

— June is —  
**ALZHEIMER'S  
& BRAIN**

**AWARENESS**

**MONTH**



Hello there, I hope this finds you well. June is Alzheimer's and Brain Health Awareness Month. If you or someone you know have been diagnosed with dementia or Alzheimer's, below is contact information for a helpline and virtual support groups. Feel free to contact me for additional assistance or resources. Stay hydrated and stay cool!

**Alzheimer's Association SC**

**24/7 Helpline:**

**[800] 272- 3900**

**Virtual Alzheimer's Care  
and Support:**

<https://www.brightfocus.org>

<https://songsandsmiles.com>

<https://www.synapticure.com>



**Kamryn Williams, LPN**  
*Telehealth Coordinator*  
*Palmetto Care Connections*

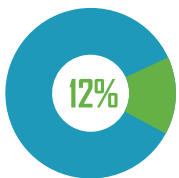
Yours Truly,

*Kamryn*

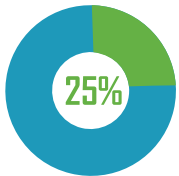
# Alzheimer's Disease

Alzheimer's Disease is progressive and is the most common cause of dementia. Alzheimer's occurs when nerve cells in the brain, neurons, are damaged and destroyed.

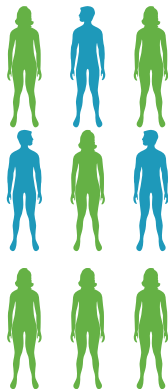
## Alzheimer's disease



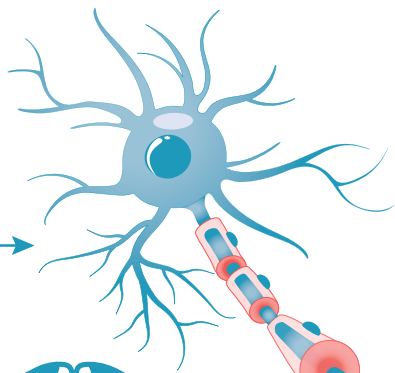
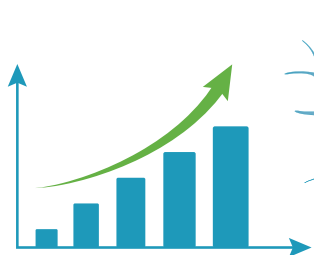
12% people over age 65 have Alzheimer's disease



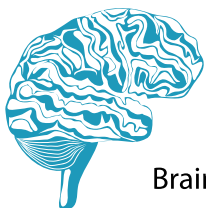
Alzheimer's disease affects 25% of people age 85+



Women having a higher risk of developing Alzheimer's disease



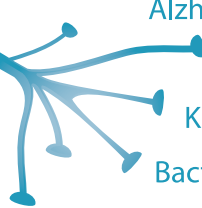
Depression



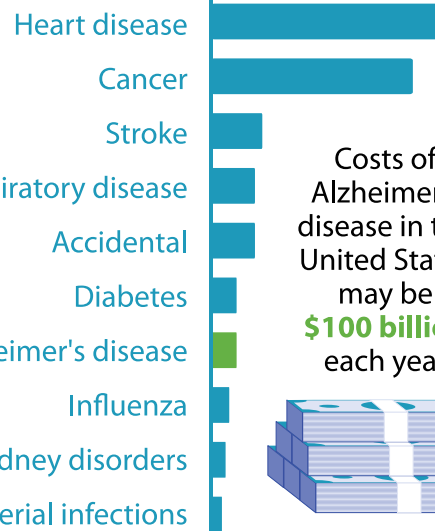
Brain



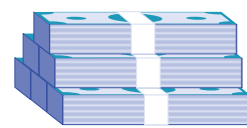
Neuron



### CAUSE OF DEATH



Costs of Alzheimer's disease in the United States may be **\$100 billion** each year



# Risk Factors & Symptoms

## ALZHEIMER'S DISEASE

### Treatment

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisi enim ad minim veniam, quis nostrud



