Keeping Your Brain Healthy

October 29, 2016

WELCOME!

Alzheimer's | SAN DIEGO

SHARP | Mesa Vista Hospital
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

+62K
LIVING WITH ALZHEIMER’S IN SAN DIEGO

#3
CAUSE OF DEATH IN SAN DIEGO

150K
SAN DIEGANS CARING FOR A LOVED ONE

Age is the #1 risk factor - we are all at risk.
Women are at the epicenter of Alzheimer’s Disease

1 in 6
Women over the age of 60 will develop Alzheimer’s.

60%
Of caregivers are women.

2/3
Individuals suffering from Alzheimer’s are women.
Alzheimer’s Disease is America’s Most Expensive Disease

$214 Billion a Year
Today there is no treatment or cure.

Each year, Alzheimer’s kills more Americans than breast and prostate cancer combined.
Serving ALL of San Diego County

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

- Classes & Workshops
- Meet with ALZ Experts
- Support & Discussion Groups
- Activities: Art, Music, Exercise
- Social Outings
- FREE Respite & Companionship
- Support for Recently Diagnosed
- San Diego Research & Trials
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!
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Michael Plopper, MD
Sharp Mesa Vista Hospital
Common physical changes in the aging body

- Cardiovascular
- Muscular
- Skeletal
- Digestive
- Vision
- Hearing
- Skin
Common physical changes in the aging brain

- Loss of volume
- Less effective communication between neurons
- Reduced blood flow
The brain

• **Temporal lobes**: memory, language
• **Frontal lobe**: problem-solving, behavior, judgement, executive function
• **Parietal lobe**: perception, word and thought formation
• **Occipital lobe**: vision
• **Cerebellum**: fine motor skill, balance, coordination
• **Brain stem**: swallowing, movement
The diseased brain

**Dementia:** A group of symptoms caused by an underlying medical condition that impairs cognitive function, and interferes with normal activities.

**Alzheimer’s disease:** A progressive, degenerative disease of the brain that results in brain cell death; the most common type of dementia.
## Common symptoms

<table>
<thead>
<tr>
<th>Category</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Memory</strong></td>
<td>• Memory loss that disrupts daily life&lt;br&gt;• Disorientation or confusion&lt;br&gt;• Misplace things and unable to locate them</td>
</tr>
<tr>
<td><strong>Cognition</strong></td>
<td>• Problems with language or word-finding&lt;br&gt;• Impaired reasoning or poor judgement&lt;br&gt;• Difficulty with thinking and problem-solving</td>
</tr>
<tr>
<td><strong>Behavior</strong></td>
<td>• Changes to mood or personality&lt;br&gt;• Withdrawal or loss of initiative&lt;br&gt;• Changes to usual behavior</td>
</tr>
<tr>
<td><strong>Physical</strong></td>
<td>• Difficulty completing normal daily tasks&lt;br&gt;• Visual and spatial-relationship changes&lt;br&gt;• Changes to sensory processing abilities</td>
</tr>
</tbody>
</table>
Risk factors

- Age
- Gender
- Family history
- Genetics
- Years of formal education
- Head trauma
- Down Syndrome
- Other health conditions:
  - Hypertension
  - Heart disease
  - Type 2 diabetes
If you’re concerned ... 

- See your doctor
- Memory screening
- Talk with others
- Maintain your overall health
- Clinical trials
Clinical Trials at Sharp HealthCare

Experimental drug studies
• Reduction of amyloid protein in the brain?
• Improve cognitive status?
• Slow the progression of Alzheimer’s?

Advances in research have slowed due to lack of volunteers for clinical trials

For more information call 858-836-8350
Medications

**Cholinesterase inhibitors**
- Donepezil (Aricept®)
- Rivastigmine (Exelon®)
- Galantamine (Razadyne®)

**Glutamate regulator**
- Memantine (Namenda®)

**Combination medication**
- Memantine extended-release and Donepezil (Namzaric®)
Keep in mind

A number of different conditions can cause memory or cognitive changes:

• Medications
• Illness or infection
• Sleep deprivation
• Depression
• Caregiver stress
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Questions?

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Amy Abrams, MSW/MPH
Alzheimer’s San Diego
Factors that affect the aging process

- Genetics
- Disease risk factors
- Environment
  - Culture
  - Occupation
  - Education
- Lifestyle and controllable factors
“There is no definitive evidence yet about what can prevent Alzheimer’s or age-related cognitive decline.”

