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# Life with Alzheimer's Disease

Sarah Houtz

*University of Southern Mississippi*

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## Whom does Alzheimer's affect?

- Patients
- Families
- Caregivers



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**SOUTHERN MISSISSIPPI**

COLLEGE OF NURSING

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Sarah Houtz  
Reading Level: 5.5

# Life with Alzheimer's Disease

STAGES CARE FRUSTRATION

CONCERN INTELLIGENCE



INTEREST DIAGNOSIS

THOUGHT

Learning to live with a  
new perspective

## What does Alzheimer's look like?

- Can't remember new information
- Memory loss
- Problems completing daily activities
- Lack of awareness of time or location
- Issues with talking or writing
- Losing personal items
- Bad judgment
- Shyness
- Personality changes



## How does Alzheimer's progress?

### Stage 1

- Short term memory loss
- Confusion
- Loses items
- Problems in social situations

### Stage 2

- Forgets major life events
- Becomes sad
- Problems sleeping
- Changes in bodily functions

### Stage 3

- Has difficulty communicating with others
- Can no longer complete self care

## How to prevent Alzheimer's?

- Limit intake of saturated and trans fat
- Eat more vegetables, beans, fruits, and whole grains
- Replace meats and dairy products
- Eat more seeds, nuts, green leafy vegetables, and whole grains
- Sleep 7-8 hours per night
- Get at least 30 minutes of mental activities 4-5 times per week

