



The Aging Brain

Healthy Aging, Dementia
and the Fight Against
Alzheimer's Disease

Mary Ball
President & CEO
Alzheimer's San Diego

June 15, 2016

Alzheimer's | SAN DIEGO

The Heart of Alzheimer's Care & Cure

Our Mission: to provide San Diego families with care and support, while advancing critical local research for a cure.

100%
OF DOLLARS
RAISED STAY
IN **SAN DIEGO**

Local & Independent

Alzheimer's San Diego is NOT affiliated with a national organization or association.

5.3M

**AMERICANS ARE SUFFERING
FROM ALZHEIMER'S DISEASE
*OR ANOTHER DEMENTIA***

2025 = 7.1 million & 2050 = 13.8 million

A Local Epidemic

+ 60K

LIVING WITH
ALZHEIMER'S
IN SAN DIEGO

150K

SAN DIEGANS
CARING FOR A
LOVED ONE

3

CAUSE OF
DEATH IN
SAN DIEGO

Age is the #1 risk factor - we are all at risk.

Serving ALL of San Diego County

In 2016, we will serve **more than 30,000** San Diegans through our FREE programs and services.

- Education Classes
- Support & Discussion Groups
- Social Activity Programs
 - *Movement, Music & Art*
- Family Care Consultations
 - *By phone or in person with Alzheimer's experts*
- Early Stage Support
- ALZ Companion Respite Program

 **Alzheimer's**
SAN DIEGO



Mom arrived
for dinner
at **midnight.**

CALL US!
We Can Help!

*It's never too early (or too late) to
talk about Alzheimer's support.*

FREE & Confidential

858.492.4400 | www.alzsd.org

FREE Conference: July 16

Legal & Long Term Care Benefits Planning

In partnership with San Diego Elder Law Center

- Essentials of legal & financial planning for a dementia diagnosis
- Key documents you need
- Long-term care payment options

Skyline Church

11330 Campo Road, La Mesa, CA 91941

- Registration: 8:30 AM
- Presentations: 9:00 AM - 12:00 PM



RSVP Today!

alzsd.org

858.492.4400



Walk4ALZ

San Diego

WALK LOCAL, SUPPORT LOCAL

Local Landmarks
You Know & Love!

Balboa Park: October 15

Registration & Festival: 6:30AM | Walk: 8AM

&

Oceanside Pier: October 22

Registration & Festival: 2:30PM | Walk: 4PM



SIGN UP TODAY!
ALZSD.ORG
858.966.3319

Do you have our contact info?

Alzheimer's San Diego

858.492.4400 | alzsd.org

6632 Convoy Court San Diego, 92111

CALL US.

COME SEE US!



THE ALZHEIMER'S PROJECT: A CALL TO ARMS

Dianne Jacob

*San Diego County Board of Supervisors
District 2*



OPINION

COUNTY LEADER'S GOALS FOR 2014

Supervisor Dianne Jacob this month started her term as chairwoman of the five-member Board of Supervisors that governs San Diego County's unincorporated areas. She has represented her East County district on the panel since 1992 and this is the fifth time in her supervisor career that

she has been selected to serve on the chair. In advance of her State of the County speech yesterday, Jacob met with the U-T San Diego Editorial Board to give a preview of her goals and priorities. Here is an edited and condensed version of the interview.

Q Tell us the state of the county and what you hope to achieve as chairwoman of the board of supervisors in 2014.

A Overall, the state of the county is good. I'm not going to settle for good. I want us to be the best we can be. And a centerpiece of the state of the county address is going to be focusing on what I consider to be one of our greatest challenges as a region. And that came to me as a result of attending a conference put on by the Alzheimer's Association at Skyline Church out in Rancho San Diego last year. I was astounded listening to the members in our region and nationwide. What was most shocking is the small amount of money coming in for research compared to other diseases. And even though it's over \$600 million this year, which is a record number, that the federal government is putting into research for Alzheimer's disease, we're facing annually about a \$200 billion cost nationwide. But it's not just the cost to taxpayers and the increased cost that will be facing it. It is the cost to human life. It's the cost and the painfulness that families feel with loved ones getting the disease. And from what I've learned, those numbers in San Diego County are about 60,000 people who have Alzheimer's disease currently. It's estimated that number will at least double in the next 15 years. I have talked with researchers and I can tell you we have some of the top-notch research in the country right here in San Diego County with UC San Diego, with Stanford Burnham, with Salk, and of course it was at Salk that the polio vaccine was created. And we know what's happened there. I think San Diego has a chance of conquering this disease. I'm going to be approaching it both from a "cure side" and a "care side."

You might ask what's the county's involvement in that? Well, the county has a responsibility as a public health agency. Part of our mission is to protect the public health and safety of the people in the region, you know, over 3 million people. So what I've done what I've talked to researchers, I've asked them what could the county do to help you as researchers? And of course more money into research is important to assist them. But it goes further than that. I don't

know that anybody knows all the answers. But I want to bring together the brightest minds in our region to come up with some recommendations.

Q Tell us a little more about the county's role or what you hope the county's role will be in the financial aspect, getting more money for Alzheimer's research.

A I'm hoping to get this group together and have them tell me how we can help. What can the county do to play a bigger role? Obviously one piece will be legislation and working together and bringing folks together who have the political clout, which will involve our federal legislative committee. I'm chair the Aging Summit in June, and I want to make this a focus of that summit and that has drawn in about 2,000 participants. And other parts of the region and will be bringing in speakers. The whole idea is first of all let's raise the level of awareness, get the county of San Diego involved as a regional leader to bring these brightest minds together and see what more can we do as a county, as a public health agency, to work with them and figure out what more they need to do their job. So that's on the research side. On the care side, reading the article in the U-T that Jeff McDonald wrote, the series on the residential care facilities, pretty shocking stuff. And I have to say I'm not surprised just of what I have personally seen. But it's good to get that out in the open. And the state has the responsibility to regulate these facilities. And they're doing a lousy job, frankly. And they need to key in on the state and do their job.

Q Are there any initiatives from your speech that you want to do about?

A Something that I'm extremely excited to see, representing a large part of the backcountry and unincorporated area, is what's happening with agritourism. It started a few years ago when the board of supervisors, at my suggestion, adopted the boutique winery ordinance which reduced regulations, made it easier for people to use their property. Who would have ever guessed that, for example, in Ramona



“We have some of the top-notch researchers in the country right here in San Diego County, with UC San Diego, with Sanford Burnham, with Salk... I think San Diego has a chance of conquering this (Alzheimer's) disease.” Dianne Jacob

before the adoption of this boutique winery ordinance, there was one tasting room? And that's because they needed a liquor license, which was costly and time consuming to get. And now we have probably 20 in Ramona. And it's not just Ramona, which is the first and only federal designated viticultural area in the region, but it's other parts of the region, too. We've got a big backcountry and people are interested in making beer and we've got a lot of land to grow hops. So you've got that agricultural industry, the beer making, the tasting, so we want to create an ordinance that will allow that to happen. Cheese making is something else in the works and then there may be beekeeping, honey. And who knows what's next? Maybe olive oil. People are into organic farming, eating healthy. Envision

a time when you could go out to our backcountry and you could sit outside in a vineyard or growing organic vegetables where you can have a gourmet dinner with vegetables and food grown there and wine or craft beer or whatever. And you'd pay a lot of money for that. It's being done in other parts of the country and other parts of the state. We can do that. Some thing here in San Diego County. So it promotes a tourism industry, the agricultural industry, and tremendous opportunities for people in this region.

