

# Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

November 2020

## Alzheimer's & Brain Awareness Month

November serves to support those who suffer from Alzheimer's or any other form of Dementia and to support the caretakers of those who suffer from them.

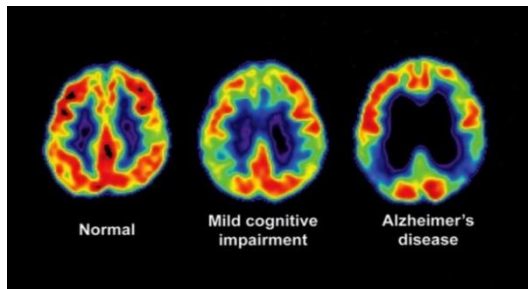
### **What is Alzheimer's Disease?**

Dementia is an umbrella term for memory loss, interference with language, and problem solving abilities. Alzheimer's is one of the most common causes of Dementia. It is the progressive degeneration of brain cells over time.

### **Prevalence:**

- Currently in the U.S., there are 5.8 million Americans, 65 year or older, living with Dementia in 2020
- 80% of this population is 75 years of older

### **Alzheimer's Symptoms**



### **How is Alzheimer's diagnosed?**

Alzheimer's can be diagnosed using medical history, physical & neurological exams, mental status exams, and diagnostic imaging.

### **What can you do? Diet and exercise**

- it is important to eat balanced meals- being overwhelmed by options and forgetting to eat are characteristics associated with Dementia
- limiting intake of saturated fats & foods high in cholesterol
- Reduced any refined sugars
- Exercise on a regular basis

### **How can we treat Alzheimer's Disease?**

- Medications are one option to slow the progression of Alzheimer's and maintain behavioral symptoms
- There are treatments to maintain sleep cycle such as avoiding caffeine and keeping a clean sleeping schedule, daily daylight exposure, etc.
- Another option is adding supplements such as fish oil

<https://www.alz.org/alzheimers-dementia/coronavirus-covid-19> By: Nadine Amine, PharmD Candidate

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