### Factors risk



heredity



alcoholism and drug addiction



diabetes



women are more likely to get Alzheimer's

### Prevention

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy



reading of books



game of chess



playing musical instruments



physical exercise



no smoking



no alcohol

### Symptoms



headache



dizziness



speech impairment



memory decline



trouble sleeping



apathy



olfactory disturbance



orientation problems

## Early Signs of Alzheimer's

### Confusion with Time or Place



### Changes in Mood

### Vision Changes



### Difficulty Completing Familiar Tasks

### Misplacing Things



### Memory Loss



### Challenges in Planning



### Social Withdrawal



### Decreased Judgement



### Trouble in Conversation

# Prevention & Treatment



## ALZHEIMER'S DISEASE

### PREVENTION STEPS



PHYSICAL EXERCISE



HEALTHY DIET



REGULAR SLEEP



MENTAL STIMULATION



SOCIAL ENGAGEMENT

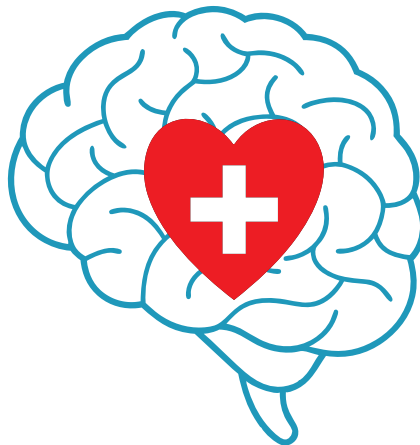


STRESS MANAGEMENT

## TIPS TO HAVE A HEALTHY BRAIN



Healthy Food



Meditation



Exercise Regularly



Read and study



Health Check



Enough Sleep



Avoid alcohol

# Management and Lifestyle

## Diet for Alzheimer's disease

### ADVICE OF NUTRITIONISTS



The use of protein allows you to saturate the body with components useful for brain health. Protein is an essential component of the Alzheimer's diet.



A person suffering from Alzheimer's should stop taking artificial food additives, preservatives, sweeteners, and colorings.



Caffeine and coffee consumption may have a positive effect on slowing memory decline.



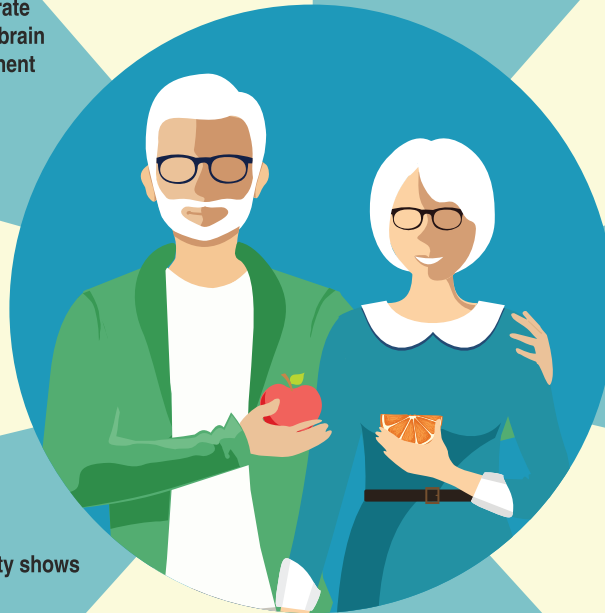
Raising HDL Cholesterol (the good kind) levels helps ward off cognitive impairments.



India has a low prevalence of Alzheimer's relative to the size of its population. Researchers suggest that a properties found in the Curry spice Turmeric may play a role



Diet high in Omega-3 fatty acids, primarily from fish oils possibly reduces the risk of cognitive decline and dementia.



Research from Washington University shows that increased Sugar consumption can lead to or exacerbate Alzheimer's



Green tea in combination with moderate exercise has been shown to stave off Alzheimer's symptoms in laboratory mice