Q There's another tourism industry that is all over San Diego's backcountry called equestrianism. The Janeli tribe says it's going to go forward with a new casino in your community. You've said the county will ease up to stop it. Isn't that casino going to be built?

A I wouldn't bet on it. First, of all, there's a 20-year history all the way back from Station Casinos out of Las Vegas, Harrah's out of Las Vegas, Lake's Entertainment, and now we have Penn National. None of the others could do it and there's good reason for that. It's the wrong location. Penn National said they're starting to build I believe, others believe, that's just to put hype out there to get investors. They're saying it's a \$300 million project. They need investors. They do not have approval from the federal government as a managed contract, which they need. There is currently a lawsuit against the fees to determine who owns that property. At the state level the issue is to keep Caltrans honest, comply with the law. In order to access state Route 84, Janeli Indian Village needs what's called

an easement permit. Our attorneys have told Caltrans you cannot facilitate the construction impacts from the project (impact). That is, that violates state law, CEQA. They have to be together. You have to analyze altogether. So what Caltrans recently did that triggered the action by the board of supervisors, Caltrans issued what's called a temporary management plan that would allow them to access 94 temporarily without assessing the impacts of that construction. They've proposed to dig down about 100 feet, take out about 800 cubic yards of dirt and put it somewhere. Well, you figure out the number of trucks and traffic, those are definite impacts on a highway that's already heavily impacted. It becomes a public safety issue. It's a major corridor from Tecate into San Diego, and it's very heavily congested. So, can the project be stopped ultimately? I don't know. But I wouldn't bet on it at this point.

Q There is a commonly voiced belief by advocates for the homeless, that the county as the agency responsible for the provision of social services in the region does not do enough to help the homeless in San Diego. Can you tell us a little about what the county does do and whether you think that's sufficient?

A The county provides the programs, over \$300 million annually. I wouldn't say that's a small amount of money. And there are a variety of programs. So the county provides programs to help with the homeless. But the cities build the shelters. That's how the partnership works. And our programs, as far as what we want to do, is try to get people off the streets, try to help those who want help. There are transitional services, mental health services, substance-abuse services. We even have a voucher program where we give out vouchers that the people could go to a motel to get off the streets. So there's a whole variety of programs in different areas of the county to help the homeless. It's always easy to blame the county that we're not doing enough. But I would say over \$300 million is quite a bit. Could we do more? There's no easy answer to this program, to this problem.

San Diego County Alzheimer's Project

THE ALZHEIMER'S PROJECT

If it isn't already, Alzheimer's disease will be the public health crisis of at least the next generation. More than 60,000 San Diego County residents currently have it, and that figure will reportedly double just in the next 15 years as baby boomers age. Alzheimer's has climbed to the third leading cause of death here.

Against that backdrop, the county Board of Supervisors on Tuesday is expected to launch the Alzheimer's Project, an effort to create a regional strategy to improve caregiver resources and to support research and ultimately a cure. Board Chairwoman Dianne Jacob will lead the project in her

January. Supervisor Dave Roberts has since joined her as a co-sponsor. The full board's approval would direct the county's top administrator to begin working with leading research institutes, academics, caregivers, the Alzheimer's Association and others to begin discussion of a collaboration strategy, potential obstacles and other issues.

It is altogether proper that the county, as the main public health agency in the region, take on this project, particularly given the groundbreaking Alzheimer's research being done by scientists and

COUNTY LAUNCHES ATTACK ON ALZHEIMER'S

PAUL SISSON • U-T

SAN DIEGO Alzheimer's disease is now on notice, at least as far as San Diego County is concerned.

On Tuesday, the county Board of Supervisors unanimously kicked off an ambitious collaborative effort that it's calling the Alzheimer's Project.

Though the 5-0 vote does not carry with the millions of dollars in local funding for research or public outreach, it does represent the start of a unified, proactive campaign to spotlight a disease thought to affect 60,000 residents and 150,000 caregivers in the region.

The project is designed to SEE ALZHEIMER'S • B4



Corazon Sirio (center), program coordinator at Glenner Memory Care Centers in Encinitas, leads a dance during an exercise class for patients with dementia. K.C. ALFRED • U-T



Mike Knobbe

Lieutenant, Emergency Services,
San Diego County Sheriff's
Department

U~T San Diego

Friday, June 10th


Missing woman with dementia found safe

SAN DIEGO

A 73-year-old woman with dementia who walked away from her Del Cerro home Wednesday morning was found safe in a canyon Thursday, San Diego police said.


Authorities, including sheriff's search and rescue teams, searched extensively for Jan Mattel after her caregiver reported that she left her house on Caminito Estrellado

Did you know?

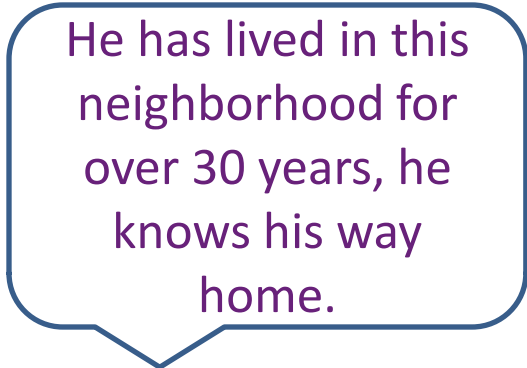
6 IN 10 
PEOPLE WITH **DEMENTIA**
WILL WANDER

Wandering

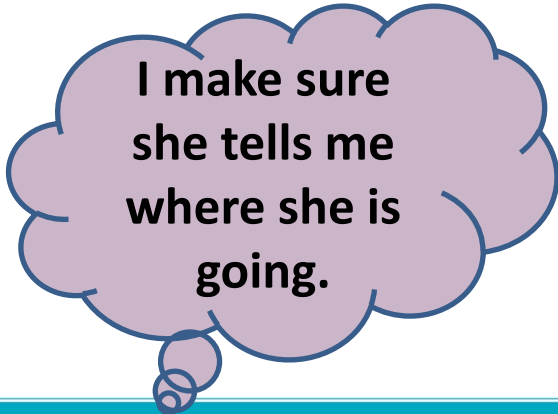
- Everyone is at risk
- Can happen on foot or by vehicle
- Common causes:
 - Disorientation or confusion
 - Memories of past activities
 - Physical needs or discomfort
 - Agitation or restlessness



I never leave my wife alone for more than 30 minutes at a time.



He has lived in this neighborhood for over 30 years, he knows his way home.



I make sure she tells me where she is going.

Tips to reduce risk of wandering:

- Exercise, maintain routine
- Limit access to vehicle and keys
- Avoid locks but use alarms, room monitors
- Remove items that suggest leaving
- Ensure all basic needs are met
- Arrange for a companion
- Reassure if disoriented, lost, or scared
- Camouflage doors and door knobs



Wandering: getting home safely

- Set up a network; ask neighbors, friends and family to call if they see the person with dementia alone
- Keep a list of places where person may wander: former homes, places of worship, restaurants
- Keep recent photo on hand
- Enroll in MedicAlert and/ or local registry
- Consider technology options



Take Me Home Registry

- Database accessible by law enforcement only
- Provides immediate access to information for missing person
- Facial recognition to identify those who are not able to communicate



Enrollment is easy!

1. Online: www.sdsheriff.net/tmh
2. Speak with a Crime Prevention Specialist at a local Sheriff station
3. Contact Alzheimer's San Diego
858.492.4400



GPS Wandering Prevention Pilot Program

Alzheimer's San Diego was awarded \$10,000 at the recommendation of **County Supervisor Greg Cox** to launch a pilot program to make wandering-assist devices more accessible and available to local families.

