September Newsletter

🧠What is Alzheimer's Disease?

Alzheimer's disease is a progressive brain disorder that impacts memory, thinking and language skills, and the ability to carry out the simplest tasks. Alzheimer's disease is the most common cause of dementia. Dementia itself is not a disease, but a term used to describe symptoms such as loss of memory, loss of judgment and other intellectual functions. Alzheimer's disease can cause dementia. Nearly 7 million Americans currently live with Alzheimer's disease.

📘 Stages of Alzheimer's Disease

Experts describe Alzheimer's in three stages: early (mild), middle (moderate), and late (severe).

🌅 Early (Mild) Stage

Individuals may:

- Forget words or misplace objects
- Forget what they just read
- Repeat questions
- Struggle with planning or organizing
- Forget names of new acquaintances

🌤️ Middle (Moderate) Stage

Individuals may experience:

- Increased memory loss and confusion
- Difficulty recognizing family or friends
- Repeating stories or behaviors
- Trouble managing complex tasks or finances
- Declining hygiene
- Needing help choosing appropriate clothing

🌑 Late (Severe) Stage

In this stage, there is near-total memory loss. Individuals may:

- Recognize faces but forget names
- Confuse people with others
- Experience delusions (e.g., thinking they must go to work)
- Seek tactile comfort by holding objects
- Lose basic abilities like eating, walking, or sitting up
- Need full assistance with daily living

KNOW the 10 SIGNS

EARLY DETECTION MATTERS

If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Please consult your physician.

#1 Memory changes that disrupt daily life

One of the most common signs of Alzheimer's, especially in the early stages, is forgetting recently learned information. For example:



Typical age-related changes: Sometimes forgetting names or appointments, but remembering them later.

#2 Challenges in planning or solving problems

Some people may have difficulty concentrating and take much longer to do things than they did before.



Some people may experience changes in their ability to develop and follow a plan or work with numbers.

They may have trouble following a familiar recipe or keeping track of monthly bills.

Typical age-related changes: Making occasional errors when balancing a checkbook.

#3 Difficulty completing familiar tasks

People with Alzheimer's often find it hard to complete daily tasks such as:



Driving to a familiar location, managing a budget at work, or remembering the rules of a favorite game.

Typical age-related changes: Occasionally needing help to use the settings on a microwave or record a television show.

#4 Confusion with time or place

People with Alzheimer's can lose track of dates, seasons and the passage of time.

They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.



Typical age-related changes: Getting confused about the day of the week but figuring it out later.

#5 Trouble understanding visual images and spatial relationships



Some people may have difficulty reading, judging distance and determining color or contrast. In terms of perception, they may pass a mirror and think someone else is in the room. They may not realize they are the person in the mirror.

Typical age-related changes: Vision changes related to cataracts.

#6 New problems with words in speaking or writing

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name.

Typical age-related changes: Sometimes having trouble finding the right word.



#7 Misplacing things and losing the ability to retrace steps

A person with Alzheimer's disease may put things in unusual places.

They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.



Typical age-related changes: Misplacing things from time to time.

#8 Decreased or poor judgment

People with Alzheimer's may demonstrate unusual changes in judgment or decision making.



For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers.

They may pay less attention to grooming or keeping themselves clean.

Typical age-related changes: Making a bad decision once in a while.

#9 Withdrawal from work or social activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may also avoid being social because of the changes they have experienced.



Typical age-related changes: Sometimes feeling weary of work, family and social obligations.

#10 Changes in mood and personality

The mood and personalities of people with Alzheimer's can change.

They may be easily upset in places where they are out of their comfort zone.

They can become confused, suspicious, depressed, fearful or anxious.



Typical age-related changes: Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

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👀 What to Do If You Notice These Signs
If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.

⏳ Why Early Detection Matters
Early detection allows you to explore treatments that may ease symptoms and help maintain independence for a longer period.

☎️ Need Help? Contact The Alzheimer's Association
The Alzheimer's Association offers support 24/7. Call their free Helpline at 800.272.3900 to speak with a live person who can answer your questions.
Not sure what to ask or how to begin? That's completely okay — just call, and they'll guide you step by step.

📖 Scripture for the Month

You restored me to health and let me live. Surely it was for my benefit that I suffered such anguish. In your love you kept me from the pit of destruction; you have put all my sins behind your back.
Isaiah 30:17 NIV

In Faith & Health
Health & Wellness Ministry Team
Fountain of Faith Missionary Baptist Church