

Overview of Alzheimer's Disease



Today's Objectives...



- Provide an overview of Alzheimer's disease and related dementias
- Where can individuals, families and professionals get help
- Services available

What is Dementia?

- Not a disease, dementia is an umbrella term to describe a group of symptoms, including:
 - Loss of intellectual functions
 - Loss of memory
 - Confusion
 - Behavioral changes
 - Personality changes



Overview of Alzheimer's Disease



DEMENTIA

DEMENTIA

Alzheimer's Disease

- Early-Young Onset
- Normal Onset

Vascular Dementia (multi-infarct)

Lewy Body Dementia

Fronto-Temporal Lobe Dementias

Other Dementias or Delirium

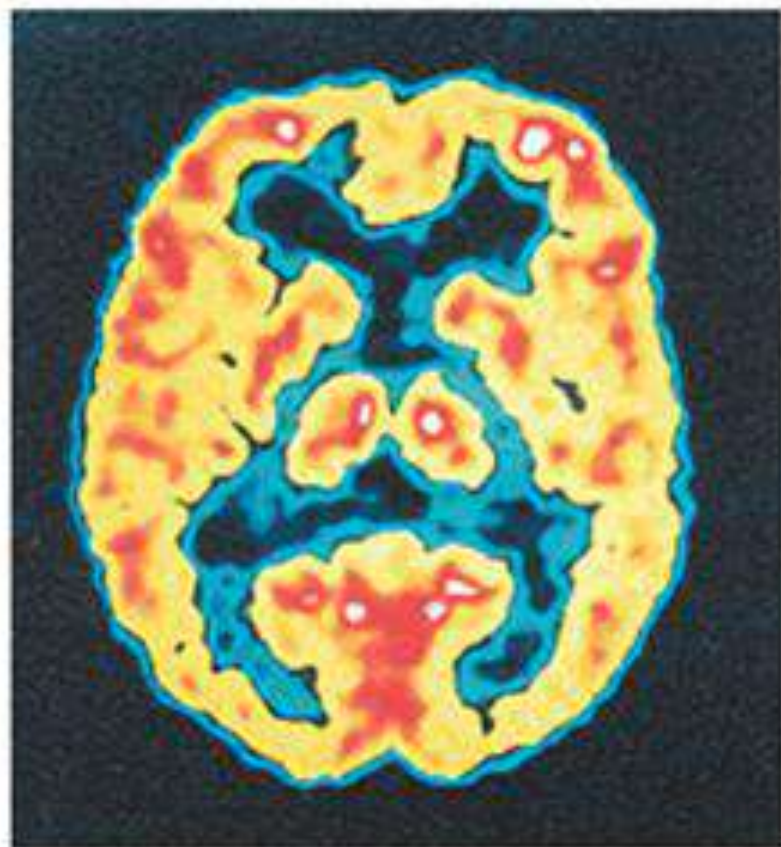
- Genetic syndromes
- ETOH related
- Drugs/toxin exposure
- Thyroid
- Depression or other mental conditions
- Infections-
- Parkinson's

