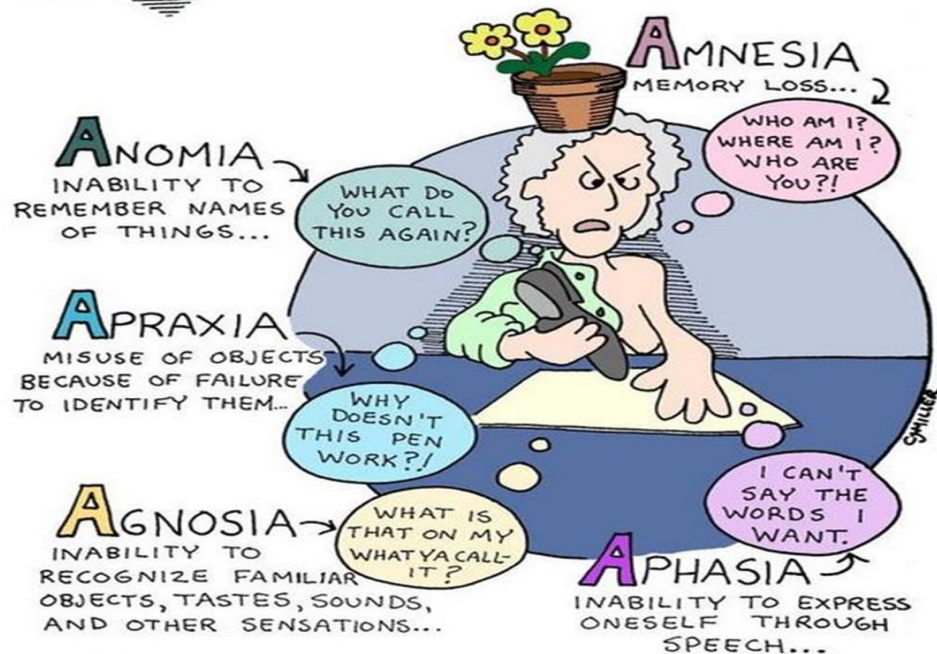


It's a time to shine a purple light for the millions of individuals world-wide and all the family members and caregivers locally affected by Alzheimer's disease. We need your help to honor those struggling with this disease every day by mobilizing friends, families, neighbors, co-workers and customers to help bring an end to Alzheimer's disease. The time is now to commit to going purple during Alzheimer's & Brain Awareness Month (ABAM). The end of Alzheimer's starts now. The End of Alzheimer's Starts with YOU.

5 A's TO ALZHEIMER DIAGNOSIS



June is Alzheimer's & Brain Awareness Month (ABAM)

Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

The Basics

Alzheimer's is the most common form of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60 to 80 percent of dementia cases.

Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Approximately 200,000 Americans under the age of 65 have younger-onset Alzheimer's disease (also known as early-onset Alzheimer's).

Alzheimer's worsens over time. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Alzheimer's is the sixth leading cause of death in the United States. Those with Alzheimer's live an average of eight years after their symptoms become noticeable to others, but survival can range from four to 20 years, depending on age and other health conditions.

Alzheimer's has no current cure, but treatments for symptoms are available and research continues. Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers.

CAREGIVER TIP #118

"Be patient with them. Don't try to correct them. Let them live in whatever moment they are in... and join them there."

- Martha B.

resources this issue

http://www.alz.org/alzheimers_disease_what_is_alzheimers.asp#symptoms; http://www.alz.org/st/in_my_community_59856.asp;
<http://www.nsc.org/learn/safety-knowledge/Pages/safety-at-home.aspx>;



Top Causes of Unintentional Injury and Death in Homes and Communities

According to Injury Facts 2017, about 146,571 people died from unintentional injury-related deaths in 2015. That's 146,571 times someone's ordinary day turned tragic. These deaths are at an all-time high. Often, these tragedies happen when least expected – during a vacation, while doing chores at home or while driving across town – and they are all preventable. National Safety Council (NSC) encourages everyone to be aware of hazards related to leisure and recreational activities and take proper safety precautions. Here, in order, are the top causes of unintentional injury and death in homes and communities.

#1: Poisoning

In 2011, poisonings overtook motor vehicle crashes for the first time as the leading cause of unintentional-injury-related death for all ages combined. Poisoning deaths are caused by gases, chemicals and other substances, but prescription drug overdose is by far the leading cause

#2: Motor Vehicle Crashes

No one wakes up thinking they will lose a loved one in a car crash, but motor vehicle crashes are the second leading cause of unintentional-injury-related death overall. Impaired driving, distracted driving, speeding and inexperience can cause a life to be cut short in the blink of an eye.

#3: Falls

More than 33,000 people died in falls in 2015. Falling is the third leading cause of unintentional-injury-related death over all age groups, but it's the #1 cause of death for those 65 and older, according to Injury Facts 2017 The good news: Aging, itself, does not cause falls.

#4: Choking and Suffocation

Suffocation is the fourth leading cause of unintentional injury-related death over all age groups, and choking on food or other objects is a primary cause. Suffocation is the second leading cause of unintentional injury death for people 87 and older.

#5: Drowning

Not including boating incidents, about 10 people drown every day. It's the fifth leading cause of unintentional-injury-related death over all ages, and the #1 cause of death for children ages 1 to 4, mostly due to children falling into pools or being left alone in bathtubs.

#6: Fires and Burns

Fire is the sixth leading cause of unintentional-injury-related death over all ages. About 2,646 deaths were caused by burns and injuries related to fire in 2015. Often fires start at night, when family members are asleep. A working smoke alarm will cut the chances of dying in a fire in half.

#7: Natural and Environmental Incidents

Disasters are front-page news even though lives lost are relatively few compared to other unintentional-injury-related deaths. Weather-related disasters claim hundreds of lives per year. NSC encourages families to learn all they can about emergency preparedness, and always have an emergency kit on hand.

In His Service,
H-3 ministry

⁶ Do not worry. Learn to pray about everything. Give thanks to God as you ask Him for what you need. ⁷The peace of God is much greater than the human mind can understand. This peace will keep your hearts and minds through Christ Jesus. Philippians 4:6-7 (NIV)

7 Tips to Boost Brain Health

Take 2.4 mcg of vitamin B12 per day

Eat plant-based foods

Consume 15 mg of vitamin E each day

Get 120 minutes of aerobic exercise each week

Cut back on saturated and trans fats

Choose vitamins without iron or copper

Choose Aluminum-Free

Alzheimer's prevention

Guidelines for

Supplement Facts

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