100 families will receive FREE a GPS device

Interested families should call Alzheimer's San Diego.

Don't wait – call today!

858.492.4400



Questions?

Dianne Jacob

*San Diego County Board of Supervisors
District 2*

Lieutenant Mike Knobbe

*San Diego County Sheriff's Department
Search & Rescue*

Alzheimer's | SAN DIEGO

The Heart of Alzheimer's Care & Cure

858.492.4400 ▪ **www.alzsd.org**

6632 Convoy Court, San Diego, CA 92111

With support from a grant made possible by the San Diego Foundation



Brain Health as you Age

Lisa Delano-Wood, PhD

Associate Professor; Dept of Psychiatry
Clinic Director; Memory, Aging & Resilience Clinic
University of California, San Diego

 **Alzheimer's** | SAN DIEGO | 858.492.4400 | www.alzsd.org

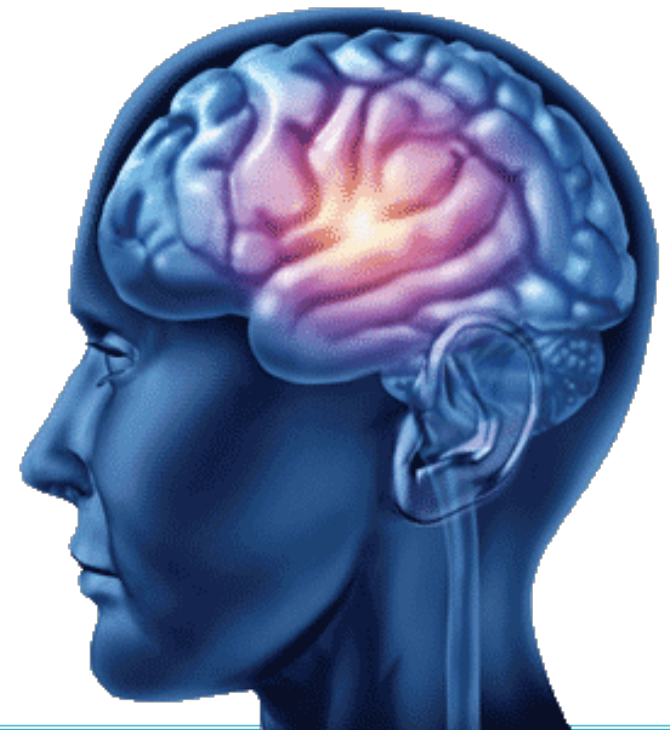


“We need to take an integrative or holistic approach, like they do for heart disease. Lifestyle matters. At the end of the day, what works for the heart, works for the head.”

Vladimir Hachinski, MD

Presentation Overview

- Brain aging process
- Cognitive changes with age
- Risk factors for dementia & cognitive impairment
- Role of lifestyle factors in risk
- What you can do to optimize brain health



Cognitive Changes with Age

- Modest declines in ability to learn new things & retrieve information, such as remembering names
- However, if given enough time, the scores of healthy people in their 70s & 80s are often similar to those of young adults
- With aging, adults often improve
- Concept of cognitive reserve



Madame Jeanne Calment

- French supercentenarian
- Longest human life span ever recorded
- Lived 122 years and 164 days!
 - 1875-1997
 - Outlived her daughter & grandson by several decades
- Guinness Book of Records as the “Oldest person Ever”
- Rode her bike until she was 100



What Was Her Secret?

- Smoked cigarettes from age 21-117
- Calment described her longevity as being attributable to diet rich in:
 - Olive oil
 - Port wine
 - Chocolate





Nonmodifiable risk factors



- Age
- Family History
- Genetic Factors



Pillar 1: Exercise

- More evidence for this all other lifestyle components

New guidelines:

- 2.5 hours of moderate intensity exercise each week
- Combo cardio + strength training (anything that gets heart rate up is a plus)
- Good place to start: walking or swimming



Pillar 1: Exercise

- Cleaning & gardening count!
- Strength training helps pump up the brain
 - Adding 2-3 strength sessions to your weekly routine may cut AD risk
- Balance & coordination exercises: critical
 - Help reduce possibility of falls which in turn decreases risk for AD & other dementias



Pillar #2: Diet

- *AD: “Diabetes of the brain”*
 - Strong link between metabolic disorders & signal processing systems injury in AD
- Inflammation & insulin resistance injure neurons & inhibit communication between brain cells
- **Eating habits that reduce inflammation & promote normal energy production are brain-healthy**



Mediterranean Diet

- Reduces risk of cognitive impairment & AD
- Vegetables, fruits, beans, whole grains, fish, & olive oil
- Limited dairy & meat
- Protects glial cells whose function is to remove debris & toxins from the brain
- Other good foods: ginger, green tea, fatty fish, soy products, blueberries & other dark berries



Mediterranean Diet

- Avoid trans fats & saturated fats (“partially hydrogenated vegetable oils”)
- Healthy fats: omega-3 fatty acids
 - DHA reduces beta-amyloid plaques
 - Salmon, tuna, trout, mackerel & :
- Maintain consistent levels of insulin
- Eat several small meals each day
- Packaged, refined & processed food white flour which rapidly spike glucose
- Tea & coffee



What About Alcohol?

- Moderate alcohol intake (1-2 drinks/day):
 - Associated with a 37% lower risk of dementia in participants with normal cognition (Sink et al., 2009)



Other Brain Health Hazards

Things that are bad for the body are also for the brain

- Smoking: one of the most preventable risk factors
- Blood pressure & cholesterol levels are important
 - Both are associated with increased risk
- Work to get to a more optimal weight
 - A 30+ year study of over 10,000 people found that people who were overweight in midlife were twice as likely to develop AD down the line, & those who were obese had 3 times the risk



What About Supplements?

- Folic acid, vitamin B12, vitamin D, magnesium, & fish oil are believed to be important to brain health
- Studies of vitamin E, ginkgo biloba, coenzyme Q10, & turmeric: less known
- **Talk to your doctor**
 - Some can cause medication interactions.



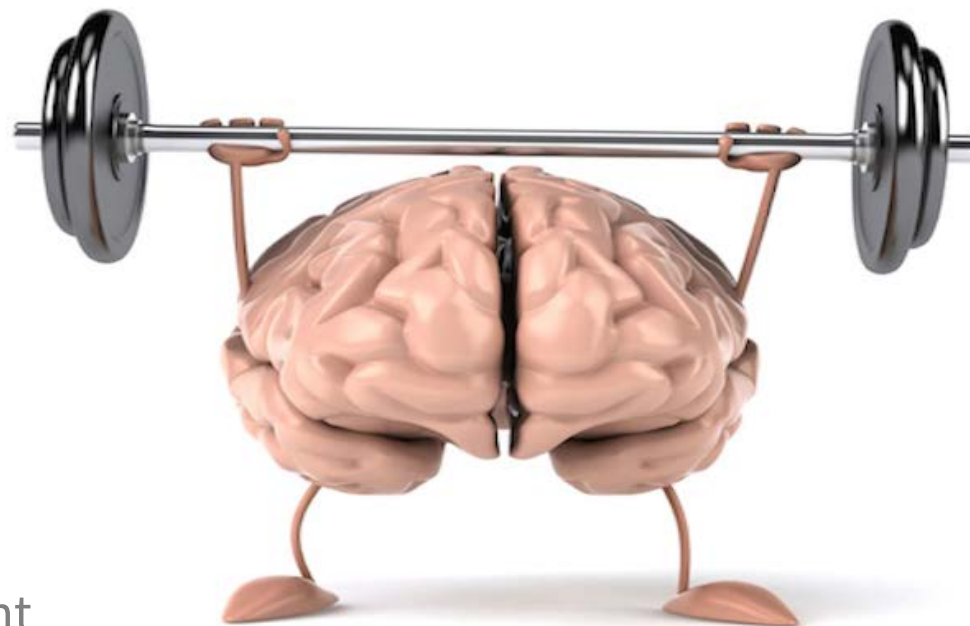
Pillar #3: Cognitive/Mental Stimulation

- Those who continue learning new things throughout life & challenge their brains are less likely to develop AD & other dementias
- “Use it or lose it” is real
- **What can you do:**
 - Multiple tasks requiring communication, interaction, & organization
 - Set aside time each day to stimulate your brain



What can you do:

- Learn something new
- Study a foreign language
- Learn sign language
- Practice a musical instrument
- Read the newspaper or a good book
- Take up a new hobby
 - The greater the novelty & challenge, the larger the deposit in your brain reserves



Specific Examples

- Practice memorization
- Create rhymes & patterns to strengthen your memory connections
- Enjoy strategy games, puzzles, & riddles
 - Build your capacity to form & retain cognitive associations
- Practice the 5 W's: "Who, What, Where, When, and Why" list
- Follow the road less traveled



Pillar #4: Quality Sleep

- Vast majority of adults require ~8 hours of sleep
- Sleep deprivation slows thinking & affects mood
- Disrupted sleep is both a symptom and risk factor for AD
- Poor sleep is linked to higher levels of beta-amyloid that in turn further interferes with sleep
- Sleep may facilitate flushing of toxins out of the brain



Pillar #4: Quality Sleep

Sleep apnea: potentially dangerous condition where breathing is disrupted during sleep

- Treatment can make a difference in health & sleep quality

Regular sleep schedule

- Go to bed & get up at the same time –reinforces natural circadian rhythms



Pillar #4: Quality Sleep

- Napping: do it in the early afternoon & limit it to 30 minutes
- Consider banning TV & computers from your bedroom
- Create a relaxing bedtime ritual: hot bath, light stretches, write in a journal, dim the lights
 - Sends powerful signal to your brain over time
- Stress keeping you up?
 - Get out of bed; read or relax in another room for 20 minutes & then get back in bed



Pillar #5: Stress Management

- Chronic or severe stress takes a heavy toll on the brain
 - Leads to shrinkage in hippocampus
 - Hampers nerve cell growth
 - Increases risk of AD & other dementias
- Simple daily tools can minimize its harmful effects



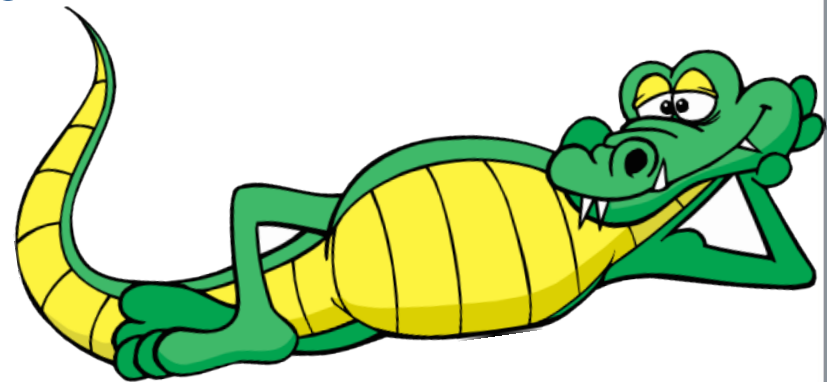
Pillar #5: Stress Management

Breathe!

- Stress alters rate & impacts oxygen levels in the brain
- Deep, abdominal breathing is restorative

Schedule daily relaxation activities – requires effort

- Walk with dog, yoga, soothing bath



Pillar #5: Stress Management

- Some studies associate spirituality with better brain health
 - Regular meditation, prayer, reflection & religious practice may immunize against damaging effects of stress
- Make fun a priority!
- Sense of humor
 - Laughing helps fight stress



Pillar #6: Social Engagement

- We are highly social creatures
- We don't thrive in isolation, & neither do our brains
- The more connected we are, the better we fare on tests of memory & cognition
- Staying socially engaged = dementia protection
- Keep in mind that you don't need to be a social butterfly to get brain benefits
 - When it comes to socializing, think quality, not quantity



Bolster Social Support Networks

- Volunteer
- Join a club or social group
- Visit your local community center or senior center
- Take group classes (gym or a community college)
- Reach out



Bolster Social Support Networks

- Connect to others via social networks
- Get to know your neighbors
- Make a weekly date with friends
- Get out (go to the movies, the park, museums, & other public places)

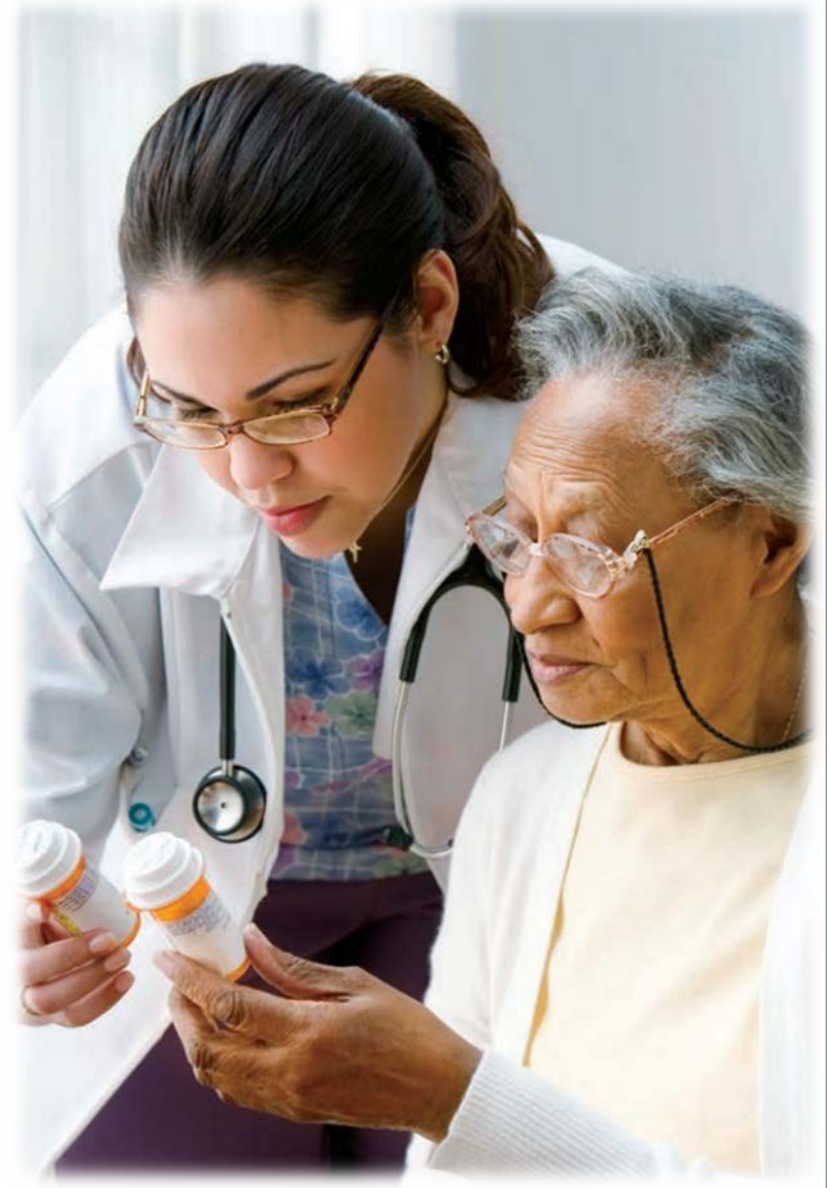


If you're concerned

- Talk with others
- See your doctor
- Memory screening
- Diagnosis

Many different medical conditions can cause memory or cognitive changes:

- Medications
- Depression
- Illness or infection



Questions?

