

SUPPORT GROUP

Mild Cognitive Impairment
Education & Support Group
for Families affected by MCI

Meeting: Feb. 15, 2007

Time: 9:30am

Location: Senior Friendship
Center for Healthy Aging,
1900 Brother Geenen Way,
Sarasota

Speaker:

Greg Carlson, Manager
Jacaranda Public Library

Topic: Services at the
Public Libraries

THE MEMORY DISORDER CLINIC

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Sponsored by Sarasota Memorial
Hospital and State of Florida
Department of Elder Affairs

Treatments for Alzheimer's Disease

Important research continues to find a cause, treatment and ultimate cure of Alzheimer's Disease. To date however, only a limited number of treatments have been approved for use. These treatments primarily attack symptoms of the disease and seek to give individuals who take them a 'boost' in memory and related functions. The medicines listed below all require a physician's order.

Cholinesterase Inhibitors

Three in this class are in common use: donepezil (Aricept), rivastigmine (Exelon) and galantamine (Razadyne). These drugs work by slowing the breakdown of a brain chemical that is active in memory and thinking. They have been shown to produce a small improvement in mental functions. However, they are not thought to affect the speed of the deterioration in Alzheimer's disease.

The most common side effect is stomach upset and diarrhea. This does not affect everyone who takes these drugs. In order to avoid this type side effect, the medication is started at a low dose and gradually increased to the highest tolerated recommended dose. The medication is most effective at the high dose range. These medications can be expensive, generally costing more than \$100 a month. The doctor can further describe their side effects, risks and benefits for a particular person.

Memantine

Memantine (brand name Namenda) is a new drug approved for treatment of moderate to severe Alzheimer's disease. It works on a different part of brain function than the cholinesterase Inhibitors listed above. It can be given to patients also taking one of those drugs. Clinical trials of the drug in moderate to severe Alzheimer's disease show a slower decline during a 7 month clinical trial. Agitation was slightly less common in the research patients on memantine. Side effects were less common in patients on the memantine than in those on the sugar pill during research. It is started at a dose of 5 mg. daily and increased weekly by 5 mg./day to a final dose of 10 mg. twice daily. The costs of this medication are similar to the other medications listed above.

Vitamin E is an anti-oxidant that has been shown to improve mental function in people with Alzheimer's disease. It is thought to work by slowing damage to the nerve cells. A recent large study found a small increase in death rates in people on high dose vitamin E (400 IU a day or more). **Always discuss new treatments with your physician** before you start. It is not a cure and the overall effect is small.

Compassionate Communication with the Memory Impaired

DON'T

Don't reason.

Don't argue.

Don't confront.

Don't remind them they forget.

Don't question recent memory.

Don't take it personally.

DO

Give short, one sentence
explanations.

Allow plenty of time for
comprehension, then triple it.

Repeat instructions or sentences
exactly the same way.

Eliminate 'but' from your vocabulary;
substitute 'nevertheless.'

Avoid insistence. Try again later

Agree with them or distract them to a
different subject or activity

Accept blame when something's
wrong (even if it's fantasy).

Leave the room, if necessary, to
avoid confrontations.

Respond to feelings rather than
words

Be patient and cheerful and
reassuring. Do go with the flow.

Practice 100% forgiveness. Memory
loss progresses daily.

Upcoming Community Events:

February 9, 2007
1-4 pm

ALZHEIMER'S DISEASE &
DEMENTIA

"SOLVING THE PUZZLE"

A SYMPOSIUM FOR THE PUBLIC

at

Arden Courts
5509 Swift Rd.

Free!

Free!

RSVP: 925-3900
(limited seating)

Huntington Potter PhD – CEO and medical director of the Johnnie Byrd Alzheimer's Center & Research Institute in Tampa
"Alzheimer's & Dementia-The Latest in Research & Development"

Dr. Alan Grindal – neurology specialist at the Memory Disorder Clinic at Sarasota Memorial Hospital
Current Trends in Diagnosis/ Treatment

Kathleen Houseweart MBA – coordinator of the Memory Disorder Clinic at Sarasota Memorial Hospital
"How Do We Know It's Alzheimer's and Where Do We Go From Here?"

Pam Polowski- the Alzheimer's Association
Community resources/Safe Return Program

SMH University

Earn an "Honorary Health Degree"
Register Today. "Tuition" is free!

SMH University is presenting informational sessions on various health topics free to the public. Call 917-7777 for information on class schedule.

SMH University presents Kathleen Houseweart of Memory Disorder Clinic on February 28, 2007 4-5pm Sarasota Memorial Hospital, 1700 S. Tamiami Trail, Waldemere Auditorium 1st Floor



Memory Walk

Put on your walking shoes it is time for the Memory Walk. This year's walk held at Sarasota Jungle Gardens March 31st. Registration starts at 8am; walk begins at 9am. For more information call the Alzheimer's Association at 365-8883.

"Comedy Corner"

We know we are getting older when getting lucky means you find your car in the parking lot.



News Flash!

The Johnnie Byrd Alzheimer's Research Institute is now accepting research candidates

Contact Lorelei Lindenau-Balazs MA; LMHC for details. 941-917-7197

Free Memory Screenings

The Memory Disorder Clinic offers free memory screenings at The Senior Friendship Centers on the 2nd Monday of every month in Sarasota and on the 1st Wednesday of every month in Venice. Call (941) 917-7197 to schedule an appointment.

Sarasota Memorial Hospital

Memory Disorder Clinic

Administrative Office Location

1700 S. Tamiami Trail
Sarasota, FL 34239
(941) 917-7197

www.sarasotageriatrics.com

Clinic Locations

1921 Waldemere Street
Suite 403, Sarasota
929 S. Tamiami Trail
Suite 203. Osprey