



**LET'S TALK ABOUT
DEMENTIA**

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Basics of Alzheimer's Disease and Dementia

Alzheimer's disease is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks. It is the most common cause of dementia in older adults. While dementia is more common as people grow older, it is not a normal part of aging.

- National Institute on Aging, National Institutes of Health

A microscopic image of a neuron, showing a central cell body (soma) with a nucleus, surrounded by a complex network of branching processes (dendrites and axons) extending outwards. The image is overlaid with a semi-transparent black box containing the title text.

Alzheimer's & the Brain

The background of the image is a solid purple color with a repeating pattern of light purple human silhouettes. The silhouettes are arranged in a grid, with each silhouette slightly offset from the others, creating a sense of depth and movement. The text is centered in the middle of the image.

MORE THAN 5 MILLION AMERICANS ARE
LIVING WITH ALZHEIMER'S DISEASE.

2020 Alzheimer's Disease Facts and Figures



6th Alzheimer's disease is the leading cause of death in the United States

50%

of primary care physicians believe the medical profession is not ready for the growing number of people with Alzheimer's or other dementias



More than **5 million** Americans are living with Alzheimer's



1 in 3 seniors dies with Alzheimer's or another dementia

It kills more than breast cancer and prostate cancer combined



16 million Americans provide unpaid care for people with Alzheimer's or other dementias

These caregivers provided an estimated 18.6 billion hours valued at nearly

\$244 billion



In 2020, Alzheimer's and other dementias will cost the nation **\$305 billion** — By 2050, these costs could rise as high as **\$1.1 trillion**

Between 2000 and 2018 deaths from heart disease have decreased

7.8% ↓

while deaths from Alzheimer's disease have increased

146% ↑

10 Warning Signs of Alzheimer's



1

Memory loss that disrupts daily life

2

Challenges in planning or solving problems

3

Difficulty completing familiar tasks

4

Confusion with time or place

5

Trouble understanding 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

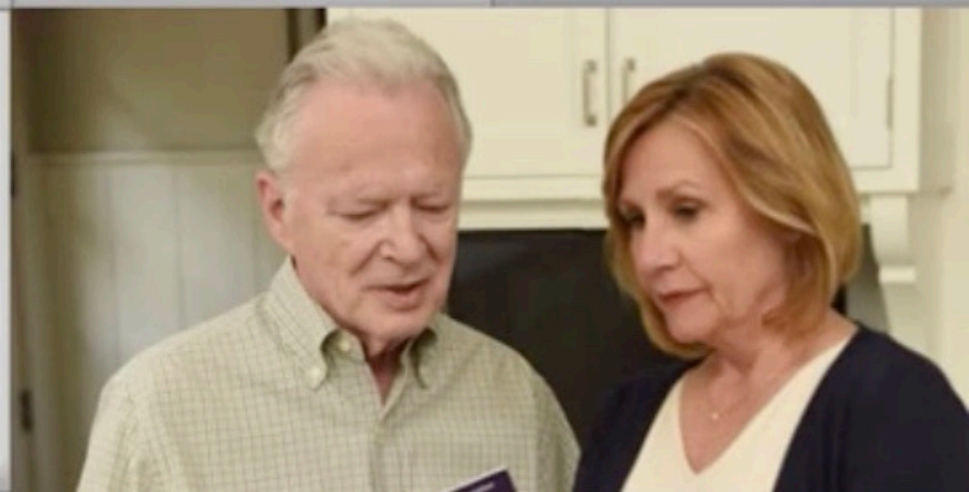
Decreased or poor judgment

9

Withdrawal from work or social activities

10

Changes in mood and personality



Is it Alzheimer's or Dementia?

- Dementia is an umbrella term
- Alzheimer's is one of over 100 types of dementia
- Alzheimer's is the most common cause of dementia, about 60-80%
- Common Types of Dementia: Vascular Dementia, Dementia with Lewy Bodies, Frontotemporal Dementia, Early-Onset Dementia

Causes (and Effects)

- Damage to brain cells
- Interferes with ability for cells to communicate with each other
- Thinking, behavior and feelings affected
- Particular regions of brain impacted
- Different regions – different functions:
 - Memory
 - Judgment
 - Movement

Get a Diagnosis!

Why?

- Condition might NOT be dementia:
 - depression, thyroid problems, medication side-effects, vitamin deficiencies, alcohol abuse
- To diagnose the correct type of dementia (neurologist & neuro-psychologist)
- Make plans for the future

Treatments & Care

- NO CURE!
- NO treatment stops or slows progression
- Drug treatments temporarily improve symptoms (in some people)
- Non-drug therapies that manage behavior symptoms promote physical and emotional comfort (to both person with dementia and family)
- Hands-on, time-intensive person-centered care by family members and friends
- Full-time professional caregivers will be necessary at the end of the disease, often in long term care communities

Risk Factors

- Age
- Family History
- Genetics
- Head Injury (especially multiple)
- Heart Health

Preventions

- Reduce risk of cardiovascular disease (high cholesterol, high blood pressure, diabetes)
- Regular physical exercise and heart-healthy diet
- Social connections and intellectual activity
- Lifestyle changes (above)

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Enroll in Drug Trials

TrialMatch

- Online: <https://trialmatch.alz.org/find-clinical-trials#createaccount>
- Email: TrialMatch@alz.org
- Call 800.272.3900 (press 1 for clinical trials)

Resources

Florida Aging and Disability Resource Centers (ADRCs)

<http://elderaffairs.state.fl.us/doea/adrc.php>

US Department of Health & Human Services

<http://alzheimers.gov/>

NIA – National Institute on Aging

<https://www.nia.nih.gov/alzheimers>

Alzheimer's Association www.alz.org

Alzheimer's Foundation of America <http://www.alzfdn.org/>

ADEAR (Alzheimer's Disease Education And Referral)

<https://www.nia.nih.gov/health/about-adear-center>

Resources

Tips & Resources:

- <https://caregiver.com/articles/alzheimers>
- <https://www.aplaceformom.com/blog/list-of-alzheimers-resources-3-06-2013/>
- <https://homecareassistance.com/blog/category/alzheimers-care>

Find Programs <https://bpc.caregiver.org/#searchPrograms>

Clinical Trials <https://trialmatch.alz.org/find-clinical-trials#createaccount>

Resources (En Español)

¿Qué es la Demencia?

<https://www.cdc.gov/aging/spanish/features/dementia.html>

10 Señales de Advertencia

<https://www.cdc.gov/aging/spanish/features/healthybrain-ten-warning-signs.html>

Cuidado de la Familia

<https://www.cdc.gov/aging/spanish/features/caregiving-alzheimer.html>

Autocuidado

<https://www.cdc.gov/aging/spanish/features/caring-for-yourself.html>

SURVEY:

<https://redcap.nova.edu/redcap/surveys/?s=JP4YM388FH>

Presentation Title: Let's Talk About Dementia

Please answer 6 questions

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