

Dementia Week One-Oct 16

1. "One thing God has spoken, two things I have heard: Power belongs to you, God, and with you, Lord, is unfailing love" (Ps 62:11-12a).
"I cry out to God Most High, to God who fulfills his purpose for me (Ps 57:2).
2. It is common, 6 million in UA, >12 million directly involved, 1/3 of us will die with some degree of dementia
 - a) 5% at 65 and doubles every 7 years
 - b) 1/3 of us will die with some degree of dementia
3. Healthy brain- senior moments, names and nouns, highly functional
"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well" (Psalm 139:14).
4. MCI (Minimal Cognitive Impairment)
 - a) Stable short-term memory loss plus one other area of brain function-still very functional
 - b) 12% develop dementia in a year.
5. Dementia-progression of memory loss and problems in more areas of brain function
 - a) Stage 1 impaired but living independently in community 2-4 years from diagnosis
 - b) Stage 2 Increasingly dependent, 2-4 years
 - c) Stage 3 totally dependent 1-2 years
6. What it is not
 - i) It is not normal aging, it is a disease
 - ii) It is certainly not the individual trying to be difficult. "It is not the patient it is the disease."
 - iii) Delirium
 - iv) Depression
 - v) Anxiety
7. Alzheimer's ~70%
 - i) Multiple other kinds that we will not go into
 - ii) Vascular and mixed ~ 20%
8. Diagnosis-how, when
9. Things to be done soon after the diagnosis
 - a) Learn as much as possible as soon as possible-Alzheimer's Association
 - b) Family meeting to talk about who will do what. Much can be done remotely
 - c) Contact church solicit prayer and support
 - i) Find out who you need to contact at the church for help
 - ii) Possibly have a small group adopt, a deacon or pastor designated
 - d) Advance directives-- on line [Advancedirectives.MN](#). more in our last two weeks
 - e) Lawyer for Power of Attorney for finances
10. Treatment
 - a) Starts with prayer-for the patient, for the caregiver, for healing, strength and that God will be honored.
 - b) Simply put there is nothing known to reverse the underlying problem of Alzheimer's. There are hopeful things in the pipeline

- c) Vascular is different where anything to reduce strokes like blood pressure control and blood thinners can make a difference and delay progression.
- d) Things to slow it down-mostly slowing the vascular component and helping the parts of the brain still working
 - i) Hearing aids--more than simply we don't remember what we cannot hear
 - ii) Exercise
 - iii) Heart healthy diet
 - iv) Quiet social involvement including church attendance
 - v) Using the brain, reading, playing simple games-may not help the damaged parts but may help the healthy parts
 - vi) Maintaining a regular (same time for bed, getting up etc), not too hectic a schedule
 - vii) Treating depression-so prevalent in dementia
 - viii) Supplements-of many studied almost none with significant benefit
 - ix) Avoiding drugs that make things worse
 - (1) Alcohol sedatives, sleeping pills or opiates (may be indicated for quality of life)
 - (2) Most bladder incontinence drugs
 - (3) Sedating antihistamines.-benadryl
 - x) Cholinesterase inhibitors, (Aricept, Razadyne, Exelon) stage 1 and 2 or Namenda stage 2 and 3, not enthusiastic but often worth a try.
- e) Convinced that the most effective thing to improve the quality of life of those with dementia is showing respect for their dignity.

11. Experience of dementia

- a) Paranoia, confusion, boredom, dominated, embarrassed, lack of inhibition
- b) The world of the demented is always getting smaller

12. Stress of caregiving-They need our compassion

- a) The overlooked other victims of dementia
- b) Challenges from patient-repetition, anger, vacillation, slowness, shadowing, loss of inhibition, meltdowns, sleep disturbance
- c) From others (family or friends)-not appreciative, interested, or helpful, critical
- d) From the system
- e) Challenges from yourself, age, weakness, disease
- f) Never say "If you ever need help let me know" May make you feel better but realize the position it puts the caregiver in.