Lisa Delano-Wood, PhD

*University of California
San Diego*

Thank you!

Alzheimer's | SAN DIEGO

The Heart of Alzheimer's Care & Cure

858.492.4400 ▪ **www.alzsd.org**

6632 Convoy Court, San Diego, CA 92111

With support from a grant made possible by the San Diego Foundation



Is it more than Forgetfulness?

Dr. Abraham Chyung
Scripps Health

June 15, 2016

 **Alzheimer's** | SAN DIEGO | 858.492.4400 | www.alzsd.org

Objectives

1. What is Alzheimer's disease?
2. Dementia vs. Alzheimer's disease?
3. Who should seek medical evaluation?

Alois Alzheimer



Born: 06/14/1864

Died: 12/19/1915 (aged 51)

Profession: Psychiatrist

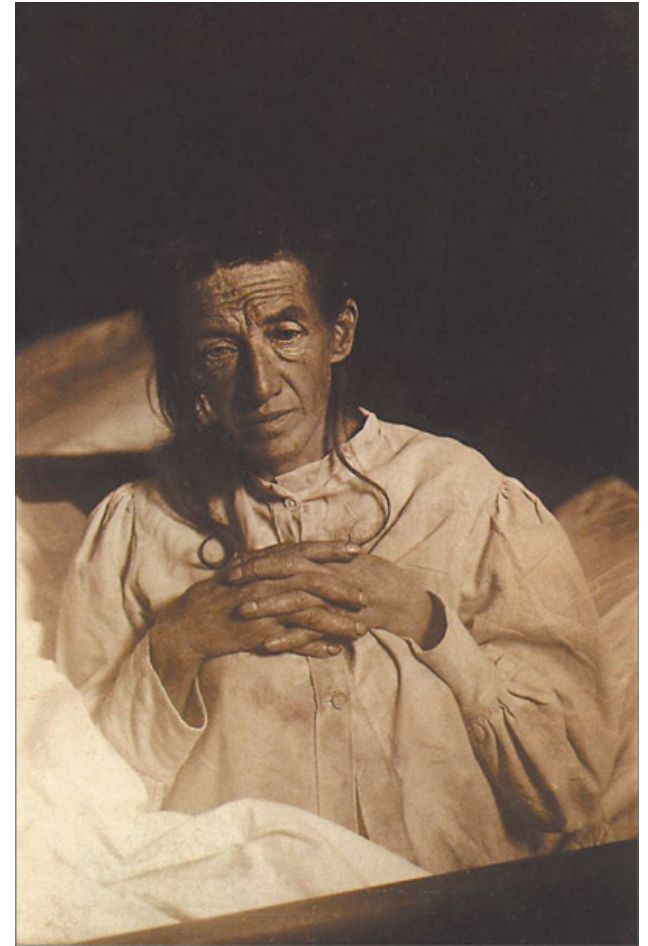
Known for first published case
Alzheimer's disease

Alzheimer's Disease

1901: Alzheimer met a patient,
Auguste Deter

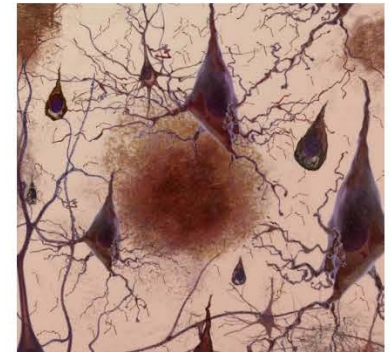
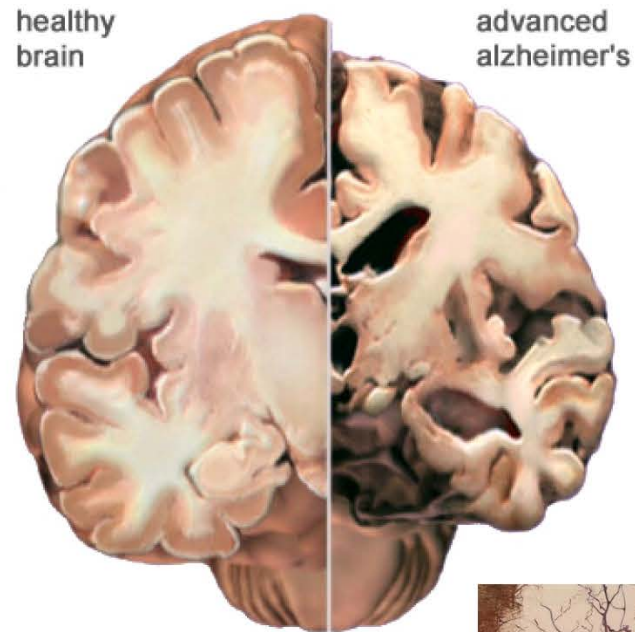
1906: Auguste Deter died,
Alzheimer examined her brain

1907: Alzheimer presented his
findings



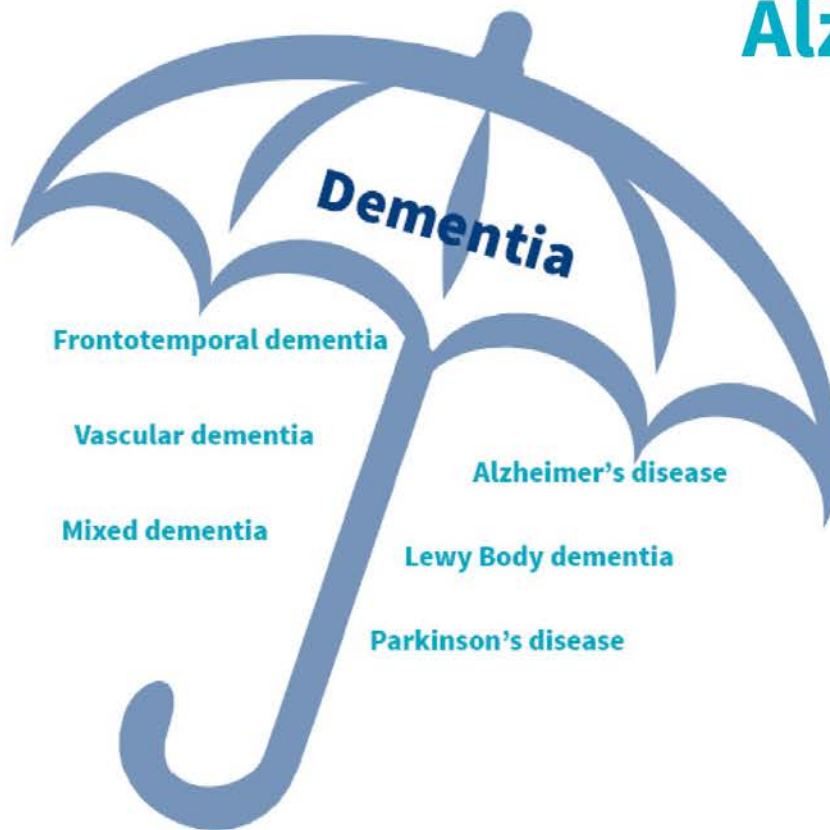
What is Alzheimer's disease?

