

# Alzheimer's

Like a group of thieves and vandals that move into the neighborhood – we call the brain – they start creating destruction and havoc. The start and the end of the disease are generally in a pattern. However, what happens in between may be random in appearance and sequence.

## It Begins:

Memory loss is often the initial markers of the disease. Inability to follow simple directions. Old and familiar activities seem “new” to the patient who has lost the recall of places like locations where meetings were held or places that have been visited repeatedly such as restaurants, churches, retail shops. It is not the misplaced keys, or where did I put my phone. It begins to be the keys are in the freezer, the credit card in the toe of a shoe, the phone tucked inside the pillow case in the guest room.

The thieves disrupt the memory of the home floor plan. The bathroom door has been “nailed shut” and the closet becomes the place of choice. Routines such as buttoning, zipping, and arm holes in clothes lose their memory pattern and ability to achieve. Emptying drawers, wondering out of the house, irrational behaviors like washing a sweater in the toilet instead of a sink can occur. Asking the same question over and over or wanting to discuss a topic repeatedly is a pattern. Taking notes constantly or losing the ability to write may also be apparent in the ever changing behavior patterns. At the same time body functions such as walking, toilet activities and talking may decline or stop. This will be joined with a decrease and then total lack of recognition of others. Complete care such as feeding and diapering are ultimately needed. There is no recovery or restoration when a loss manifests itself. Sometimes the previously controlled demeanor turns into violence against the care taker/s with hitting, choking and biting behaviors flaming out of nowhere.

## The End:

Death occurs when the movement of the proteins throughout the brain gathers in the brain stem where heart beat and breathing are controlled.

## The Cost:

The cost is staggering considering the number of baby boomers that are living longer and have had good medical care throughout their life. \$226 Billion in 2015. By 2050 the cost is estimated to reach \$1.1 Trillion.

There are more deaths from Alzheimer's than breast cancer and prostate cancer combined.

[WWW.ALZ.ORG](http://WWW.ALZ.ORG)

24/7 hotline

Resources for memory care locally

Support Group listing

Education for youth

"Your brain matters" education

Asking for \$385 Million to support research for a disease that has no cure, no treatment, no cause, and is not caused by culture, diet or ethnic origin.

It is the # 6 killer in the US.