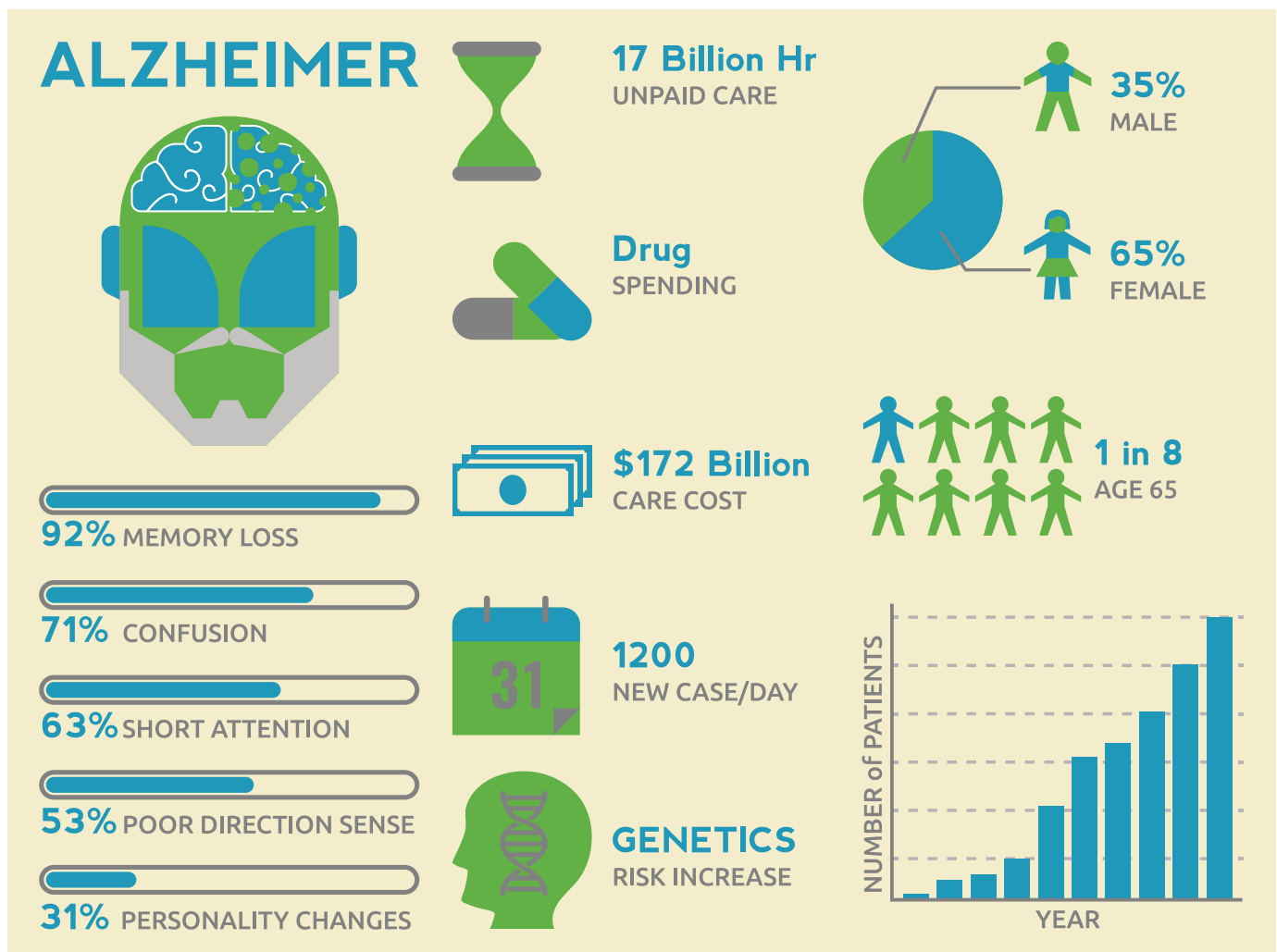
Fresh plant foods contain a large amount of antioxidants that help keep the brain young for as long as possible.



People with Alzheimer's should be encouraged to drink fluids to stave off dehydration and eat foods high in fibre to maintain regularity.

# FACTS AND STATS

- Every three seconds, someone in the world develops dementia.
- Alzheimer's is the most common form of dementia.
- Nearly two-thirds of Americans with Alzheimer's are women.
- Alzheimer's is in the top 10 leading causes of death in the United States.
- It is estimated that by 2060, the number of people aged 65 and older with Alzheimer's and dementia will reach nearly 13.8 million



Source: [www.alz.org](http://www.alz.org)

## WHAT WE ASPIRE TO BE

### OUR VISION

Every South Carolinian is connected to healthcare services

## WHAT WE ARE

### OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

## WHAT WE DO

### OUR VALUES

- Transform healthcare delivery
- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Inclusion
- Equitable access
- Advocate

## WHAT WE DO

### FOCUS AREAS



Technology



Telehealth



Broadband



Education

**Telephone: 803.956.6221**

**[www.palmettocareconnections.org](http://www.palmettocareconnections.org)**

*\*The provided content is intended solely for educational purposes and should not be treated as medical advice*