- A progressive, degenerative disease of the brain that results in brain cell death
- The most common type of dementia
- Progression and symptoms of the disease vary widely
- Symptoms most often appear after the age of 65



The hallmark
plaques and
tangles

Alzheimer's Disease



Dementia is an umbrella term used to define over 100 different conditions that impair memory, behaviors and thinking.

- Most common form of dementia – 70%
- Progressive brain disease that attacks nerve cells and neurons
- Results in loss of memory, thinking, language and often causes behavioral changes

What is dementia?

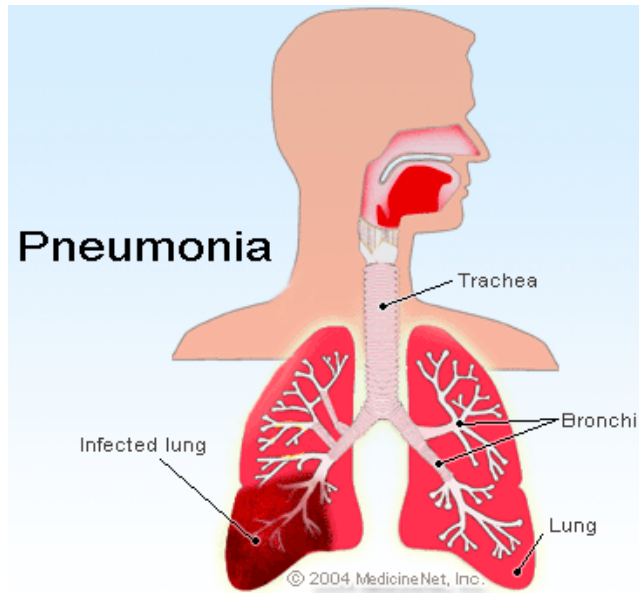
A group of symptoms caused by an underlying medical condition that impairs intellectual function, and interferes with normal activities



Diagnosed when two or more functions are significantly impaired:

