementia



The Alzheimer's Alliance of Northeast Texas is dedicated to supporting those affected by Alzheimer's disease and related dementias.

**Alzheimer's
Alliance**
of Northeast Texas, Inc.

The More You Know

The more you know about Alzheimer's disease or another dementia, the better prepared you will be to spot its warning signs, get an early diagnosis, and obtain proper medical care and support that can improve quality of life.

It is very important to identify the disease or problem that is causing memory loss. An evaluation typically includes consulting with a healthcare professional; a complete medical history; blood, urine and other medical tests; neuropsychological tests that measure memory, problem-solving, attention and language; and brain scans.

Warning Signs

- Trouble with new memories
- Relying on memory helpers
- Difficulty finding words
- Struggling to complete familiar actions
- Confusion about time, place or people
- Misplacing familiar objects
- Onset of new depression or irritability
- Making bad decisions
- Personality changes
- Loss of interest in important responsibilities
- Seeing or hearing things
- Expressing false beliefs

(For more detailed information about these symptoms, consult the Warning Signs flier provided by the Alzheimer's Alliance.)

Stages

The staging of people with Alzheimer's disease is imprecise, as every person's disease process will differ. However, it can be useful to have a broad, general outline of the severity of the disease as it progresses. Most experts agree there are up to seven stages of dementing illness. The seven stages are:

1. No cognitive decline
2. Very mild cognitive decline—Forgetful
3. Mild cognitive decline—Slightly confused
4. Moderate cognitive decline—Very confused
5. Moderately severe cognitive decline—Mildly demented
6. Severe cognitive decline—Moderately demented
7. Very severe cognitive decline—Severely demented

(For more detailed information about these stages, consult the Global Deterioration Scale provided by the Alzheimer's Alliance.)

Basic Facts

- Dementia is a general term that describes a group of symptoms—such as loss of memory, judgement, language and complex motor skills, caused by the permanent damage or death of the brain's nerve cells.
- Well-known diseases that cause dementia include Alzheimer's disease, multi-infarct dementia, Parkinson's disease, Huntington's disease, Creutzfeldt-Jacob disease, Pick's disease, and Lewy body dementia.
- Other physical conditions, such as depression, brain tumors, head injuries, nutritional deficiencies, hydrocephalus, infections, drug reactions, and thyroid problems may cause or mimic dementia. Individuals experiencing dementia-like symptoms should undergo diagnostic testing as soon as possible.
- Alzheimer's disease is the most common cause of dementia in persons aged 65 and older, accounting for about 60 percent of all dementias.
- Alzheimer's disease is not a normal part of aging. However, aging is the most important known risk factor. Other factors are genetic makeup

and chronic untreated health problems like hypertension.

- Accurate diagnosis is critical. Some conditions that cause symptoms of dementia can be reversed. For irreversible dementias, such as Alzheimer's disease, treatment options vary depending on the disease.
- Currently, there is no cure for Alzheimer's disease. The U.S. Food and Drug Administration has approved several drugs that may help slow the progression of the disease and prolong function. Available and evolving therapies have maximum impact in the early stages of the disease.

“Dementia is not a normal part of aging. Take the time to learn as much as you can to help navigate this complex issue. There is great value in assessing memory loss and using available treatments early in the disease process.”

Richard Powers, M.D.
Chief, Bureau of Geriatric Psychiatry
Alabama Department of Mental Health

**For additional information contact:
Client Services Coordinator
903.509.8323 • 800.789.0508
903.509.8373 fax**

Funds for the printing of this brochure were provided by:

