The 10 Early Signs & Symptoms of Alzheimer’s Disease
adapted from the Alzheimer’s Association

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1. Memory loss that disrupts daily life

- Forgetting important dates or events
- Asking the same questions over and over
- Increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.
2. Challenges in planning or solving problems

• Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers.

  • **EXAMPLE:** Trouble keeping track of monthly bills.

  • **EXAMPLE:** Inability to follow recipe
3. **Difficulty completing familiar tasks**

- People with Alzheimer's often find it hard to complete daily tasks.

- Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.

![Shopping List](image.png)

- Potatoes
- Turkey
- Cranberries
- Eggs
- Milk
- Stuffing Mix
- Flour
- Sugar
- Sweet Potatoes
- Pumpkin
- Corn
- Green Beans
- Carrots
4. Confusion with time or place

Where am I?

What day of the week is it?
5. Trouble understanding visual images and spatial relationships

For some people, **having vision problems** is a sign of Alzheimer's.

This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.
6. New problems with words in speaking or writing

• People living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves.

• They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name (e.g., calling a "watch" a "hand-clock").
7. Misplacing things and losing the ability to retrace steps

“WHERE ARE MY KEYS? DID YOU TAKE THEM?”

- Persons with AD may misplace things from time to time.
- He or she may accuse others of stealing, especially as the disease progresses.
8. Decreased or poor judgment

Individuals may experience changes in judgment or decision-making.

- For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.
9. Withdrawal from work or social activities

A person living with Alzheimer’s disease may experience changes in the ability to hold or follow a conversation.

As a result, he or she may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity.
10. Changes in mood and personality

Individuals living with Alzheimer’s may experience mood and personality changes.

They can become *confused, suspicious, depressed, fearful or anxious*. They may be easily upset at home, with friends or when out of their comfort zone.

Sources cited:
https://www.alz.org/alzheimers-dementia/10_signs
The MIND Diet

Brain Talk Live
June 30, 2020
Overview

• Define the MIND Diet
• How Foods Affect Our Brain
• Brain Healthy Foods
What is the MIND diet?

• (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay) or MIND

• It contains components of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) Diet
Mediterranean Diet
Components of Mediterranean

• Healthy fats (olive oil, nuts/seeds)
• Fatty fish (salmon, sardines, anchovies)
• Limited red meat
• Red wine (moderate consumption)
• Healthy grains
• Vegetables/fruits
• Low in processed foods
• Low in added sugars
DASH Diet
(Dietary Approaches to Stop Hypertension)
Components of the DASH Diet

• *Diet used to lower blood pressure*
• Foods are naturally low in sodium
• Less processed foods
• Increase fruits/vegetables
• Increase in fiber
• Low in sodium
Main Differences

- Mediterranean diet is a *lifestyle*
  - Increase in healthy fats
  - Community meals
  - Lower stress
  - Participate in enjoyment
  - Adequate sleep
Hungry Brain

• The hungriest organ in the body
  • It can use up to 20% of our daily calories
  • It’s preferred source of fuel is glucose or sugar
  • It has a high metabolism and uses up nutrients quickly

• It likes antioxidants (i.e. plants, enzymes, Vit E, C, and A and/or flavonoids)
  • Sensitive to oxidative stress
The FAT Brain

• The rest of the brain is made up of fat/water
• Fats or lipids are an essential structural component of neurons
  • Fats help facilitate blood flow
  • DHA (omega-3 docosahexaenic acid) is the most metabolically active fat (i.e. salmon)

• The brain needs healthy fats to survive
  • Release the need for “fat-free” foods
MIND DIET

• “The MIND diet is a healthy, evidenced-based way to eat that is designed to help prevent Alzheimer’s disease and delay cognitive decline”.

• A selection of the most brain-healthy foods

• One smart diet from Two Healthy Ones

Mind Diet Components

• Emphasizes leafy greens (daily)
• Nuts most days
• Berries (2X per week)
• Beans every other day
• Olive oil as main cooking oil
• Limit foods that aren’t good for brain health
• No calorie counting
• Long list of foods to avoid
• Eating pattern is based on food not specific nutrients
• No overly restrictive prescriptive diets
• It is everyday eating
10 Basic Brain foods

1. Whole Grains
2. Leafy Greens
3. Other Vegetables
4. Nuts
5. Beans
6. Berries
7. Poultry
8. Fish
9. Wine (4-6 oz. per day)
10. Olive Oil
How does having more education predicts better memory later in life?
The art of learning verbal responses as caregivers to family with dementia.
Are there memory exercises or memory retention items that we can do?
Is a lumbar puncture required for research? Will I get the results?
• What is the difference between Alzheimer’s and typical age-related changes?

• My wife have early onset Alzheimer. She talks all day and some times while sleeping. How do I stop that? Is there any meds to take? Most of the time she combative and makes care taking difficult. What is the solution for that.
My mother has memory issues, I am here primary caretaker. Should we travel this week with COVID spikes? How can I remind her not to touch everything without nagging?
My mother is 96 yrs old. She is diagnosed with alzheimer for about 4 years and is on a low dose of medication. She lives with her daughter for three years after no longer being able to live alone. She lived alone for 7yrs after the death of her husband. Mother's mental condition is relatively good, but we are noticing some decline. She talks about going back to her home and physically packs a bag as if she is going to spend the weekend. How should we respond to her request? She sometimes doesn't know who a great grand child that lives with her is or nor remembers his name. She says she has not seen the g-grand child in a long time, but of course she was with him the day before. How do we respond when she does not seem to remember? Would an increase in medication help? Does sleeping too much or too little make a difference?
My dad has dementia, and he lives with my brother in San Antonio, TX. He is 78 years old. He still drives, much to my horror! My brother feels he would be taking away his dignity and independence. Most days he cannot tell you what he ate or did a few minutes ago. As of late he tells me he knows Pres. Trump. Has been to his home had dinner with him several times before he retired from his job. That he lived and worked in Washington, D.C. He never has done any of these things! What is the cause of this?

My brother is an RN and takes great care of my dad. However, his care is through the VA and they have not done any of the testings you have spoken of since I have been on these zoom calls. I am curious to know what we need to do to get these specific tests done to see exactly where they stand with what kind of dementia he has or Alzheimer's disease.
I have a female friend, 76 YO, Type 2 diabetic for 20 + years (not well controlled) who had a stroke 4 -5 years ago. Before she had the stroke I thought I saw signs of dementia. How do you tell if the problems are stroke or dementia related?
Is there a test I can take at home to evaluate my memory? I am 63
I am really stressed right now, and sometimes I can not find my words. Is this normal?
I am a 75 yr. old child of a second generation Alzheimer's patient. Three of my five siblings succumbed to it before they died, age 76-82. Many people that I know my age are as forgetful as I am. How can I tell if I have early stage Alzheimer's?