- Memory
- Cognition
- Behavior
- Physical function

Pneumonia



Virus
Bacteria
Fungus
Parasite

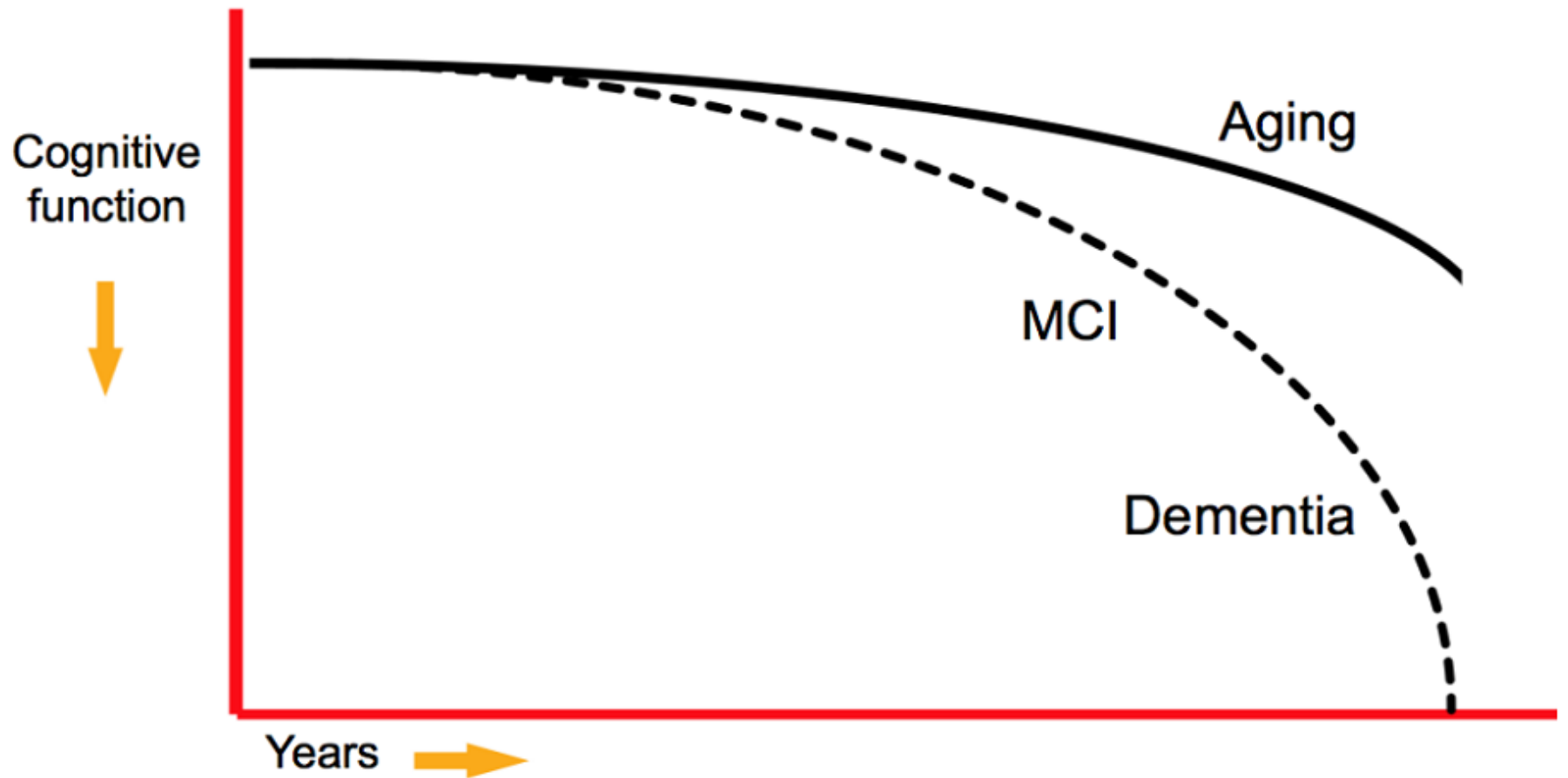
Dementia

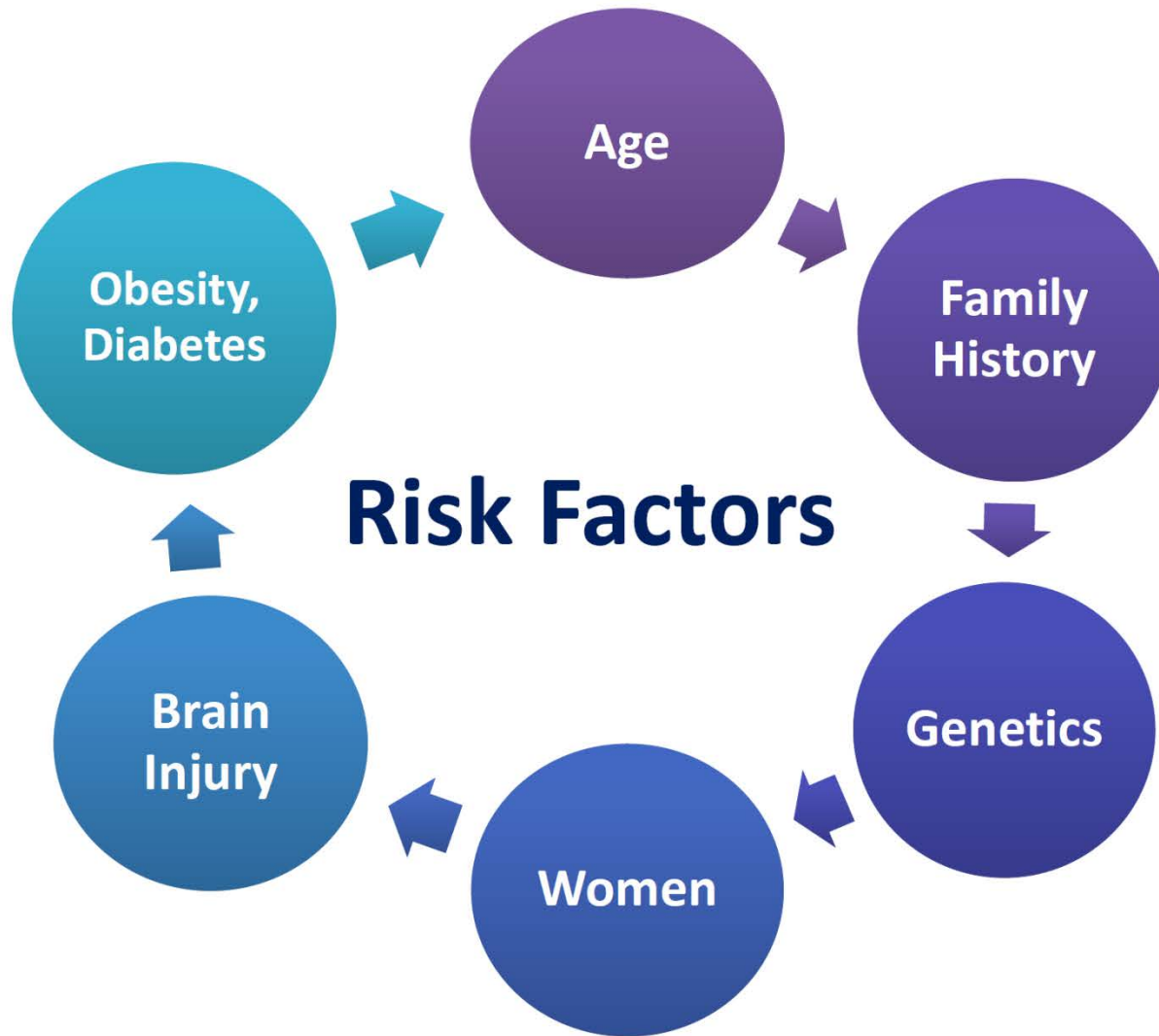


Alzheimer's disease
Frontotemporal dementia
Lewy Body dementia
Vascular dementia

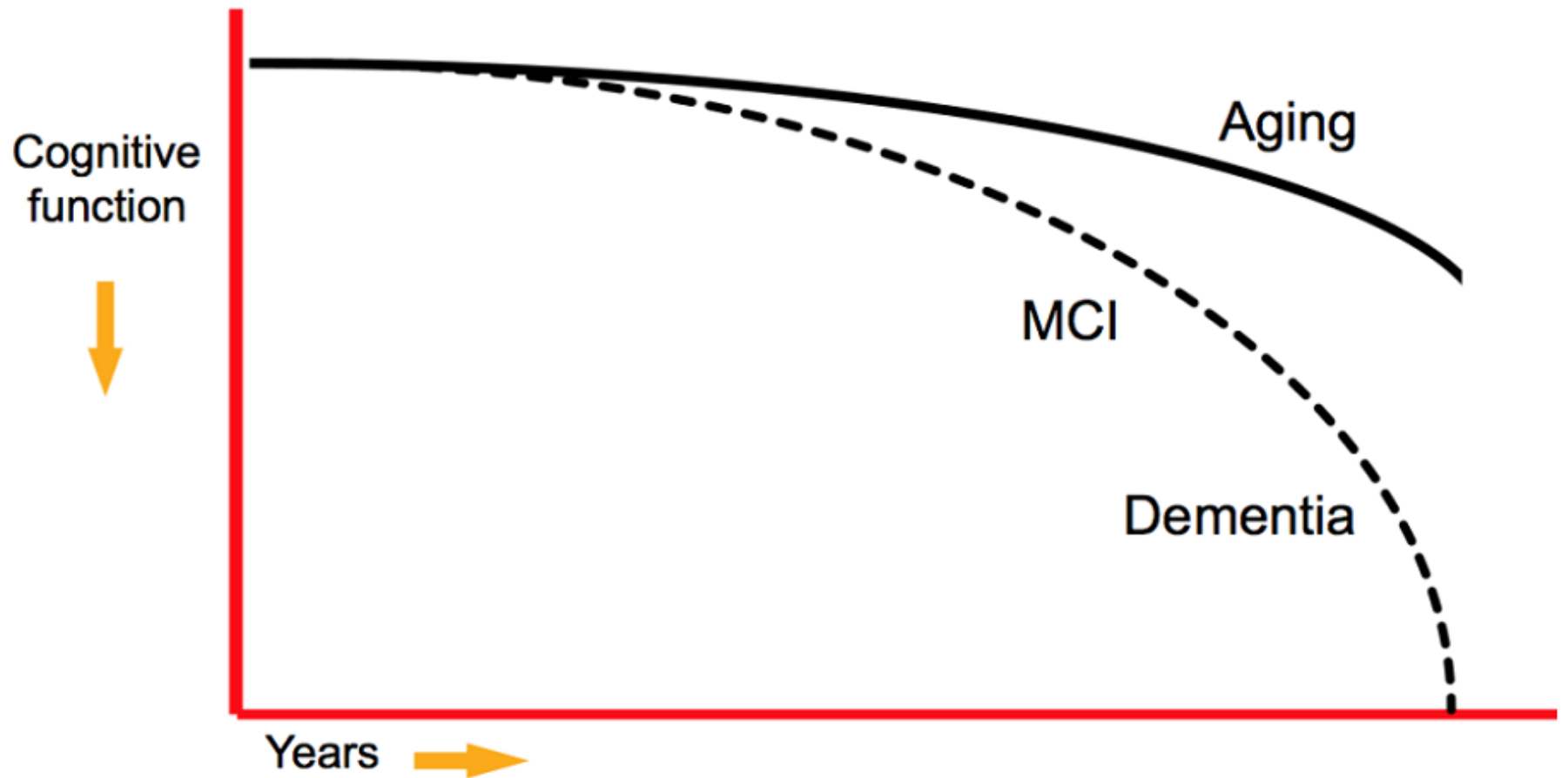
Who Should Seek Medical Evaluation for Dementia?

Dementia





Dementia



Common symptoms

Memory

Memory loss that disrupts daily life

Disorientation or confusion

Misplacing things and being unable to locate them

Difficulty completing normal daily tasks

Cognition

Problems with language or word-finding

Impaired reasoning or poor judgment

Problems with abstract thinking and problem-solving

Behavior

Changes to personality or behaviors

Withdrawal or loss of initiative

Physical

Changes to sensory processing

Problems with balance and coordination

If you're concerned ...

- Talk with others
- See your doctor
- Memory screening
- Diagnosis



There are many benefits to an early and accurate diagnosis:

- Medications that treat symptoms are more effective if started early
- Time for important discussion and planning
- Improved quality of life



Diagnosis & Care

Alzheimer's Project
Clinical Round Table

Dr. Michael Lobatz
Scripps Health

June 15, 2016

Did you know?

