



Stafford Pharmacy and Home Healthcare



September News

Help Stafford Pharmacy raise money in support of the Alzheimer Society this month!

For the month of September we will be accepting donations on their behalf by selling \$1 "coffee cup mobiles" and by, once again holding an in store bake sale.

The bake sale will be held on September 21st, 2011 from 9:00 AM to 6:00 PM with all proceeds going to the Alzheimer Society! Don't forget to pick up a tasty treat for you and your family to enjoy!

Alzheimer's Disease

As our population ages, the number of people affected by Alzheimer's disease increases. In Canada, currently half a million people have the disease. That means 1 in 11 people over the age of 65 are affected by Alzheimer's or a related dementia.

What is Alzheimer's disease?

Alzheimer's disease is a progressive degenerative disease of the brain. In people with the disease, toxic "plaques" and "tangles" build up in nerves causing them to die.

What causes Alzheimer's disease?

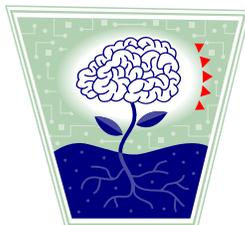
Researchers have been unable to determine a cause of Alzheimer's disease. There is a genetic component to the development of the disease. Therefore if you have a parent with Alzheimer's disease you are more likely to develop the condition yourself. Researchers have been trying to investigate if Alzheimer's could be caused by a toxin or a virus however, no conclusion has been made in this area. It is currently thought that Alzheimer's is caused by a number of factors combined.

What are the symptoms of Alzheimer's disease?

Many people may worry that they may have Alzheimer's if they are forgetful. However, forgetfulness is simply one symptom of the disease. Here are 10 warning signs that you or someone you love may be developing the disease:

- Memory loss affected day-to-day function
- Difficulty performing familiar tasks (such as making dinner)
- Problems with language or speech
- Disorientation to time and place
- Poor or decreased judgment
- Problems with abstract thinking
- Misplacing things
- Changes in mood and behavior
- Changes in personality
- Loss of initiative

Depression causes symptoms that closely resemble those listed above. If someone you know is experiencing these symptoms they should see a physician for a diagnosis as soon as possible.



Can Alzheimer's disease be prevented?

While there is not one particular therapy to prevent Alzheimer's, it is thought that maintaining a healthy lifestyle, keeping physically and mentally fit, as well as socially active can help prevent the disease.

How is Alzheimer's disease diagnosed?

The diagnosis of Alzheimer's disease is made up of multiple components. Doctors will use a combination of symptoms, mental status exam, physical exam, lab tests and possibly a scan of the brain in order to diagnose the disease. Doctor's must rule out other conditions that can cause similar symptoms, such as depression.

Can Alzheimer's disease be cured?

Researchers are still searching for a cure for this debilitating disease. While there is currently no cure, there are medications that can slow the progression of the disease. It is important that a diagnosis of Alzheimer's disease is made early. The earlier that treatment is started, the more effective it is in slowing the progression of the disease.

For more information visit www.alzheimer.ca

Support for Caregivers of Those with Alzheimer's Disease

Alzheimer's disease affects not only those people who have the condition, but also the loved ones responsible for caring for those affected.

Taking care of someone with Alzheimer's disease can be very demanding and requires time and patience on the part of the caregiver. It is extremely important that caregivers receive the support that they need to make this job easier. Many caregivers suffer from their own health problems when providing full time care for a loved one. It is not uncommon for caregivers to sacrifice their own health in order to help a loved one suffering from Alzheimer's disease.

It is important for caregivers to realize that in order to take care of someone else, you must first take care of yourself.

The Alzheimer's Society of Canada offers many educational resources and support tools which can help caregivers who care for someone with the disease. Caregivers are encouraged to visit www.alzheimer.ca for educational as well as social support.

The Lethbridge Alzheimer's Society Chapter offers monthly support groups for those caring for people with Alzheimer's disease. These meetings are informal and are a safe place where caregivers can share experiences and learn from others caring for those with the disease.

These meetings are held at:

Alzheimer Society Office
402, 740—4th Avenue South

The September meeting will be held on September 20th from 7:00-9:00 PM. For more information contact the office at (403) 329-3766.

There are many programs that exist to help you better care for yourself and your loved one. **If you have any questions about caring for someone with Alzheimer's speak with your pharmacist or doctor today.**



OTC Spotlight—Memory Support

While there is no known sure way to prevent the development of Alzheimer's disease, however there are a few methods that can be used to maintain brain health:

- Be socially active. Maintain old friendships and develop new ones
- Challenge your brain. Take a course, learn a new language, play games or do daily puzzles (crossword, sudoku etc.)
- Make healthy food choices. Follow Canada's Food guide to ensure you are getting enough of each nutrient.
- Be physically active, get 30 minutes of daily physical activity.
- Reduce your stress and take time out of each day to do something that makes you happy.
- Protect your head. Wear safety gear when participating in activities that could lead to head injury.
- Maintain your health. Ensure conditions such as high blood pressure and cholesterol are treated appropriately.

In addition to these healthy activities, there are some over-the-counter supplements that may be used to maintain a healthy brain and aid in preservation of memory.

Ginkgo biloba is a Chinese herbal supplement that has been used for centuries as a memory and concentration enhancer. It has also been used to treat ringing of the ears and vertigo.



Fish oils have been increasing in popularity over the past few years. They are essential fatty acids that cannot be produced by the body and must be consumed. For Canadians who tend to eat very little fish, supplementing with Omega 3 can be very beneficial. Fish Oils have anti-inflammatory action and work to protect the brain, heart and joints.



The product **Cognisure** by Metagenics contains a proline-rich polypeptide complex that has anti-oxidant activity shown to prevent damage caused by oxidative stress. This product is intended to support healthy brain aging and cognitive function.

If you or a loved one is interested in using supplements to support memory and cognitive function speak with your pharmacist today. It is always important to check with your pharmacist to ensure that there are no interactions between any medications you use and over-the-counter supplements. Your pharmacist can help you select the right supplement and ensure that you take it at the proper dosage.

Ask your pharmacist today if a memory support supplement is right for you!

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