Source: National Institute on Aging
Lifestyle and controllable factors

- Maintain overall health
- Diet
- Exercise
- Cognitive stimulation
- Social activity
- Sleep
- Manage stress, anxiety, and depression
Diet

• Consume plenty of:
  - Vegetables
  - Legumes
  - Fruits
  - Whole grains
  - Fish
  - Olive oil

• Moderate amounts of alcohol

• Low amounts of saturated fats, dairy, meat, and poultry
Exercise

• Increases volume of blood vessels

• Increases connections between brain cells

• Raises level of nerve growth factor
Cognitive stimulation

Intellectual activity may establish “cognitive reserve,” the brain’s ability to operate effectively or compensate when it is damaged.

- Reading
- Listening to the radio
- Learning new languages or skills
- Playing games
- Doing puzzles
- Listening to or playing music
Social engagement

• Relationship between social activity and cognitive function
• Other protective lifestyle factors
• Changing social behavior may be the result of the early effects of Alzheimer’s disease
Sleep

- Growing evidence that a lack of deep sleep may increase risk of Alzheimer’s disease
- Sleep disorders are common among those affected by dementia
- Sleep disruption may be an early symptom of Alzheimer’s disease
Managing stress, anxiety, and depression
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Dara Schwartz, PsyD
Sharp Mesa Vista Hospital
The relationship between Brain Health & Mental Health

• Staying active, staying health is key...

• So is recognizing signs of caregiver stress and depression.

• Depression is common amongst those in early and middle stages of Alzheimer’s

• Depression can be present in caregivers too!
The story of the dumpling...
Are you, or someone you know, experiencing Caregiver Stress?

- Withdrawing from activities and interests
- Feeling Blue, irritable or helpless
- Increasing resentment for those in your care?
- Exhausted?
- Increasingly sick?
How do I know if it is depression?

• Apathy
• Loss of interest in activities
• Social withdrawal
• Trouble concentrating
• Impaired thinking
Why treat depression?

Depression can lead to:

• Faster cognitive decline* (MCI stage)
• Greater disability involving daily living skills
• Increased dependence on caregivers
• Earlier placement in nursing homes
Treating Depression

- Antidepressants
- Support groups and socialization
- Counseling
- Physical exercise and behavioral activation
- Daily activity scheduling
The Role of Thoughts

Think Positive??

“His illness is getting worse. I have to be there for him. I have no time for anything anymore. I have to take care of him. I have no choice.”

Versus...

“I’m feeling overwhelmed but I know that I can only give great care if I take care of myself too.”
The Role of Feelings

• Stop it! Get over it! Move on! Relax.
• Allow self to feel. What happens when we tell ourselves to stop feeling something?
• Emotions are like waves. They come and go.
The Role of Behaviors And How Depression can Actually Worsen Dementia

Feel Bad

Do Less

Feel Worse

Do Even Less

What happens to memory? Concentration? Attention?

Feel Even Better

Do More

Feel a Little Better

Do Something
Tips for Coping with Depression & Caregiver Stress

• Find someone you trust, such as a friend, co-worker or neighbor to talk to about your feelings and frustrations.

• Make a Connection: your brain will reward you

• Set realistic goals and be realistic about your loved one’s needs.

• Practice Self-Compassion – be kind to yourself. Your words have impact.
• Know your limits.

• Stay healthy by eating right and by getting plenty of exercise and sleep.

• Accept your feelings. Don’t “should” yourself.

• Reach out for support.
  – Join a caregiver support group
  – Contact Alzheimer's San Diego
For a Healthy Brain: Do your Grapes

• G: Gratitude
• R: Relaxation
• A: Accomplishment
• P: Pleasure
• E: Exercise
• S: Socializing
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
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</table>

**Have you done your GRAPES today?**

- Gratitude
- Relaxation
- Accomplishment
- Pleasure
- Exercise
- Socialization
Action steps

Change: _________________________________________
Obstacle(s): ______________________________________
Next step: ________________________________________

Change: _________________________________________
Obstacle(s): ______________________________________
Next step: ________________________________________

Change: _________________________________________
Obstacle(s): ______________________________________
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SHARP | Mesa Vista Hospital
Dr. Michael Plopper
Chief Medical Officer
Sharp Mesa Vista Hospital

- Founded in 1963
- Largest private provider of behavioral health and substance abuse services in the community
- Behavioral health service for children, adolescents, adults and seniors
Specialized Care for Seniors

• Inpatient and outpatient programs
  • Chemical dependency/substance abuse
  • Eating disorders treatment
  • Mental health support for military veterans
  • Psychiatric treatment

• Specialized older adult programs (age 60 and older)
  • Inpatient care for dementia, mood disorders, severe mental health concerns
  • New Senior Behavioral Health Center
  • Outpatient programs for addiction, anxiety, bipolar disorder and depression
  • Staff specialize in geriatric psychiatry and addictions medicine

• Clinical trials and research
Sharp Mesa Vista
Older Adult Services

Hope, respect and recovery for seniors

For more information, call 858-836-8434
24 hours a day, 7 days a week.
Thank You!