

DEMENTIA CAREGIVER RESOURCES, INC.

THE DEMENTIA DETAILS DISPATCH MAY 2016

THE LATEST FACTOIDS, RESEARCH, TRIVIA AND INFORMATION

Karen Truman, PhD, President and Jeff Truman, MS Ed, Director

Member Organization of:



MAY SUPPORT GROUPS

- MAY 3 & 17 St. Mark Village 9:00 AM**
2655 Nebraska Ave. Palm Harbor (727)785-2580
- MAY 3 & 17 Grand Villa Largo 6:00 PM**
- MAY 6 & 20 Grand Villa Largo 9:30 AM**
750 Starkey Rd. Largo 33771 (727)586-0108
- MAY 18 Palms of Largo –REGAL 2:30 PM**
300 Lake Ave NE -Largo, FL 33771 - 437-1350
- MAY 18 Princeton Village 6:00 PM**
333 16th Ave SE - Largo 33771 (727)588-0020

JUNE SUPPORT GROUPS

- JUNE 3 & 17 Grand Villa Largo 9:30 AM
- JUNE 7 & 21 St. Mark Village 9:00 AM
- JUNE 7 & 21 Grand Villa Largo 6:00 PM
- JUNE 15 Palms of Largo –REGAL 2:30 PM
- JUNE 15 Princeton Village 6:00 PM

FRANKLIN'S DEMENTIA PREVENTION TIP:

ZAP THE FAT

Men's Health magazine recently reported that for every two units that your BMI (Body Mass Index) exceeds 25, your left hippocampus (in the brain) shrinks by 1%. At that rate, a moderately obese person may get dementia two years earlier than a lean person. Also, a high BMI increases the risk of diabetes and heart disease, which can damage blood vessels and raise your risk of dementia. What to do? Start a great exercise and eating program and slowly "Zap the Fat" to help keep your brain healthy.



Sean W. Scott
Elder Law Attorney

In **The Law Offices of Sean W. Scott**, our mission is to assist our aging clients and their families' access public health care benefits to pay for the cost of long-term care in a nursing home or assisted living facility. Call to set up a free consultation. (727)539- 0181
<http://www.virtuallawoffice.com/>



CAN ALZHEIMER'S BE STOPPED?

Recently, PBS aired a NOVA program detailing the difficulties in finding safe and effective treatments for Alzheimer's disease. From the information provided, there are three points to consider:

- 1) **THE COST:** It was noted that one drug company had already spent over \$350 Million, and the last stage of testing in the clinical trial had just begun. When finished, the company will spend over \$1 Billion, and there is no guarantee that the drug will work.
- 2) **SAFETY:** In another clinical trial by another company, more than 1 in 4 of the participants suffered serious side-effects from the experimental drug. These side effects were profound enough that the participants had to drop out of the trial.
- 3) **TIME:** Two major companies with two different drugs have massive clinical trials underway, but due to testing requirements and past trial evaluations, they will not know the results to see if their drug is safe and effective until the year 2020.

BOTTOM LINE: There is no cure for Alzheimer's. Since 2003, less than 1% of all medications submitted to the FDA for use with Alzheimer's patients have been approved. **There remains much work to be done to stop this disease.**

<http://www.pbs.org/wgbh/nova/body/alzheimers-be-stopped.html>

Happy Mother's Day



Light for the Journey - Courage for the Soul

www.dementiacaregiverresources.org drkaren@bookofhope.us

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EVIDENCE OF THE PARKINSON'S CONNECTION BETWEEN THE GUT AND THE BRAIN

Currently there is no cure for **Parkinson's**, however researchers have come to realize that those who develop **Parkinson's disease** have often had a history of bowel issues, usually constipation, a problem identified many years before problems with walking and balance were noticed. *Scientists now believe that the constipation is the earliest manifestation of the disease.* In other words, Parkinson's disease begins in the gut and travels up to the brain via the nerves that connect the gut to the brain. The damage to the nerves in the gut occurs when a protein normally made by nerve cells, alpha-synuclein is produced in excess and sticks to the nerve cell membrane, impairing nervous impulse transmission to the brain.

LEWY BODY DEMENTIA (LBD)

It is so important to get a proper diagnosis before our Loved One acts out (sometimes violently). Then he or she may get Baker Acted and sedated. Up to 50% of patients with LBD who are treated with any antipsychotic medication may experience severe neuroleptic sensitivity, such as worsening cognition, heavy sedation, increased or possibly irreversible parkinsonism, or symptoms resembling neuroleptic malignant syndrome (NMS), which can be fatal. (NMS causes severe fever, muscle rigidity and breakdown that can lead to kidney failure.)

Robin Williams' widow said that an autopsy of the actor indicated that he took his own life in 2014 because of a progressive brain disease called diffuse **Lewy body dementia**. Susan Williams reveals that in the year of his death (2014), Williams struggled with unexplained mental symptoms including anxiety and delusions. *For more information, visit:* <https://www.lbda.org/>

QUESTIONS AND ANSWERS

Q: If I want to keep my Loved One at home, what resources are available?

A: Adult Day Care, Respite Care, Home Health Agencies and Assisted Living Communities have special programs that can help you keep your Loved One at home longer and the caregiver gets a necessary break/rest from the daily routine. It will make a big difference for both of you.

Q: Where do I find out what is available and if we are eligible for these programs?

A: Call the Senior Helpline – 1-800-96-ELDER They can answer your questions and give you great information about resources and options that may be available for your county. Every county in the U.S. is served by an Area Agency on Aging. *Visit:* <http://www.n4a.org/>

THANK YOU to our MAY SPONSOR ARCADIA Home Care & Staffing



TINA COSTA – Operations Director
(727)579-9414

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“Keeping People at Home and Healthier Longer”



CAN YOU MAKE A TAX DEDUCTIBLE DONATION?

*We would so appreciate your support!
Know that you are not alone on the journey*

DEMENTIA CAREGIVER RESOURCES, INC.

PO BOX 7677 - Seminole, FL 33775

WE ALWAYS NEED USED INK CARTRIDGES!



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