



### **What are the signs and symptoms of severe Alzheimer?**

- Complete loss of memory
- Complete loss of speech
- Loss of bladder and bowel control
- Trouble walking
- Becoming angry and out of control or aggressive and destroying things
- Not being able to care for self and needing someone to take care

### **How is Alzheimer diagnosed?**

- **Mental function testing** checks how well patient think and solve problems. Patient may be asked to draw a face clock. The clock may need to show a certain time of day. May be asked what month it currently is, or the city. Other tests may be used to check patient attention, language skills, or ability to see how objects are spaced apart.
- **Memory testing** will be done regularly so healthcare providers can monitor memory changes over time. Doctor will test long-term memory by asking questions about how much patient remember from the past. They will also test patient short-term memory by asking patient to remember new facts.
- **Blood tests** may be used to rule out any other conditions that could be causing symptoms. Some temporary conditions may be similar to Alzheimer but can be treated.
- **MRI or CT** pictures of patient brain may be taken.
- A **pet scan** may be used to record the activity of chemicals in brain.

**How is Alzheimer treated?** Alzheimer cannot be cured, but it can be managed. Treatment includes keeping a good quality of life, for as long as possible

- **Medicines** may be given to help you think better or to slow the death of brain cells. Patient may also need medicines to help you feel less depressed, anxious, angry, or restless. These medicines can also help patient sleep better. Medicines can also help with bladder and bowel control or to control delusions (false beliefs) and hallucinations.
- **Counselling (talk therapy)** can help patient find ways to cope with Alzheimer. Patient may work only with a counsellor, or also with family members or others with Alzheimer. Counselling may help patient to talk about feelings.

### **What can we do to manage Alzheimer?**

- **Place clocks and calendars where patient can see them.**
- **Keep activities the same from day to day.**
- **Keep mealtimes at the same time each day.**
- **Create a bathroom schedule.**
- **Limit the amount of liquid patient drink in the evening.**
- **Keep patient mind and body active.**

**Reference:** Micromedex's Care Notes System Online 2.0