

July's Topic: Alzheimer's Disease

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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

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PHARMACY HOURS:

Monday-Wednesday, Friday

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

Thursday

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

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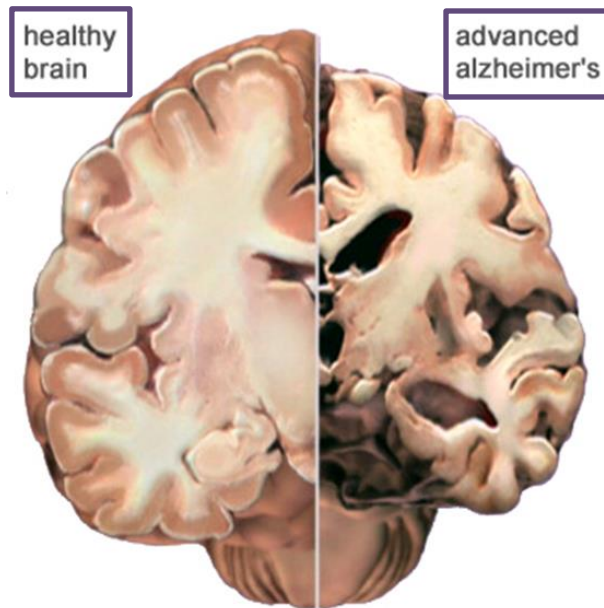
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Alzheimer's Disease

What is Alzheimer's Disease?¹

Alzheimer's Disease is a form of Dementia that is irreversible. It affects the brain and causes memory loss, behavior changes, and affects normal daily activities. The symptoms start slow and begin to worsen over time, eventually leading to death.



Alzheimer's Disease Resources:

**National Alzheimer's
Association:**

www.alz.org

**Free 24/7 helpline
from alz.org:
1-800-272-3900**

Picture Source: http://www.alz.org/braintour/healthy_vs_alzheimers.asp

What is Alzheimer's Impact on U.S. Health?³

- Alzheimer's is the 6th leading cause of death in the U.S.
- Every 66 seconds someone in the U.S. develops Alzheimer's Disease.
- More than 5 million Americans are living with Alzheimer's.
- 1 in 3 seniors die with Alzheimer's or another form of dementia.
- It kills more than Breast Cancer and Prostate cancer combined.
- Since 2000, deaths from Alzheimer's Disease have increased by 89%

**Walk to End
Alzheimer's in
Montgomery²**

**October 15th, 2017
at AUM**

**Learn more and
register [here](#)**



Treatment⁶:

There is no cure for Alzheimer's Disease. Treatment is generally aimed at specific goals.

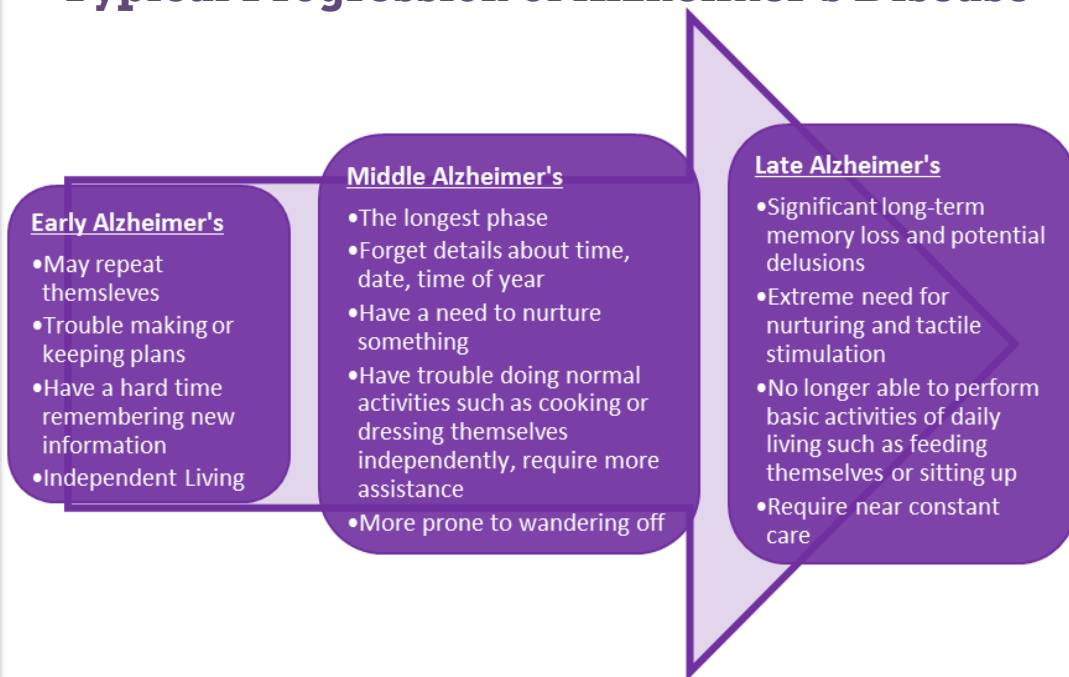
Goals:

- Slow the progress of cognitive symptoms like memory loss and mood and behavior changes.
- Improve or maintain quality of life, including sleep quality.
- Maintain independence for as long as possible.

Treatment options:

- Medications that improve memory and attention, but do not restore damaged connections.
- Commonly medications like antidepressants are used to treat anxiety associated with Alzheimer's.
- Avoiding triggers that can cause the person with Alzheimer's to be uncomfortable
- To maintain as close to a 'normal' sleep pattern as possible by having a schedule, making sure they are comfortable and even through medications to help with sleep.

Typical Progression of Alzheimer's Disease⁴



Signs of Alzheimer's Disease vs Normal Age Related Changes⁵

Signs of Alzheimer's	Typical age-related changes
Poor judgment and decision making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering later
Difficulty holding a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time
Difficulty remembering how to get to a local grocery store.	Periodically needing help with TV or microwave settings.
Poor depth perception or having major difficulties reading.	Vision related consistent with cataracts like trouble seeing at night.

Risk Factors for Developing Alzheimer's Disease⁷

Risk Factor	How it contributes to Alzheimer's Disease	Can it be modified?
Age	Most new cases of Alzheimer's are diagnosed in people over the age of 65. It is estimated that 1/3 of all people in the United States over 85 has Alzheimer's.	No
Family History	Like other diseases such as high blood pressure and diabetes, your risk for developing Alzheimer's Disease increases significantly if your parents or siblings have the disease.	No
Genetics	We all have genes that determine our risk for developing certain diseases, some put you at an increased risk, and some are on/off and cannot be changed by modifying other risk factors. Alzheimer's Disease is determined by a combination of both types.	No
Head Injury⁸	Moderate and severe head injuries result in damage to the brain, increasing the risk of developing Alzheimer's disease, even years after the event. Common causes of head injuries are falls, vehicle crashes, and repeated mild head injuries related to sports.	Yes! Wear a helmet when riding a bike, prevent falls in the home (especially in older adults), and use appropriate caution while driving.
Heart Health	New evidence points to heart health as playing an important role in developing Alzheimer's. Diseases of the heart and blood vessels like high blood pressure, diabetes, and high cholesterol lead to a decrease in blood flow and oxygen to the brain increasing your risk of developing Alzheimer's disease.	Yes! Take your blood pressure, diabetes, and cholesterol medications as prescribed and get 150 minutes of moderate intensity exercise per week.

References

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www.alseib.org

Please let us know how we are doing by filling out a survey at the following link:

https://auburn.qualtrics.com/SE/?SID=SV_3DXRXyUp8KC7Lzn

**CALL FOR AN
APPOINTMENT
TODAY!**

(334) 263-8470

State Wellness Center

101 S. Union Street
Montgomery, AL 36104

All active employees, covered spouses of active employees, non-Medicare retirees and covered non-Medicare spouses of retirees that use the State Employees' Health Insurance Plan (Group 13000) as their primary insurance plan are eligible for a wellness premium discount. Each wellness plan year is November 1 through October 31.

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 patients located in Montgomery. 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