

Alzheimer's Disease: Questions And Answers

(NAPSA)—Whether you worry about developing Alzheimer's disease or a loved one was recently diagnosed with the disease, learning more about AD can be your best defense.

Here are some commonly asked questions about AD with answers from Gary W. Small, MD, director of the UCLA Center on Aging.

Q: When is it time to see a doctor about memory loss?

A: Deciding can be confusing in the early stages because most people accept some memory loss as they age. When memory lapses become more severe or so frequent they begin to interfere with daily life, that's when it may be time to seek help. Some people may be afraid to seek diagnosis, but there is no reason to delay. Treatments, such as Aricept, can slow down the progression of the disease, delaying further negative effects.

Q: My loved one was recently diagnosed with AD. What should we do next?

A: Get all the information you can. The Alzheimer's Association and your healthcare provider can help you learn more about the disease and its effect on caregivers. It is not unusual for caregivers to experience a range of feelings, including anger when AD-related behavior problems arise. Then, they may feel guilty and ashamed of their anger. If you find yourself



There's no reason to delay seeking treatment for Alzheimer's disease, since treatment can slow down the advance of symptoms.

in this situation, recognize that your frustrations are common and nothing to be ashamed of. Recognize that the symptoms that frustrate you are part of the disease and not the person.

Q: Are there benefits to adult day care?

A: In a day care environment, people with AD can benefit from social stimulation and organized activities that suit their needs and tastes. This can help them stay active and involved and prevent them from becoming bored and lonely. While day care offers those with AD a safe, comfortable social environment, it also offers family caregivers a much-needed break—time to relax and attend to their own affairs or go to work.

For more information on Alzheimer's disease, visit www.aricept.com.