

BRENDA AVADIAN, MA
TheCaregiversVoice.com



*"We will walk
this caregiving road
together."*

MEDIA RELEASE

Contact: **Brenda Avadian, MA**
Tel: **661-944-1130**
Email: BrendaAvadian@TheCaregiversVoice.com

Do I HAVE ALZHEIMER'S?

Where did I park my car? Where are my keys? What did you say your name is? Did I miss my appointment?

Do I have Alzheimer's? How many of us wonder, each time we forget something, if we're getting Alzheimer's? "Most likely, it's due to our extremely full lives," says speaker and author, Brenda Avadian, MA. "We have so much going on each day, it's hard to keep track, let alone remember to feed the kids!"

Take telephone communications for instance. Almost forty years ago, five families shared a party line—one telephone line. If you wanted to make a call, you'd pick up the receiver, and if no one else was using the line, you'd *dial* (yes, slowly painstakingly, *dial*) the number. Today, each of us may have as many as five telephone lines *each* (one or two home lines, fax, work, and mobile). Add to this, the Internet, emails, instant messaging, blogs, physical mail, and we're in a state of daily overload!"

So, how do we tell if we have Alzheimer's? Current research offers consolation: If you remember what your keys are used for, for example, or what to do with your toothbrush, chances are, you have little to worry about.

Yet, this is not assuring to the nearly five million people in the U.S. who have Alzheimer's.

As our population ages, our chances of getting Alzheimer's increase (1 in 10 over the age of 65; 1 in 2 over the age of 85). There's even a small number of people diagnosed with early onset Alzheimer's, as early as age 39, and some even younger.

5 ALZHEIMER'S WARNING SIGNS

1. Memory loss.
2. Difficulty performing familiar tasks—preparing a meal, engaging in a hobby.
3. Disorientation to time and place—not knowing the year, time, or how to return home.
4. Poor or decreased judgment—giving solicitors large sums of money.
5. Putting things in unusual places—spoon in a toaster.

Adapted from the Alzheimer's Association's "10 Warning Signs of Alzheimer's" www.alz.org

Avadian suggests learning as much as we can about the leading causes of dementia, including Alzheimer's, vascular, and Parkinson's, so we know what to expect (see side bars). If you're still unsure, get an evaluation, preferably by a team of geriatric specialists (even for younger early onset victims).

Beyond this, we need to take care of ourselves, eat healthy, exercise regularly, and use our brains to do challenging activities.

Avadian is the author of eight books a caregiver advocate and spokesperson. She can be reached at

BrendaAvadian@TheCaregiversVoice.com

START WITH THESE RESOURCES

1. *"Where's my shoes?" My Father's Walk Through Alzheimer's* (2nd ed.) ISBN: 0963275240
2. Alzheimer's Association
www.alz.org 800-272-3900
3. Dementia Advocacy and Support Network International www.dasninternational.org
4. TheCaregiversVoice.com