

# Buena Salud® Club

1-866-783-2645



## Tip of the Month

Don't ignore symptoms; schedule an appointment with your health care provider for an accurate diagnosis.



health4americas



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## *Alzheimer's Disease: More than Memory Loss*

Alzheimer's disease is a condition that causes progressive and irreversible damage to the brain and leads to the most common forms of dementia.

Dementia refers to symptoms that make it extremely difficult to think clearly, remember things, or interact socially with others.

Symptoms of Alzheimer's Disease usually appear in people after age 65.

Most common Alzheimer's symptoms include:

- **Memory loss** that prevents the ability to do daily activities.
- **Confusion** about time and surroundings.
- **Changes in behavior** and personality.
- **Changes in judgment** when making decisions.

## If you or someone you know is diagnosed with Alzheimer's:

- Learn about the disease and its stages.
- Discuss the situation with family and friends.
- Establish a good relationship with a health care provider.
- Learn about government and community support services.
- Learn about the level of care needed as the disease progresses (companion services, day care centers, nursing home, etc.).
- Learn how to address financial and legal issues.

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### Learn more:

For more information, call the Su Familia Helpline toll-free at **1-866-783-2645** and receive a **FREE** bilingual booklet on Alzheimer's Disease.