Alzheimer's Disease

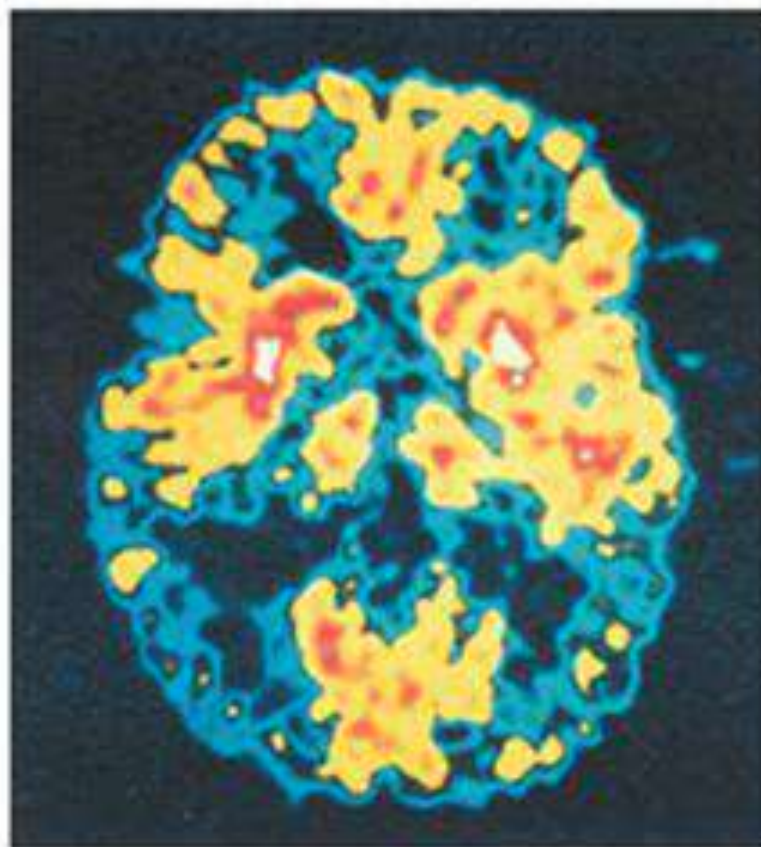
“A progressive, degenerative disease that attacks certain nerve cells within the brain”

- Damage to cells done years before symptoms appear
- Sticky plaques on nerve cells prevent neuron firing (information transfer)
- Cell loss/chemical imbalance leads to decline of brain's abilities
- No concrete cause has been determined, but age/genetics are thought to be risk factors
- Diagnosis made through elimination of other conditions/diseases

BRAIN SCANS HELP IDENTIFY ALZHEIMER'S



NORMAL

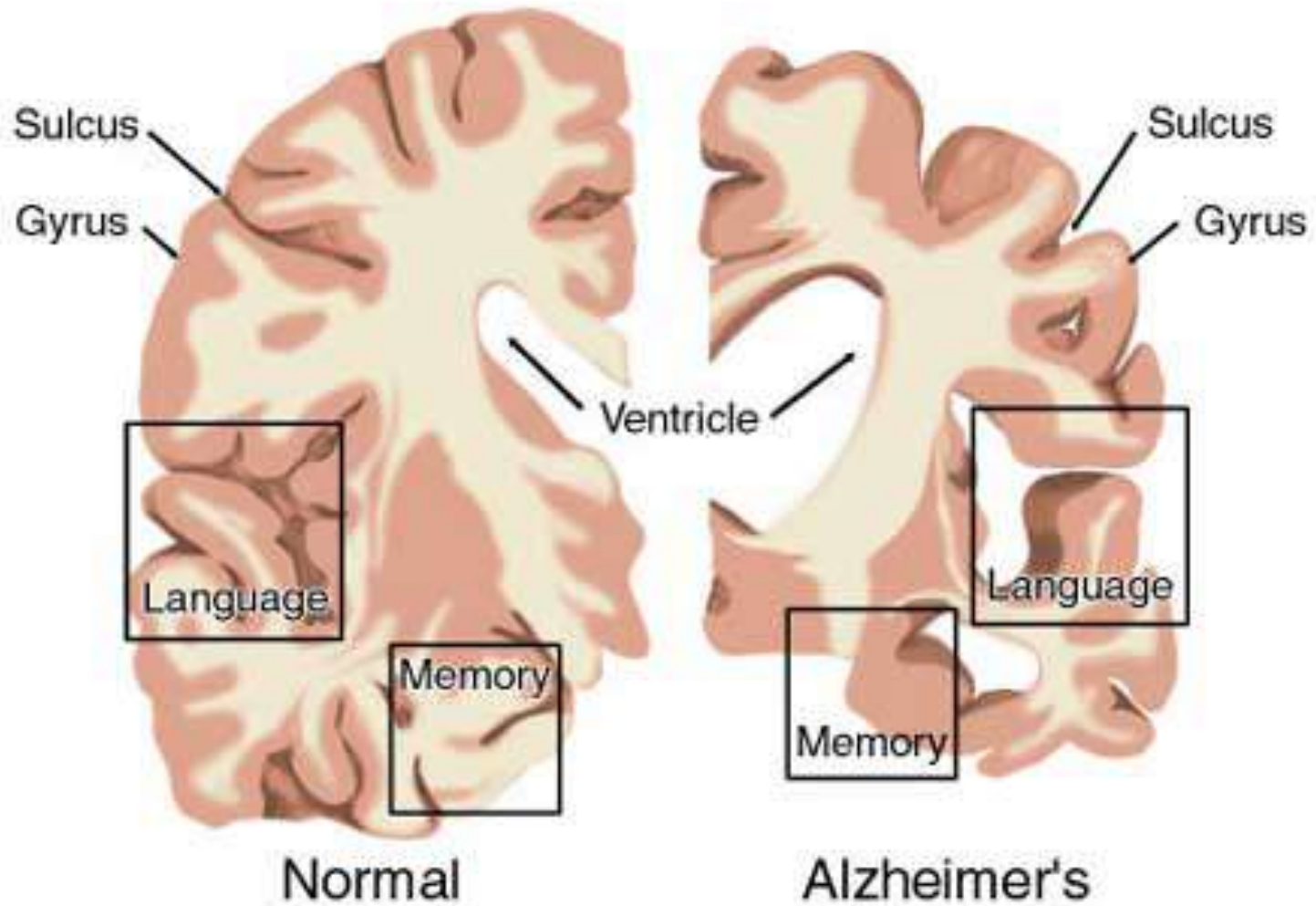


ALZHEIMER'S

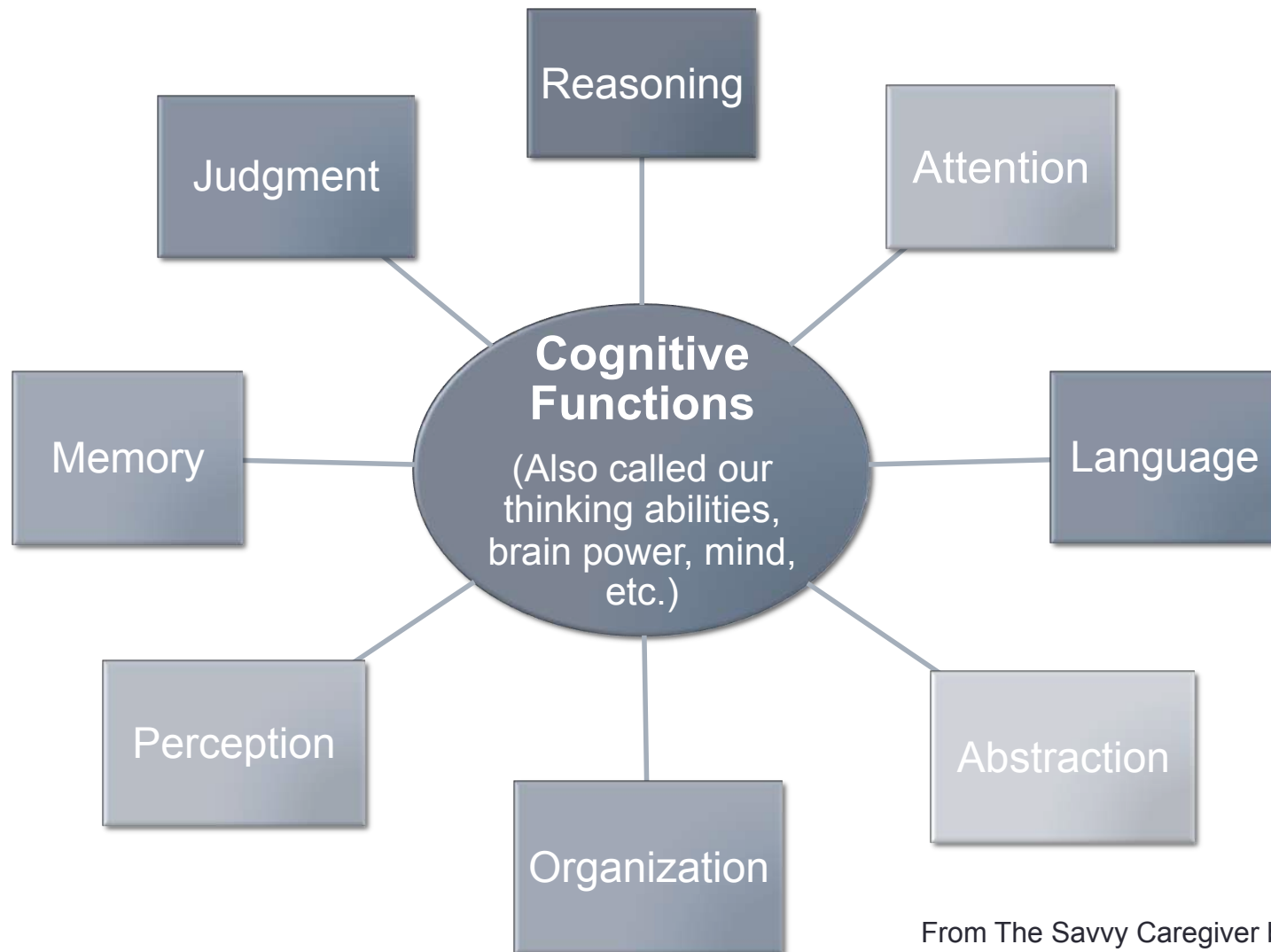
Brain scans done with Positron Emission Tomography (PET) show how Alzheimer's affects brain activity. The left image shows a normal brain, while the right is from a person with Alzheimer's. The blue and black areas in the right image indicate reduced brain activity resulting from the disease.

