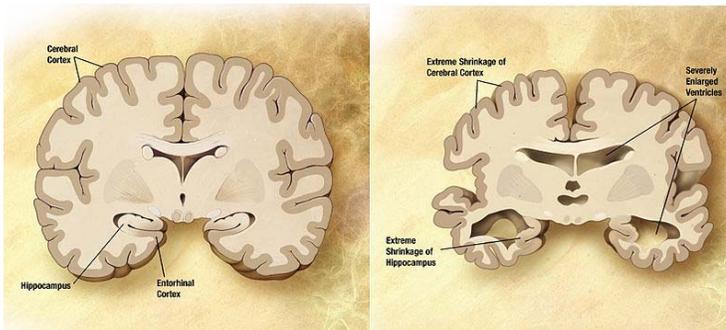




**24 Hours Care**  
 73 Lexington St.,  
 Suite #LL5,  
 Newton, MA 02466  
 Tel: **617.792.0500**  
 Cell: 617.244.4676  
 E-Mail: [office@24HoursCare.com](mailto:office@24HoursCare.com)  
 Web: [www.24HoursCare.com](http://www.24HoursCare.com)  
[www.XHCSA.com](http://www.XHCSA.com)  
[Facebook.com/24HoursCare](https://www.facebook.com/24HoursCare)

## ALZHEIMER'S DISEASE



### What is Alzheimer's?

Alzheimer's is a type of dementia that affects memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily life. Majority of people affected by Alzheimer's disease are 65 and older but it is not a normal part of aging. The cause and progression of Alzheimer's disease are not yet well understood.

### Stages:

Four different stages have been identified in development of Alzheimer's disease

**Pre-dementia** - Mild memory loss attributable to aging and stress.

**Early** - This is characterized by increased impairment of learning and memory, which starts to affect the day to day activities.

**Moderate** - Progressive deterioration of memory and cognitive capabilities hinders a person's ability to lead a normal life. Speech, vocabulary, reading, writing and motor skills. This also results in behavioral and psychological changes.

**Advanced** - In the advanced and final stages patient is completely dependent on caregivers. They are not able to perform even simplest of the tasks without assistance. Patient usually loses muscle mass and mobility.

### Diagnosis:

**Currently there is no single test that can diagnose Alzheimer's.** Diagnosing Alzheimer's requires careful medical evaluation, which includes:

- A thorough medical history
- Mental status testing
- A physical and neurological exam
- Tests (such as blood tests and brain imaging) to rule out other causes of dementia-like symptoms

### Risk Factors:

Several known risk factors for the Alzheimer's disease are —

- **Age** - Age is the greatest known risk factor for Alzheimer's
- **Family history** - The risk of getting Alzheimer's increases with family history.
- **Heredity.** Some genes have shown significant involvement in Alzheimer's
  - Risk genes are genes which increase the likelihood of getting the disease
  - Deterministic genes directly cause the disease
- **Factors we can influence** - Some factors such as Head injury and Heart-head connection.

### Treatment:

Currently, there is no known cure for Alzheimer's disease. But drug and non-drug treatments may help with both cognitive and behavioral symptoms.

**Cholinesterase inhibitors** have been approved by US Food and Drug Administration (FDA) for the treatment of mild, moderate, and severe Alzheimer's disease.

Memantine is approved for the treatment of moderate and severe Alzheimer's disease by FDA. The behavioral and psychiatric symptoms of Alzheimer's disease are often more distressing to caregivers than the cognitive ones, and should also be treated.

Please turnover for more information →

**SERVICE WITH PERSEVERANCE & COMPASSION**

## About 24 Hours Care

24 HOURS CARE recognizes the importance of offering quality care services to the elderly and those who have special needs.

We provide professional home health care and are committed to holistic approach in responding to the needs of senior citizens and physically challenged individuals.

We are thankful for their contributions and believe that it is our turn to respectfully offer the care and compassionate services they richly deserve.

*- Collins & Laura*

### About Laura Emerhi

Laura is a registered Nurse in Massachusetts, CPR, Telemetry Certification, Certified Nursing Assistant and Physical Therapist in Lithuania

She has been working for over 10 years with never ending passion to make a difference in clients life, see client change and grow in a positive manner.

She says "I love working at 24 Hours Care and Xpress Healthcare Staffing delivering compassionate quality care and I am amazed by the power of personal relationships between me and client. Sometimes it comes easy but sometimes it requires persistent hard work Perseverance with Compassion...everything is possible. I speak Lithuanian & Russian."



**Advisor - Dr. Chieke Udom**, MD knows everything about your condition. We encourage our patients to ask questions to their healthcare provider. Feel free to let us know what concerns you.

#### Hospital medicine - Contact

Melrose-Wakefield hospital, Melrose MA, 02176  
**781.979.3861**

Lawrence Memorial Hospital, Medford, MA 02155  
**781.306.6081**

#### Important links for information:

<http://www.alz.org> - 1.800.272.3900

<http://www.alz.org/braintour/>

<https://www.facebook.com/actionalz>

<http://www.nia.nih.gov/alzheimers>

<http://www.nia.nih.gov/alzheimers/alzheimers-disease-research-centers#stalist/>

<http://www.alz.org/care/alzheimers-dementia-care-training-certification.asp>

## How can we help patients with Alzheimer's?

- Needs Assessment
- Plan for care - Establish a plan of care that includes important medical as well as non-medical information about the patient
- Trained nursing care at home
- Following the treatment procedures recommended by the physician
- Consultation with the patient and family members

We create strategy for long term care for the patient depending on the stage of the disease.

### Our Specialized services for Alzheimer's include:

- Falls/Balance management
- Continence management
- Physical activity management
- Nutrition management - We make sure patient receives proper nutrition and hydration
- Medicine delivery management
- Massage therapy - Massage benefits patients on all levels to restore the body and refresh the mind.
- Looking after the patient comfort
- Exercise regimen to maintain the physical activity.
- Providing 24 hours care to ensure well being of the patient.

### 24 Care Difference:

Compassionate professionals work with patients on a day-to-day basis to help keep their home environment clean, safe and embracing an emerging model of care that allows many elderly or patients with chronic illnesses remain in their homes and still receive the medical and social services available in institutions.

- Therapeutic activities programs
- Assistance with activities of daily living (ADLs)
- Specialized activities for the cognitively impaired
- Coordinated hospice care
- Secured dementia-friendly unit in Home with RoamAlert® System
- Certified and Experienced staff member will follow up with the patient and family to ensure satisfaction.
- Competent, compassionate care to provide comfort for patients.

"Long-Term Care Insurance Accepted"