

November's Topic: Alzheimer's



HEALTHCARE CLINIC HOURS:

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

Phone: (334) 263-8470

Fax: (334) 263-8670

Email: hcc@alseib.org

PHARMACY HOURS:

Monday-Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

Phone: (334) 263-8460

Fax: (334) 263-8660

Email: rx@alseib.org

What is Alzheimer's disease?

- ❖ Alzheimer's is the most common form of dementia, a general term for memory loss and other intellectual disabilities that interfere with daily life
- ❖ Alzheimer's occurs most often in adults over the age of 65 and progressively worsens over time, but it is not a normal part of aging
- ❖ It is estimated that 5 million Americans currently have Alzheimer's disease
- ❖ There is currently no cure for Alzheimer's, but treatments for symptoms are available and research is ongoing
- ❖ People at greatest risk for Alzheimer's disease include:
 - Adults 65 years of age and older
 - Patients with a family history of Alzheimer's disease

Signs and Symptoms

- ❖ In the early stages of Alzheimer's, patients have difficulty recalling simple memories as the disease damages the hippocampus, the memory center of the brain
 - ❖ Over many years, cognitive decline manifests as memory loss, difficulty remembering words, inability to recognize familiar people, objects, sounds, and smells, impaired perception of time, and behavioral disturbances
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Mini-Mental State Exam

- 30-point questionnaire that takes 5 – 10 minutes to administer
- 8 questions covering basic arithmetic, memory, and orientation
- Can be administered by healthcare professionals or caregivers in order to monitor mental decline

Questions or Concerns?

- Alzheimer's Association 24/7 Hotline:
(800) 272-3900

Signs and Symptoms (cont.)

- ❖ Behavioral disturbances may include: physical and verbal aggression, depression, hallucinations, delusions, hyperactivity, uncooperativeness, repetitive activities, and combativeness
 - ❖ In the late stages of Alzheimer's, patients often lose the ability to care for themselves. This may include the inability to dress, bathe, go to the bathroom, and eat.
 - ❖ Ultimately, Alzheimer's destroys the area of the brain that regulates breathing, resulting in death
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Diagnosis

- ❖ Initially, efforts should be made to rule out other diseases that may cause cognitive dysfunction such as hypothyroidism, vitamin B12 deficiency, folate deficiency, infections, and electrolyte imbalances
 - ❖ Diagnostic tests such as CT scan and MRI may help differentiate Alzheimer's disease from other neurologic disorders that have similar presentations
 - ❖ In addition to diagnostic criteria, a full mental and physical medical history is crucial to diagnosing Alzheimer's disease
 - ❖ The Mini-Mental State Exam can be used in the diagnosis, staging, and monitoring of the progression of Alzheimer's disease
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Treatment Options

- ❖ Goals of therapy:
 - Maintaining mental function
 - Managing behavioral symptoms
 - Slowing or delaying symptoms of the disease

- ❖ There are currently 4 medications approved by the FDA for use in Alzheimer's:
 - Donepezil (Aricept®)
 - Rivastigmine (Exelon®)
 - Galantamine (Razadyne®)
 - Memantine (Namenda®)

- ❖ These drugs work by regulating neurotransmitters - chemicals that transmit messages between cells in the brain. They help by maintaining thinking, memory, and speaking skills. These drugs do not change the underlying disease process, may not help every person, and may only help for a limited time.

- ❖ Non-Pharmacological Treatment
 - Aromatherapy and massage - reduces stress and improves relaxation
 - Light therapy - decreases restlessness and improves disturbed sleep
 - Dietary supplements - Coenzyme Q10, coral calcium, huperzine A, Omega-3 fatty acids
 - Osteopathy - improves blood supply to the brain
 - Reflexology - promotes homeostasis in the body through massage

References

- ❖ Alzheimer's Disease. Alzheimer's Association. [cited 21 Oct 2013]. Chicago, IL. Available from <http://alz.org>.
- ❖ Alzheimer's Disease Education and Referral Center. [cited 21 Oct 2013]. Bethesda, MD: US Department of Health and Human Services. Available from: <http://www.flu.gov/>
- ❖ Non-pharmacological therapies for the treatment of behavioral symptoms. Alzheimer's Society. [Cited 22 Oct 2013]. London, England. Available from: http://www.alzheimers.org/uk/site/scripts/services_info.php?serviceID=82
- ❖ Alzheimer's Disease Health Center. WebMD. [Cited 22 Oct 2013]. Atlanta, GA. Available from: <http://www.webmd.com/alzheimers/guide/alzheimers-disease-therapy-options?page=2>
- ❖ Kurlowicz L, Wallace M. The Mini Mental State Examination (MMSE). The Hartford Institute for Geriatric Nursing. [Cited 22 Oct 2013]. New York. Available from: http://www.dhs.state.or.us/spd/tools/cm/aps/assessment/mini_mental.pdf
- ❖ 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



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**CALL FOR AN
APPOINTMENT
TODAY!**

(334) 263-8470

State Wellness Center

101 S. Union Street
Montgomery, AL 36104

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. HealthWatch Screenings are provided at the State Wellness Center. **Don't delay and wait until the end of November rush!** Schedule your screening appointment online or call the Wellness Center today for your free health screening.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the worksite within Montgomery city limits, as well as to residential locations within the **36109** zip code. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management