Fewer than

50%

of people with Alzheimer's disease
reported being told of their diagnosis

Reasons for not disclosing

- Diagnostic uncertainty
- Time constraint and lack of support
- Communication difficulties
- Fear of causing emotional stress
- Patient and caregiver wishes
- Lack of treatment or cure
- Stigma



Benefits of a diagnosis

- Better decision-making
- Better medical care
- Respect for patients wishes
- Planning for the future
- Understanding the changes
- Access to support & services
- Time to cope
- Safety



San Diego County Alzheimer's Project: Standards of Diagnosis & Care

- Develop standards for screening, evaluation and diagnosis
- Develop guidelines for disease management, behavioral and mental health issues
- Educate primary care physicians on standards and guidelines
- Identify resources for physicians and their staff

San Diego County Alzheimer's Project: Bringing Physicians Together

Most patients will be diagnosed and treated by
Primary Care Physicians

Physician Specialty	# in SD County
Family Practice/Internal Medicine	3,507
Geriatricians	121
Neurologists	153
Psychiatrists	621

Survey completed Jan. 2015; 154 respondents

How to find the right doctor

- ➔ Call Alzheimer's San Diego at 858.492.4400
- ➔ **Your Primary Care Physician** - *Primary care doctors often oversee the diagnostic process themselves or will refer you to a specialist.*

Neurologist

Psychiatrists

Psychologists

The Diagnosis Process

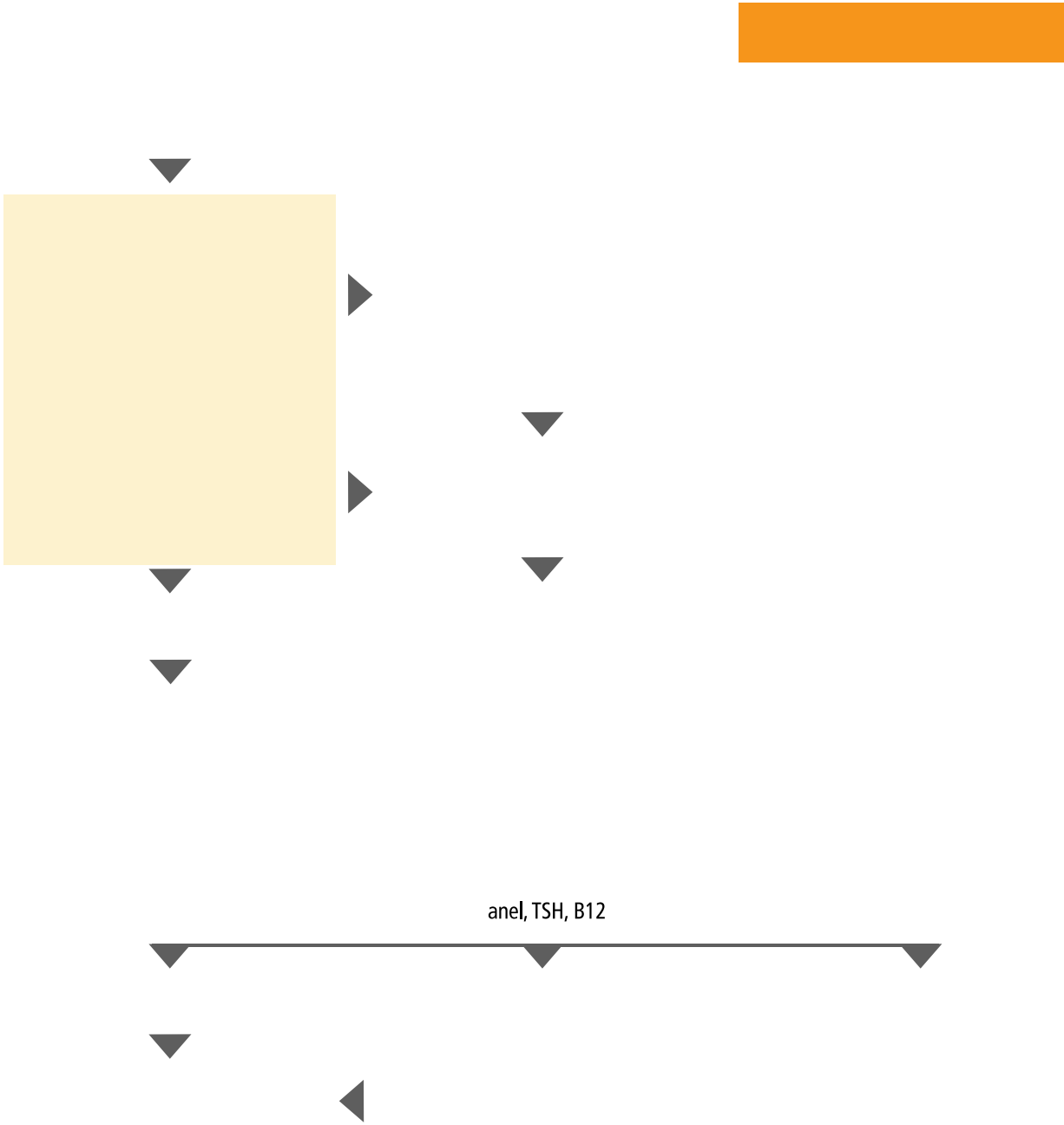
A Medical Workup May Include:

- Medical history
- Comprehensive physical and neurological exam: memory, problem-solving, attention, counting, and language
- Blood and urine tests
- Brain scans
- Neuropsychological testing
- Interviews with others



ALZHEIMER'S CLINICAL ROUNDTABLE

RECOMMENDED SCREENING ALGORITHM FOR ADULT COGNITIVE IMPAIRMENT



DICE APPROACH TO BEHAVIORAL AND PSYCHOLOGICAL SIGNS AND SYMPTOMS OF DEMENTIA

<p>DESCRIBE</p>	<p>Caregiver describes behavioral factors:</p> <ul style="list-style-type: none"> • Social & physical environment • Patient perspective • Degree of distress to patient and caregiver <p>Look for:</p> <ul style="list-style-type: none"> • Antecedents • Context • Patterns • Co-occurring events
<p>INVESTIGATE (ASSESS)</p>	<p>Investigate possible causes of behavior</p>
<p>CREATE (TREATMENT)</p>	<p>Provider, caregivers, clinical team collaborate to create and implement a treatment plan</p> <p>Address physical problems and medical issues first</p> <p>Employ behavioral interventions</p> <p>Ensure that the environment is safe</p> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div data-bbox="585 939 892 1063" style="background-color: #f4a460; padding: 5px; text-align: center;"> <p>ASSUME patient does not have dementia</p> </div> <div data-bbox="952 939 1259 1063" style="background-color: #f4a460; padding: 5px; text-align: center;"> <p>ASSESS psychiatric signs and symptoms</p> </div> <div data-bbox="1315 939 1622 1063" style="background-color: #f4a460; padding: 5px; text-align: center;"> <p>ALIGN symptoms to best fit psychiatric syndrome</p> </div> </div>
<p>EVALUATE (AND RE-EVALUATE)</p>	<p>Evaluate whether "CREATE" interventions implemented by caregiver(s) have been safe/effective</p>

Life After Diagnosis

A diagnosis of Alzheimer's disease is life-changing for both diagnosed individuals and those close to them. While there is currently no cure, treatments are available that may help relieve some symptoms. Research has shown that taking full advantage of available treatment, care and support can make life better.

***Help, support and free resources
available through Alzheimer's San Diego!***

www.alzsd.org
858.492.4400

Clinical Round Table: Next Steps



- Complete pilot studies
- Makes changes to diagnosis algorithms
- Complete printed version of guidelines
- Introduce guidelines to physicians at health systems and private practices
- Broad physician and office staff education

Questions?

Dr. Abraham Chyung

Scripps Health

Dr. Michael Lobatz

Scripps Health

Alzheimer's | SAN DIEGO

The Heart of Alzheimer's Care & Cure

858.492.4400 ▪ **www.alzsd.org**

6632 Convoy Court, San Diego, CA 92111

With support from a grant made possible by the San Diego Foundation