

Parish Nurse Notes

National Alzheimer's Disease Month

Just like the rest of our bodies, our brains change as we age. Most of us notice some slowed thinking and occasional problems remembering certain things. However, serious memory loss, confusion and other major changes in the way our minds work are not a normal part of aging. They may be a sign that brain cells are failing.

Today we know Alzheimer's is a Progressive brain disease. People with Alzheimer's experience difficulties communicating, learning, thinking and reasoning. These problems may become severe enough to have an impact on an individual's work, social activities and family life. Alzheimer's does become worse over time.

Currently; there is no cure, but drug and non-drug treatments may help with both cognitive and behavioral symptoms for the millions of Americans living with Alzheimer's. Alzheimer's Association is a not-for-profit 501(c)(3) organization. For more information and support call their **24/7 Helpline: 1.800.272.3900** or visit their **website at [www. alz.org](http://www.alz.org)**.