

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

June 2021

What is Alzheimer's Disease and Who Has It?

- Most common type of dementia
 - Involves parts of brain controlling thought, memory, and language
- Mild memory loss that may progress towards loss of ability to partake in everyday activities
- Greatest risk factor is increasing age, with majority being 65 years or older
- In 2020, as many as 5.8 million Americans had Alzheimer's

Prevention

- Be active
- Manage risk factors like smoking, obesity, diabetes, and high blood pressure
- Keep learning new things
- Stay in touch with your family, friends, and community

Treatment

- No cure but can improve quality of life
 - Help maintain brain health
 - Manage behavioral symptoms
 - Slow symptoms of disease
- Emotional, social, and physical stimulation (like grocery shopping)
- Tactics: validation and reminiscence
 - Do not judge behavior of person. Instead, try to understand where they are coming from
 - Talk about topics of their past, such as their school days

Getting lost in a familiar place like driving to the grocery store is **not a normal part of aging.**



Signs to be Aware of

- Memory loss disrupting daily life, such as getting lost in familiar places or being unable to complete familiar tasks
- Trouble handling money
- Worsening judgment
- Loss of items with inability to find them
- Abnormal mood, personality, or behavior changes

Support for Families

- Caregiving at home can be good for patients and family members
 - Sense of satisfaction for caregiver
 - Improved relationships
 - New skills
- Caregivers can join caregiver training programs
 - Learn how to best care for loved ones and increase time/experience living at home

What to Do

- See a healthcare provider to learn more if you or a loved one are experiencing these symptoms

<https://www.cdc.gov/aging/aginginfo/alzheimers.htm>
<https://www.ncbi.nlm.nih.gov/books/NBK279355/>
<https://www.cdc.gov/dotw/alzheimers/index.html>

By: Jasmine Bazinet, PharmD Candidate

At Pequot Health Care, we are dedicated to maintaining your good health!



PEQUOT
PHARMACEUTICAL
NETWORK

PEQUOT
PLUS
Health Benefit Services

PRxN®

Customer Service
1-800-342-5779

PRxN® PBM

Customer Service
1-888-779-6638

Doctors' Line
1-888-779-6362

Doctors' FAX Line
1-800-779-6329

Website
www.prxn.com

E-Mail
pharmacy@mptn.org

PEQUOT
HEALTH CARE

Pequot Health Care
1 Annie George Drive
Mashantucket,
CT 06338



Mashantucket Pequot
Tribal Nation