Images courtesy of Alzheimer's Disease Education and Referral Center, National Institute on Aging

Brain Cross-Sections



Important Elements of Thought



Stages of Alzheimer's Disease

Early Stage

- Memory loss causes small problems
- Cognitive loss impairs thinking
- Personality changes

Middle Stage

- Memory loss increases
- short & long term
- Cognitive loss increases
- Personality Changes become a problem

Late Stage

- Memory loss becomes severe
- Cognitive losses become severe
- Personality changes
- Start of physical changes

Final Stage

- Memory loss is complete
- Cognition absent
- Personality absent
- Physical changes severe

Medications and AD

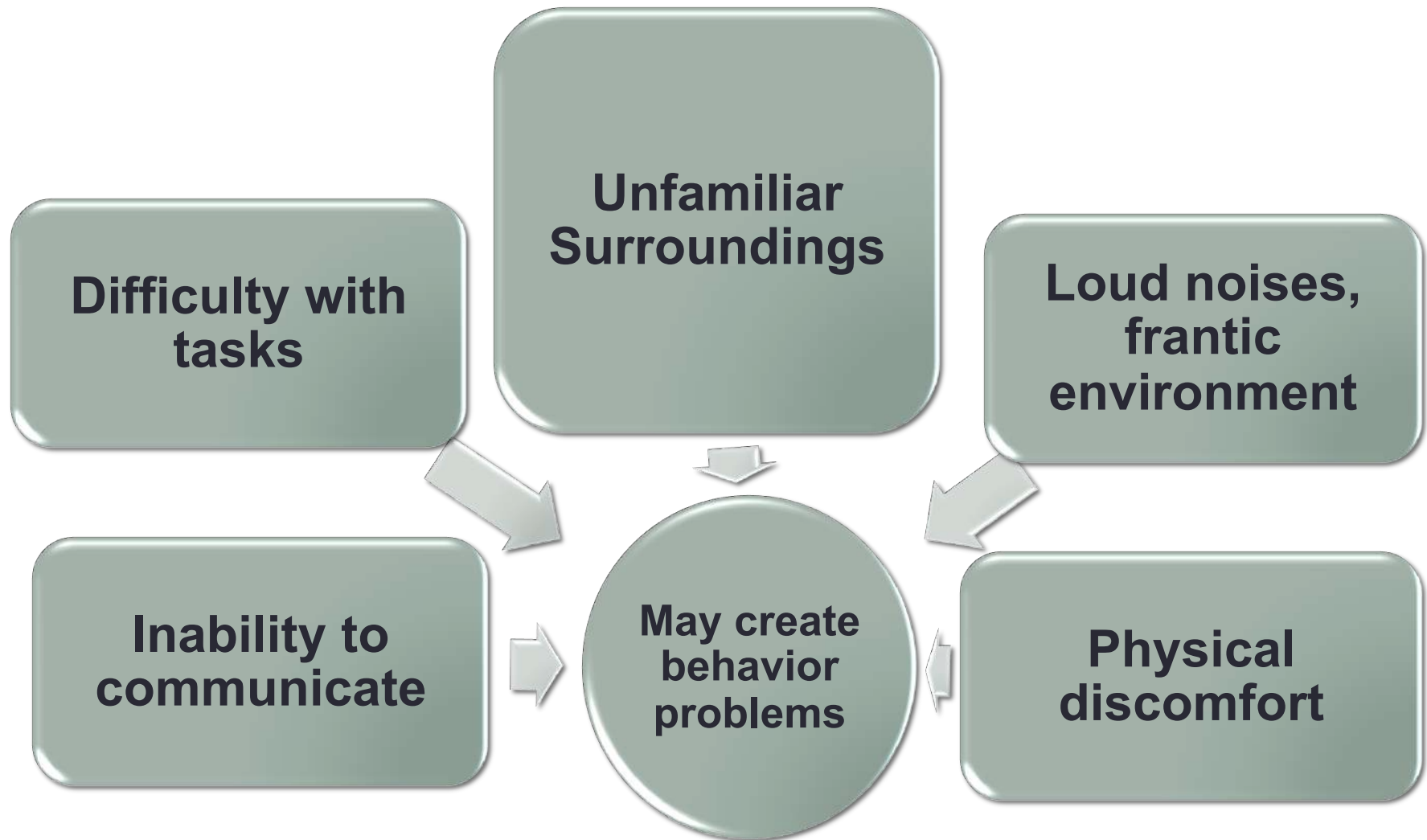
Aricept or Exelon

- FDA approved for mild, moderate and severe stages
- Prevents the breakdown of acetylcholine which plays a significant role in memory (higher levels of acetylcholine equals better brain communication)
- Aricept available in tablet; Exelon in capsule, liquid or patch
- Postpones the worsening symptoms for some from six to twelve months

Namenda

- FDA approved for moderate to severe stages
- Regulates the activity of glutamate in the brain (Glutamate plays a key role in memory and learning, however excess glutamate can result in disruption of nerve cell communication or nerve death)
- Available in tablet and liquid form
- Slows rate of decline in thinking and the ability to perform ADL's

Causes of Problem Behavior



Current AD Facts

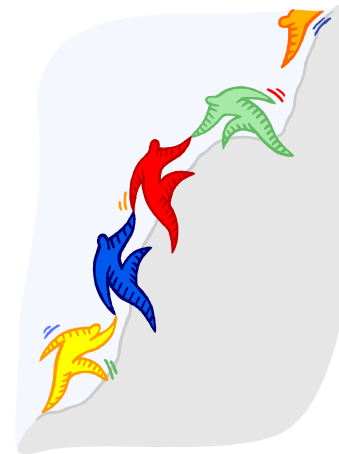


- 5.4 million people in the U.S. have diagnosed AD
- 1 in 8 people 65 and over develop AD; 85+ is 1 in 2
- **6,000 Alaskans have Alzheimer's OR a related dementia**
- **We estimate by 2020 over 11,000 Alaskans affected**
- In 2010, 54,000 Alaskans were over the age of 65
2020 projected is over 96,000 individuals over the age of 65

Fastest growing senior population in the nation – 4 times the national average

Need for services and support

- Diagnosis of ADRD can be overwhelming; families often feel lost
- Education and peer support create sense of “**knowledge is power**”
- Help = Strength



Services Available

- Care Coordination
- Recreational
- Transportation
- Education and Support Programs
- In-Home Supports
 - Equipment
 - Emergency devices
- Assisted Living
 - Dementia units
- Nursing Home
 - Dementia Units

Family Caregivers Provide: 35 Million hours

Economic Value: 420 Billion

Alzheimer's Resource of Alaska

- Programs for individuals with memory loss or ADRD
- Programs for family caregivers
- Programs for professionals
- Programs for the General Public

How to Contact Us...



- *In person* 565 University Ave., St#2
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- toll free in AK 1-800-478-1080
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- Offices also located in Palmer, Juneau, Anchorage