

# November 2012 is Alzheimer's Awareness Month



At the State Employees' Insurance Board (SEIB)  
State Wellness Center: Healthcare Clinic and Pharmacy

## Early Warning Signs

- Memory Loss
  - Especially with names, recent events, and important dates
- Confusion about time and place
- Struggling to complete everyday activities
  - Ex: brushing teeth or getting dressed
- Trouble finding words, completing sentences, or following conversations
- Poor judgment when making decisions
  - Problems with money management
  - Decreased focus on grooming
- Changes in mood or personality
  - Increased suspicion & mood swings
  - Withdrawal or loss of interest
- Difficulty with complex mental tasks
  - Ex: balancing a checkbook or following a recipe

## Wellness Center Hours:

Monday-Wednesday, Friday  
8:00 am to 5:00 pm  
Thursday  
9:00 am to 5:00 pm

(334) 263-8470

## Pharmacy Hours:

Monday-Wednesday, Friday  
7:30 am to 5:30 pm  
Thursday  
9:00 am to 5:30 pm

(334) 263-8460



All active employees covered under the State Employee's Health Insurance Plan (Group 13000) are eligible for a wellness premium discount. Every active employee must be screened each year. Don't delay! Schedule your appointment online and come visit the State Wellness Center today for your free health screening!

Employees and dependents insured by the SEIB (BCBS Group 13000, 60913, 61013, 72013 and Southland Group 2000) can purchase various products at discounted prices at the SEIB Pharmacy.

**NOTE:** Only Group 13000 members may purchase **prescription** drugs.

The SEIB Pharmacy offers **FREE NEXT DAY\*** delivery for your prescriptions! \*Requests must be received by **3 pm**.

Your **insurance card** and a **photo ID** must be presented when purchasing all products and services.

Purchases of over-the-counter items are limited to: 1 box/1 bottle/30-day supply.

Visit the SEIB State Wellness Center & Pharmacy at 101 South Union Street, Montgomery, Alabama.

334-263-8460

[rx@alseib.org](mailto:rx@alseib.org)

[www.alseib.org](http://www.alseib.org)

Alzheimer's disease is a type of dementia that affects a person's memory, thinking, and behavior. Dementia is a general term used to describe memory loss and loss of intellectual function that affects everyday life. Alzheimer's is the most common form of dementia, accounting for 50-80% of cases. Although increasing age is the greatest risk factor for developing Alzheimer's, it is not considered a normal part of aging.

It is estimated that 5.1 million Americans have Alzheimer's disease and it is the 6<sup>th</sup> leading cause of death in the United States. Research indicates that your risk of developing the disease is doubled every 5 years beyond age 65. Alzheimer's is a progressive disease meaning symptoms gradually worsen over time. On average, individuals with Alzheimer's live about eight years after their diagnosis, but survival time can range from 4-20 years depending on age and other medical conditions.

The most common screening methods for diagnosing Alzheimer's disease include taking a complete medical history and conducting lab tests, a physical exam, brain scans and neurological tests that gauge memory, attention, language skills and problem-solving abilities. Current American Academy of Neurology recommendations include neuroimaging as well as measuring blood counts, electrolytes, liver function, thyroid function, and Vitamin B<sub>12</sub> levels.

- It is important to correctly diagnosis Alzheimer's Disease because there are many other causes of memory problems
  - Ex: Vitamin deficiencies or thyroid problems
- It is best to diagnose Alzheimer's disease as soon as possible so that it is easier to manage symptoms and plan for the future

There is no cure for Alzheimer's disease. The primary goal of treatment is to treat memory difficulties and slow the loss of memory. The secondary goal of treatment is to treat the psychiatric and behavioral issues that may result from the disease. There are medications that can provide relief of symptoms and may help to slow the loss of memory. The U.S. Food and Drug Administration (FDA) has approved several medications for the treatment of Alzheimer's disease:

- Donepezil hydrochloride (Aricept): Approved for all stages of Alzheimer's disease
  - Rivastigmine (Exelon): Approved in pill and patch form for mild to moderate Alzheimer's disease
  - Galantamine hydrobromide (Razadyne): Approved for mild to moderate Alzheimer's disease
  - Memantine HCl (Namenda): Approved for the treatment of moderate to severe Alzheimer's disease
- Some of these medications can be used alone or in combination
  - Recommend behavioral management interventions for people with Alzheimer's disease
  - Recommend education, counseling and other support services for caregivers

The staff at SEIB Wellness Center encourages you to be proactive in your mental health. Make an appointment with your healthcare provider to schedule the screening that is appropriate for you.

Resources:

1. About Alzheimer's. Alzheimer's Association of America. New York, NY: Alzheimer's Association of America; 2012. Accessed October 2012. Available from: <http://www.alzfdn.org/AboutAlzheimers/definition.html>
2. Know the Ten Signs. Alzheimer's Association. Chicago, IL: Alzheimer's Association; 2012. Accessed October 2012. Available from: [http://www.alz.org/alzheimers\\_disease\\_know\\_the\\_10\\_signs.asp](http://www.alz.org/alzheimers_disease_know_the_10_signs.asp)
3. Slattum PW, Swerdlow RH, Hill AM. Alzheimer's Disease. In: DiPiro JT, Talbert RL, Yee GC, Matzke GR, Wells BG, Posey LM, editors. Pharmacotherapy: A pathophysiologic approach. 8th ed. New York: McGraw-Hill Medical; c2011. p. 947-961.